

HOW TO **DAY DREAM** **YOUR WAY TO SUCCESS!**

AND GET ANYTHING YOU WANT IN LIFE



Success Mindset In **YOUR**
Pocket

(A Book Series) - By Ray Newland

In my series of ‘Success Mindset in your pocket’ books I do not include any information about the author.

Instead if you need to know more about me and how I have helped thousands of people around the world, and more importantly how I can help you, check out

www.raynewland.com

My pocket books are designed to be read ideally in one sitting and focus purely on one success topic.

Also in all my book’s there is an action plan designed to make sure you implement these success traits, so you can reap the benefits.

*'If you want to be better than
average, you must be prepared to do
more than the average'*

Ray Newland
Author

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HOW TO DAY DREAM YOUR WAY TO SUCCESS!

I absolute love this success trait and it was something that I did un intentionally everyday as a youngster.

And this was to day dream every waking hour on wanting to achieve my boyhood dream to become a professional soccer player.

In other words, I was practicing the art of visualisation.

Now the majority of people will state that they do not understand the art of visualisation but the fact is, most people, most days visualise without knowing they are actually visualising.

But sadly, how most people visualize goes against them, which I will explain shortly.

What is visualisation if you have not heard of this before?

Well basically it's the art of day dreaming, thinking something into reality and if you ask any top athlete, top actor, top musician, top businessmen or women or any one as a matter of fact top of their field,

most will tell you they visualise probably on a daily basis.

I would go as far to say, if these guys did not know how to visualise, they most probably would not have had the success that they had.

Visualization is that powerful, it is that important and the great news is, it is such an easy thing to practice.

A TV presenter once asked a very famous golfer *'What is the best game of golf you have ever played?'*

Quick as a flash without hesitating he answered back, *'Every game I play on the airplane travelling to my next tournament!'*

Now think about this answer for a moment, even if you have to reread a few times until you understand what he was stating.

I know when I first heard this on audio, I had to keep rewinding it back as I just did not get what the golfer was trying to explain.

But after about my fourth maybe fifth time of hearing, this statement hit me like a force of lightening as I thought, *'Wow this is so powerful!'*

So if like me, you do not get what this golfer was stating, let me explain.

What this golfer was basically doing, was visualising playing his perfect game of golf, over and over **in his head.**

He was day dreaming his way to winning each tournament.

In his mind's eye, he would have gone from teeing off and he would have gone through every single shot until he reached the eighteenth hole.

And every one of his shots would have been perfect in his mind's eye.

And he would have played that perfect round of golf. (In his mind's eye)

The majority of top performer uses the art of visualising, also called day dreaming on steroids.

However, visualisation is not just for the successful, anyone can use the art of visualising.

You can start right now, you can use visualisation to have a massive dramatic positive impact in your life by using this hugely powerful trait.

As I said above, I used this as a child but at the time I thought I was just day dreaming because I use to think in my mind's eye, playing a perfect soccer game every waking minute.

My dream was to become a professional goalkeeper, so every day I would visualise (day dream)

making that perfect save, taking that perfect goal kick, making crucial penalty saves, even to the point I could hear and see thousands of my fans chanting my name... *'Newland, Newland!*

I would then visualise my team winning the game and all my team mates coming up to me to shake my hand and pat me on the back because I had been the hero.

I would visualise this probably 100 times per day and there were a good few times when I would be visualising playing my perfect soccer match, I would see the opposing players approaching my goal, I would see the opposing player fire the ball towards my goal...

I would then see myself like lightening move across my goal and leap top corner diving full length to save the ball.

I was just about to save the shot and the crowd was about to go wild because it was such an amazing save that they had ever seen, when I would be awoken by the shout, *'Newland, are you day dreaming again... get on with your work!'*

It was normally my French teacher Mr Mitchinson letting me know that I had work to do.

Seriously I visualised every day, all the time.

When I achieved my dream, and became a professional goalkeeper, I would use this success trait

even more intensely and I would invest at least 30 minutes a day to practice and practice to tiny detail.

So now I was deliberately day dreaming on steroids.

I would find a quiet part of my home and I would just sit, visualise and go over every scenario that I could think of that I might face in a soccer training session or a soccer game situation.

I would go over the same save, kick, dive, roll, slide, cross, penalty save, you name it, time and time again until it was the perfect save or catch for me in my mind's eye.

Visualisation is that powerful there were many many times I would be playing a soccer game in front of thousands of people and something that I had visualised over and over again in my mind, not only come true in a live game, but come true to the exact detail.

Seriously to the exact detail!

In front of 20,000 plus supporters in a live soccer game, I have come for a cross in were I have seen the opposing player run down the side line, beat my defender and crossed the ball high into my area, with the ball curling way from me because of the high wind.

I have then been in the exact same position when the cross came over, moved in the same direction as my vision, took off at the same moment, shouted ‘keepers!’ (meaning the ball is mine and everyone get out my way!!!) and caught the ball at the exact same height as in my vision.

Even my home team supporter’s cheers and chants were the same as in my vision.

I have literally been performing in front of thousands of people and when a scenario on the field has played out exactly like it was in my vision, I would get this almighty cold shiver running down my spine because even though I practiced and practiced this

trait, it was such a weird (and wonderful) feeling when it was played out for real in my life.

Now believe it or not, even though I was doing this on a daily basis, I did not realise I was visualising because up until this point I never knew what it meant because when I played pro soccer, it is not like it is today with sports scientist, we had nobody guiding us on the mental side of being a sportsman.

It was only when I came out of soccer and started reading business books and listening to successful entrepreneurs on audio did I start to understand what I had actually been un intentionally practicing for all those years.

So, when I started to understand the power of this amazing trait, I started applying this to every part of my business and personal life.

All my success to date, building my property business, building my Just4keepers goalkeeper business, writing my books, creating my 6-part DVD series was all played out over and over in my mind long before they ever come to fruition.

I also use this in my personal life, I visualise being the best husband and father that I can be for my wife and family.

You can basically use visualisation to transform any part of your business, spiritual and personal life.

Visualisation can be used on **ANYTHING**, it does not have to be sport!

Below I am going to give you an exercise that will help you understand the power of visualisation and the positive impact it can have on your life.

However, before I do this exercise with you, I want to explain the power of negative visualisation.

Sadly, this is the visualisation most people use, negative visualisation.

Even the most positive of people allow negative visualisation to creep into their life every now and then, I certainly did, and still do to this day.

However, I do recognise negative visualisation almost immediately and try as fast as I can to make my thoughts positive.

Here are some examples of negative visualisation.

A person is worried about losing their home because they have lost their job or maybe have been downsized.

Every day they worry and go through the scenario in their head of losing their home.

They put that much focus into seeing themselves losing their home, they eventually lose their property.

They do not realise this, but this person actually and sadly day dreamed their way into losing their home.

A man (or woman) is desperate for a partner but they continue to play over in their mind that they will never get the partner of their dreams because they are too old, too fat, too thin, etc and etc.

So as a result, they actually talk themselves into not finding the partner of their dreams.

Sadly, they then settle for a partner they are not 100% committed to our love with all their heart.

And for the most part, we all know how these relationships end.

Another example, a person wants to get promoted in their current job role but feel that their peers are better equipped than they are and that their peers get on much better with the bosses, so if a new position comes available they would have little to no chance.

What happens when this position actually does come up?

Correct, the job goes to one of their peers because they never gave themselves a fighting chance.

I am sure you get my point here as I do not want to harp on too much but the point is, if you have not got it yet, is most people actually ‘think their way to failure’.

Think about it, if your mind can think your way to success, can it also think you to failure?

The answer to this is sadly yes!

What is also amazing is it takes the same effort to think positive visions than it does to visualise negative visions.

However sadly, most people choose negative visions?

Why is this?

I think it goes down to poor schooling, poor parenting, poor peers and negative association.

Also, it is down to ignorance.

Most people simply have not been taught this trait, so as the saying goes, *'If you do not know, you do not know!'*

People simply do not know that visualisation can change their life for the positive!

Or sadly it can ruin their life if they are not aware of their thoughts.

Another massive factor is the media and especially that big dangerous square thing hanging on your wall.

I am talking about your TV.

People are basically brain washed now by TV, from negative soaps, to negative films but guess what?

Most people love all this negative stuff on TV, so is it any wonder they adopt this same negativity into their own mind and life.

Also, let's not forget the media and the news that fill us all with so much nonsense and negative stories, is it little wonder most people think negative.

However, what is rapidly taking over brain washing people now is all these social media platforms.

Or what is in their pocket.

I am talking about your smart phone.

Now there is no escaping from all the negative.

Most people now, will post, tweet, blog etc and then wait anxiously for people to like and Share what they have shared with the world.

If they get a like and or a positive comment, well then, their day is going to be magical because for the most part, someone they do not even know gave them the thumbs up.

So, this will dictate their day?

However, what if this same person gets a thumb down, angry face or negative comment?

Well this will probably spoil this person's day and put them into a state of depression, just because they

got a thumb down from some keyboard warrior that they will never meet.

It is a very worrying, sad and dangerous time now for human beings that our day will be influenced because some stranger gave us a thumb up or thumbs down.

Notice the negativity

I now believe people need watch the negativity that is knocking on their door every day, from the TV, media and social media.

However, the sad thing is, 95% of people have no idea how much their minds are getting programmed negatively each day.

So, I sincerely hope that you now stand guard to your mind, and try not to let any of this negative stuff enter your mind.

And if it does, because it will get pass your minds guard from time to time, just replace this negative crap with positive thoughts as soon as you realise your

positive thinking has been breached by a negative thought.

Remember, to watch your thoughts.

Now we have established how positive and negative visualisation works, now let me show you an exercise that will hopefully help you bring more positive day dreaming, thinking, thoughts and visions into your life.

ACTION PLAN
– How to Day Dream
Your Way To Success.

What I want you to do is write down below something that you want to achieve.

Whether it's starting your own business, trying for promotion in your current job, finding a partner (or a new partner :), starting a new hobby, visiting a country you have always wanted to visit, etc and etc.

I want you to do this RIGHT NOW...

You have no more than 5 minutes.

Do not over think this!

What have you been putting off?

What dream have you had but put to one side
because you do not believe you can achieve this?

You probably already know what it is...

So, write it down right now!!!!

Even if you do not believe you can achieve what
you are going to write down, please still just write it
down.

Ok well done for doing this, this is the most important step as most people will not even bother to write down what they want to achieve.

Also write a date down when you want to achieve this.

Now you might be thinking, Ray this is just like setting a goal.

And in a way it is, but with a slight difference that you are going to be going over and over what you have written down, 10, 20 even 50 plus times, per day!

I want this to be in your thoughts constantly.

Once you have done the above, and wrote down your goal, please follow the below steps.

Step 1. Write this down on a piece of paper, ideally a small piece of card.

Step 2. Put this piece of card in your wallet.

Step 3. At **least** three times per day take this out and read what you want to achieve.

Step 4. Then visualise (day dream) in your head you already achieving what you have wrote on this card or paper.

If it's a brand new sports car, visualise yourself driving this through the streets, people watching you in admiration and you just feeling totally amazing about yourself.

Or if you are into martial arts and you want to get your next level up, visualise yourself doing your exam and you making every movement perfectly and your peers and instructors clapping your faultless efforts.

Whatever you have written down, just keep going over and over in your mind's eye.

Day dream it into reality!

Step 5. Believe. You must believe you can achieve your goal.

Even if you do not believe 100% to start with, just keep saying to yourself that you believe you will achieve this result.

If you keep stating this consistently, you will eventually believe.

Step 6. Surround yourself with people who will encourage you to achieve your end result.

If you have people who are trying to ruin your dream, you need to stay away if you can and surround yourself with positive people.

Step 7. Dream build. If it is product you want, like a new sports car or motorbike, visit the showrooms and physically touch and take for test drive.

This dream building is like real time visualisation because you can actually touch what you want and this act can be very powerful.

Step 8. Be consistent. If you visualise once a week, you will lessen the chances of getting your required result.

But if you did this at least three times per day, you are burning into your sub conscious your desired result, so you strengthen the chances of you getting what you want!

Step 9. Seek out who has achieved what you want and **simply copy them!**

If you can speak to them and ask their advice. Even better!

Step 10. Never, ever, ever give up!

You are going to have your doubts from time to time that you will not achieve your end result, but keep the faith and never, ever, give up!

If you are still a little under confident that you cannot visualise this big dream that you have been putting off, start with something small.

For Example...

If you have been putting off painting your bathroom, visualise your bathroom finished to a high taste.

If you have been putting off fixing up your garden, visualise seeing your garden finished.

If you have been putting off going on vacation, visualise yourself going on your perfect vacation.

If you have been putting off tidying your attic, visualise your attic super clean and tidy.

Now these visualisations might not seem overly important, but here is the point.

Once you can see that visualisation works (and it does), you can start to visualise a slightly bigger goal, and once that is achieved, you can move to a bigger visualisation goal, and so on.

It is like being a champion weight lifter.

You do not start lifting 1000 pounds straight away.

You start with small weights, then you work your way up, lifting heavier weights until you become a world champion.

And this is the same with visualisation... you start of lifting small weights or with small visualisations, and as your mind grows stronger, you can cope with larger visions.

So if you prefer to start with a smaller vision, this is not a problem, the key to your success, is to start.

And to visualise and day dream every single day.

Also, do not forget, watch those negative thoughts and make sure your filling your mind with positivity.

Seriously, visualisation is one of the most important traits you can develop and it is so easy to do as you simply just day dream your way to success!

Like I mentioned at the beginning of this book, anyone can visualise, anywhere, anytime.

Out of all the success traits that I have mastered and teach, this to me, is the number one trait (actually alongside focus) to help people get their desired results.

But the key is, once you know what you want to achieve you must be consistent and you must day dream on a daily basis.

I will state it again because it is that important.

To get your success, you must be consistent with your visualisation and day dreaming.

Like I have mentioned already, you will also get negative thoughts popping into your mind, this is only natural for most people.

Even to this day, when I visualise, I still get those annoying gremlins that say, Ray you will never achieve this result.

What I do when this happens, is take a few deep breaths and actually focus on my breathing.

Reason being, it is impossible to think of two things at once.

So, if you are focusing on your breathing, the negative thought should have left your head.

Try this exercise now.

Take very big breaths, breath in through your nose, and out through your mouth.

And only focus listening to yourself breath.

Once you have done this for a moment and got rid of your negative thoughts, get back to your positive thoughts.

As long as you always replace a negative thought with the positive thought you created, what you will find over time and the longer you master this skill, you

will start to have less negative thoughts enter your mind.

And remember, if you are still not confident you can visualise the big dream for yourself, start with a small one.

It could be as simple as just buying a new wardrobe.

So, you would visualise yourself buying all the new outfits you want to wear and feeling and looking cool in your new attire.

Start with small positive visualisations and then move to a slightly bigger vision, then another.

Then when you see how this all works, then start chasing your bigger dreams.

Please remember, like most people whether you realise this or not, you are visualising everyday anyway, and sadly for most people it is negative visualisation they unknowingly focus on.

So now you know each day the chances are you are visualising and day dreaming, you might as well use this powerful trait in your favour and focus your mind on something positive that you want.

You really can day dream your way to get anything you want.

To your success and....

Happy Day Dreaming

Ray Newland

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Bonus Chapter!

If you have read other books of mine, you have probably also seen this bonus chapter in these books also because I believe this is the most important habit any person should focus on **every day of their life...**

Even if it's just for a few minutes each day!

I also deliberately leave this chapter until the very end of my book(s) because I want this success tip to stick in your mind.

Please Note: I have touched on this topic already in this book, all be it slightly but I believe this subject is that important, I want to leave you with this final success tip.

So what is this life changing success tip?

Continuous Education

There is an amazing saying that I learned as a professional soccer player and that was...

'The moment you think you know it all, it is time to quit!'

It does not matter how experienced you are, you can always learn something new from someone.

Professional soccer is so competitive you are always looking for the edge to make you a better player.

Even if some new information enhanced your performance by 000.1 percent, you would take it because in the professional sporting world, 000.1 percent could be the difference between a win or a loss.

When I first started my business after losing my soccer career, for the first 2 years I really struggled to grow my business, and even though now it was obvious, back then I did not know why.

What I am talking about here is continual education.

Or to choose a better word, I was NOT continuing my education!

As a professional goalkeeper, I knew the importance of taking every single opportunity to develop, to become a better goalkeeper (continued education).

But in business I just did not realise that I had to do the same thing...

BUT this time to develop as a businessman and person.

It was not until I joined a network marketing business that opened my eyes to the importance of continued education and more importantly making sure that I grew as a person, which I did and that is when my business started to take off.

You see, as a professional goalkeeper, I was doing this naturally but it wasn't until I started getting educated by my up-line in the network marketing business that it dawned on me that I had to continue to get educated throughout my life.

Just like soccer, when I realised that my competition in business would be seeking to get more and more educated, I set one of the most important goals that I have made, **and that was to continually learn, and grow my mind.**

I would listen to audio recordings, attend seminars, read and associate with like-minded people – anything to improve myself as a businessman!

This had a major positive impact on my business, so I **strongly recommend** you make continued education a part of your life.

There is another fantastic saying that states, *'All leaders are readers!'*

After I left school and I became a professional goalkeeper, like most people I never bothered reading a book because, in my eyes I thought, I have been to school, why do I need to read.

I would read all the negative stuff, like newspapers and magazines to find out which famous movie star had fallen off the wagon that week. All the information that does not move you forward, I read!

But I stopped as soon as I realised the damage reading this trash was doing to my finances, my thoughts and actions, and I can honestly say I have not bought a newspaper for easily over 15 years now.

I would recommend to anyone reading this book to **STOP** reading newspapers and similar trash!

Your life will change for the better with this one small action.

In business some of the most successful people I have met are always hungry for more information, they read anything that they can get their hands on that is relevant to their business, beliefs and interests.

This chapter is simple, so I am not going to write a load of waffle to make this vital point – but you need to grow and develop as a person on a daily basis.

Because if your friends, peers and competition are getting better educated, one day this will catch up on you!

If you want to be the best in your sector or at least have any chance of a successful business and happy life, it will help you massively if you continually seek further education to develop your mind – **full stop!**

The key is to make sure you read information that is relevant to you and your dreams and goals.

HOW TO DAY DREAM YOUR WAY TO SUCCESS!

And even if its for a few minutes each day, do something that makes you that little bit wiser!

Good luck 😊

For More Help, Advice, Books, Audio and Video Programs From Ray, Check Out www.raynewland.com

And let him help you to ‘live a life, most people will only ever dream of.’