

# What Would YOU Do If You Caught One?

By Barry Rice

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At one time or another, we have all allowed ourselves to be sheathed in a mental 'fog' which limited our view of the opportunities presented by each daily sunrise.

Perhaps you may have allowed yourself to be overwhelmed by your environment, or by circumstances beyond your control. You may have lost your vision of the future that lay hidden in 'foggy dreams'.

We have all experienced the excitement of daydreaming. However, for most people, their daydreams remain just that – pipe dreams – because they have never, effectively, learned how to turn them into reality.

Once there was a farmer whose dog, Bubba, spent part of each day lingering by the side of a busy road waiting for large trucks to come rumbling by. When Bubba would see one come 'round the bend', he would get ready, and as it passed, take out after it, barking and doing his best to catch it.

One day the farmer's neighbor asked, "Sam, do you think that hound of yours is ever going to catch one of them trucks?"

"Well," Sam replied, "that ain't what worries me. What worries me is what Bubba would do with it if he did catch one."

People without a personalized definition of success and realistically planned goals live their lives just like Bubba. They dream dreams that have little merit – even if they 'caught' one.

The true beginning to defining and setting goals is to

encourage your mind to dream - by letting your mind wander to far-away thoughts and ideas. Become excited - once again – about what your future CAN be. You will not be lying to yourself about a future that can never be. Instead you would be telling yourself the truth, in advance.

Your excitement of daydreaming and creative thought must be allowed to build without the burden of your past. Self-defeating justification is for non-achievers. Your thoughts and creative ideas are incentives that will continue to prod you toward the achievement of your goals.

“To accomplish great things, we must not only act but also dream, not only dream, but also believe.”Anatole France

Allowing your mind to wander - to dream - lightens your emotional load by taking time to listen to what is in your head, heart and 'gut'. Listening to your dreams allows you to feel strong from the inside out.

This is a time to feel free from the influences of your environment. Not only does the peaceful solitude of day dreaming promote peace of mind, it is a good spiritual work out as well.

Barry Rice, writer, speaker and consultant, is the author of Moving Forward Out Of The Fog, the self-paced, practical exercise-based course that guides you, step-by-step, to defining, achieving, and living, YOUR definition of success. Subscribe to his challenging and inspiring newsletter at sunriseofopportunity@getresponse.com.

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