

Unleashing The Power of Your Purpose

Written By

Mitchell Dahood M.A.

Published By Champions Heart Publishing

Copyright © 2014 by Mitchell Dahood M.A.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. Send permission requests to [mitchell@mitchelldahood.com](mailto:mitchell@mitchelldahood.com)

# Table of Contents

Table of Contents..................................................................................................2

Introduction – What You Can Expect ....................................................................4

Two Questions I Get Asked a Lot .........................................................................9

How Your Conscious Mind Works Against You ..................................................12

Diagram #1 of Conscious and Subconscious Mind..........................................13

Diagram #2 of Conscious and Subconscious Mind .........................................17

Discovering and Reclaiming the Power of Your Purpose ...................................22

Going Deep With the Six Questions Process ..................................................24

Question #1 .................................................................................................27

Question #2 .................................................................................................27

Question #3 .................................................................................................27

Question #4 .................................................................................................28

Question #5 .................................................................................................28

Question #6 .................................................................................................29

Why Just Knowing Your Purpose Is Not Enough .............................................32

7 Steps to Creating Your Breakthrough ..............................................................38

Step #1 ............................................................................................................38

Step #2 ............................................................................................................40

Step #3 ............................................................................................................42

Step #4 ............................................................................................................44 Step One: Place one or both of your hands on your heart. ........................44

Step Two: Speak your affirmations with as much positive emotion as you

can muster. ..................................................................................................45 Step Three: Write Out Your Affirmations .....................................................45

Step Four: Visualize or Imagine Your Affirmations As If They Had Fully

Manifested In Your Life. ...............................................................................46

Step #5 ........................................................................................................46

Section One “Awareness and Happenings.” ...........................................47

Section #2 Affirmations. .........................................................................48

Section #3 Forgiveness ..........................................................................48

Section 4 Gratitude ..................................................................................50

Section Five Intentions for Tomorrow. ....................................................51

Section Six: Commitment Level ..............................................................52

Step #6 ........................................................................................................53

Step #7 .......................................................................................................53

A Story of Breakthrough Genesis Success in Action ..........................................56

An Opportunity for You to Receive My Help For Free ........................................64

..........................................................................................................................66

My Final Thoughts ..............................................................................................67

Other Books by Mitchell Dahood M.A. Available On Amazon ............................70

# A person in a suit Description automatically generated with low confidenceIntroduction – What You Can Expect

Welcome! As the author of this book and the creator of the Unleashing The Power of Your Purpose system I want to thank you and acknowledge you for investing in yourself, by taking the time to read, discover and apply the cutting edge information contained in this book.

Let me also say, I'm so honored by your presence here and I don't take it for granted that you've taken time out of your life and busy schedule to read this book.

As a result, one thing I absolutely promise you is that I won't waste your time. I'm going to give you the powerful information you need that will allow you to create the breakthrough you are and have been seeking in your life.

This book contains everything, every step, every process, every technique you need and that I and my clients have used to create and sustain a real breakthrough in any area of life.” I will hold nothing back. That is my absolute promise to you.

Before I dive into the specifics of the process I will be sharing with you, let me first give you an overview of what we're going to be exploring together. The first and perhaps most important area is how to reclaim the power of your purpose. Do you know what your purpose is? Why you’re here? If not, you’re not alone.

The reason so many people are unhappy is because they're doing something that is in opposition to what their true purpose is. Before you can reclaim the power of your purpose, you first have to know what your purpose is. So I will share a process to help you to discover and then reclaim the power of your purpose. However, that’s not enough to create a breakthrough.

Even if you know what your purpose is, there's still action that needs to be taken in order to fulfill that purpose. Right now as you are reading this book there are limiting beliefs that you have that are stopping you from taking the action that's necessary to fulfill your purpose and to create the breakthrough in your life that you deserve and desire.

You may not even be aware of these beliefs because they are mostly contained in your subconscious mind. I am going to show you how you can release those limiting beliefs, once and for all, so they never stop you again. However, even that's not enough to create a breakthrough.

Once you discover the power of your purpose, and once you release the limiting beliefs, there's still more action that needs to be taken. That being said, you can take a lot of action and get nowhere, so you have to take specific kinds of action.

I've am going to share with you seven specific action steps that are absolutely critical to your creating a breakthrough in any area of your life. No longer will you be left wondering what you should be doing and when you should be doing it to get what you want.

As I said, I will be holding nothing back from you in this book. You will have absolutely all the steps and all the information that you need to create a breakthrough in any area of your life that you choose. However, if upon reaching the last page you are unclear or have questions about how to apply the information in this book to your life and your specific situation, I will offer you a free opportunity to be personally coached by me to create your breakthrough.

I want to ensure that you are very clear about the exact steps to take to apply the information that I'll be sharing with you in the following pages. I'll explain all the details about how you can take advantage of the free coaching opportunity with me at the end of this book.

There is something I want to address right up front, though. Whether you take advantage of that opportunity, whether you work with another coach or whether you decide to do it on your own, there really are three things you're going to have to do in order to be successful.

The first is something a lot of people don't want to acknowledge, and that is you are absolutely going to have to do some real work. I know a lot of people might tell you to simply visualize, do affirmations, positive thinking and other similar types of processes.

As powerful as those may be when they're done correctly, they are not enough. They'll never allow you or cause you to create the breakthrough in your life that you desire. There's actually going to have to be some work done on your part, on a consistent basis, and you’re going to have to take some action.

You can visualize all you want, but if you never take action, you'll never get what you truly deserve and desire in your life. Hopefully, that's not bad news for you. I just want to be upfront and let you know that real change – real, lasting change – takes real work.

Number two, you're going to have to be willing to take action in spite of your fears and your self-doubt. Fear and self-doubt come up every time we try to make a change in our lives that's different than what we've done before. It's just the way we're wired.

Any successful person that you can name – I don't care whether it's Bill Gates, Richard Branson, or Warren Buffet – or anybody that you'd consider to be successful, they had to take action in spite of their fears to succeed.

As a coach – and in your coaching session, if you decided to take advantage of that free opportunity at that end of this book – I will coach you on how to overcome your specific fears, so that you take the action you need to take to get and have the experience you want.

Finally, it's not just a matter of taking big action for a short period of time. It's a matter of taking consistent action on a day-by-day, moment-by moment basis to keep you moving forward. That's where a lot of people fall down or “fail”, for lack of a better word.

They take a lot of action for a short period of time, and then they try to coast through to the finish line. It doesn't work that way. It's far better to take very small action steps on a consistent, day-by-day basis. That's ultimately what's going to give you the momentum you need and lead to the success that you're looking to achieve in your life.

This is also the way Breakthrough Genesis is designed.

With that being said, I do want you to know that no matter what you have experienced in the past, no matter how many times you have “failed”, you absolutely can create a breakthrough in your life.

So right now I just have one question for you, are you ready to get started creating YOUR BREAKTHROUGH? Great! Let’s dive in. and make it happen.

# Two Questions I Get Asked a Lot



There are two questions that I get asked a lot and may be on your mind right now. The first one is, “Can I really use your system to create a breakthrough in any area of my life?”

People will give me just about every possible area of their life that you can think of. “Can I use your system to create a deeper spiritual relationship?” Yes, is the answer, yes, you can.

“Can I use your system to create greater financial abundance in my life?” The answer is yes. Yes, you can. “Can I use your system to attract my ideal soul mate?” The answer is yes. Yes, you can. Whatever area of your life, whatever breakthrough you can think of, the answer is, 99.9% of the time, going to be yes, absolutely.

About the only thing I could think of – this just came to me right now as I'm writing this – perhaps if you’re 5'2”, and your dream and the breakthrough that you want to create is to play center in the NBA (National Basketball Association), then possibly, that might be an exception. Something along those lines may be an exception, though I'm not even counting that out.

However if I'm going to be truthful and upfront, that might be an exception of where this system might not be able to deliver the results that you're looking for. Other than that, for 99.9% of the breakthroughs that you may be wanting to make in your life, this system absolutely will give you the steps and the process to make that happen.

The second question is, “Why is it so hard to make a positive change in my life?” This question requires a bit longer answer. I know that if you're reading this book, there is an experience that you want to have in your life that's different than what you've experienced before.

I know that the reason it hasn't happened for you is not because you’re lazy. I know you're not lazy. I know you've tried many things for probably a very long period of time. You've tried everything you could think of to make a positive change in your life. Yet, it hasn't happened. Why is that?

Now, in order to answer that in a full and complete way, we really need to take a look at how your conscious and subconscious mind work, and how they've been working against you for most of your life. Once you understand that, then you can learn how to make your conscious and subconscious mind work for you, rather than against you.

I believe this is going to be some very powerful information for you. At the end of my answering this question – “Why is it so hard to make a positive change in your life?” – I'm also hoping that maybe, just maybe you'll find it within your heart to forgive yourself.

Forgive yourself for judging what you could or should have done differently or better in your life. The truth is, you did the best that you could. You simply didn't have the tools and information to do it any differently, and that's going to change as you continue to read this book.

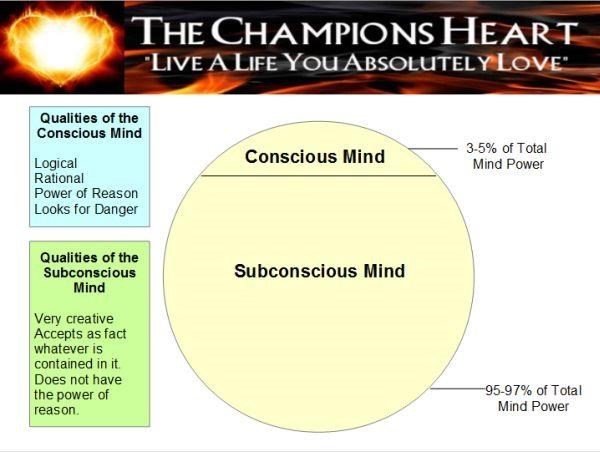
# How Your Conscious Mind Works Against You

Let’s take a look at the workings of your conscious mind. The important thing to know about the conscious mind is that science and research tells us that it's about 3% to 5% of your total mind power, which really isn't that much.

In fact, that number keeps coming down. When I first started studying this information, over 20 years ago, researchers were saying 10% to 12% was the total mind power of the conscious mind. It's now down to 3% to 5% now, which means the subconscious mind is even more powerful than we thought it was.

It's over 95% of our total mind power.

## Diagram #1 of Conscious and Subconscious Mind



The conscious mind has a few qualities that make it unique. It's logical. It's rational. It has the power of reason. For our purposes in understanding why it's hard to make a positive change in your life, you need to understand that the conscious mind also has a very powerful and positive intention for you, which is to keep you safe.

That sounds good on the surface doesn’t it? “Keep you safe.” However, the conscious mind goes about fulfilling that intention in a real lousy way. The reason is your conscious mind sees any change in your environment as danger. It will do everything in its power to stop that change from happening even if it is a positive change, because it sees it as danger and it's trying to keep you safe.

How does the conscious mind stop you from making a positive change in your life? It stops you by asking you some seemingly innocent questions. It will ask you a question like, “Are you sure you want to do that?” “Are you sure that you know enough to do that?” “Are you sure that you're worthy of doing that?” “What makes you think that you could possibly do that?” “What if you don't succeed?

What will people think about you,” and on and on and on.

Even though the conscious mind is only 3% to 5% of your total mind power, we often give it much more power than that. How? We do that by actually considering the questions that the conscious mind is asking us. We start to wonder to ourselves, “Am I sure I want to do this?” “Maybe I don't know enough.” “Maybe I need to read another book, go to another seminar or...”

“What if I do fail? People will think I'm a fool, silly or ridiculous.”

We start considering these questions of the conscious mind, and inevitably, it causes us to stop making that positive change we desire in our lives.

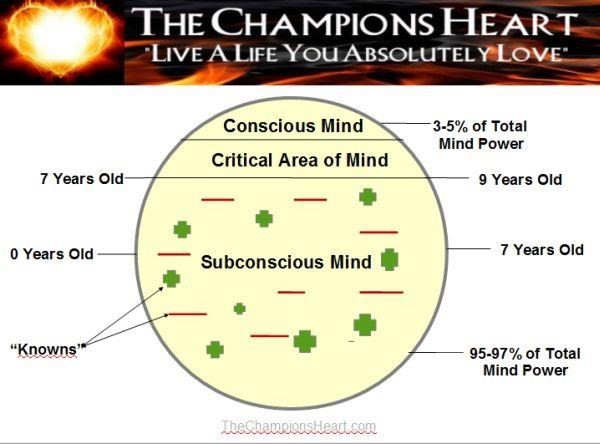
As if that weren’t challenging enough, then there is the sub-conscious mind…

How Your Subconscious Mind Works Against You.

Let's take a look at the subconscious mind, which is where we're going to spend the bulk of our time throughout the rest of this book.

The image that follows may be a bit confusing at first glance, it has a lot of information on it. Let's start near the middle of the image, on the left side where it says, “0 years old.”

## Diagram #2 of Conscious and Subconscious Mind



What that's referring to is the day that you were born. On the day that you were born, from the time you took your first breath until about seven years old, every experience that you had in your life got recorded in your subconscious mind. What got recorded in your subconscious mind was not based on fact. It was not based on reality, but rather your perception of reality.

Things got recorded as positive or negative, not because they were positive or negative, but simply because that's how you perceived them.

Let me give you an example. Let's say that when you were five years old, you were in a room. You were playing with your toys and really enjoying yourself, when you overheard your mother and father in another room arguing about something.

They could have been arguing about anything. It could have been that dad forgot to take the trash out, again, or he left his dirty socks on the floor again, or mom spent too much money on a new dress, even though she bought it on sale. It could be anything.

They're arguing about something that has nothing to do with you. However, because you're a young, vulnerable, impressionable child, you took that on to mean something about you. You took it on to mean, “Wow, mommy and daddy are arguing. I must've done something wrong. I must've done something bad.”

Even though that had nothing to do with reality, it had nothing to do with the truth of the situation, you perceived it to mean something about you, and so that got recorded in your subconscious mind as, “I'm bad. I did something wrong, and I caused mommy and daddy to argue.” This caused you to start to feel “less than” you truly are.

This recording process goes on, thousands upon thousands of times, from the time that you're born and take your first breath until about seven years old. Those things get recorded in your subconscious mind as positive or negative experiences, not based on reality, but based on what you perceived reality to be. All of these “recordings” combined are what are called “knowns” because they are known to the subconscious mind.

Now, something else starts to happen, another area of your mind begins to form from the time that you're seven years old until about ten years old. This area is called the “critical area of mind.” This is really important to understand.

What the purpose of the critical area of mind is, is to seal in everything that's contained within your subconscious mind and to block out, or prevent, anything that doesn't agree with what's already in your subconscious mind from getting in.

Can you see the dilemma here? You want to make a positive change in your life. You want to do something differently than what you've done before. Yet, here's this critical area of mind that's sealing in all your old ways of doing things and preventing anything that doesn't agree with those old ways from getting in.

Wow! Is it any wonder? In addition to what the conscious mind is doing to you, is it any wonder that it is so hard to make a positive change when you don't know how this stuff has been working against you all your life?

Now, this area of your subconscious mind, where all these things that are sealed in, this is also what's been referred to by many experts as your “life script.” It's really what's determining what you experience in your life, on a moment-to-moment, day-by-day basis.

The only way you could ever hope to change the experience that you're having in your life is to change what's in your subconscious mind. A lot of what we'll be talking about through the rest of this book is how to go about doing that step by step.

With what you will be learning in the remainder of this book, it's going to be a lot easier to make a positive change in your life. I'm going to tell you exactly what to do to start reprogramming and changing the recordings of your subconscious mind that have been working against you, so that you get them working for you in a really powerful way.

I hope with what I have just shared with you about the conscious and subconscious mind, that you have a little different perspective on what has transpired in your life.

I hope you have a little more compassion for yourself and what you may have judged yourself for in the past as “you should have done something differently” or better or perhaps not done at all. The truth is you did the best you could with what you knew at the time. Forgive yourself.

Let's turn our attention to exploring some new really powerful ways to get your conscious and subconscious mind working for you rather than against you. The information that follows is like a set of keys that you can use to unlock yourself from the “prison” of your mind and start freely living the life you were born to live.

# Discovering and Reclaiming the Power of Your Purpose



I personally believe that you and I were born with a very specific purpose, path and mission to follow and fulfill in our lives. The reason that so many people are unhappy is that they're doing something, or many things, that are in direct opposition to that purpose.

Your purpose, if you allow it, can become so powerful in terms of motivating you to take the action that you need to take to experience the life that you want to experience. In order to reclaim the power of your purpose, I am going to invite you to go deep, deep inside of yourself, deep into that place that knows the truth about who you are and why you're here.

To facilitate you in going deep within, I developed a series of six questions. These questions are part of the original six questions and seven steps to getting anything you want process I created several years ago. When I do that process with a client, it is a three hour or more process.

What I'm going to be sharing with you here is I'm going to go through those questions with you and explain to you exactly how to do it, so you will be able to do it on your own with what I provide you on the following pages.

## Going Deep With the Six Questions Process



I’m going to give you a very good, solid overview of the six questions process, which you will be able to take and apply immediately to your situation. In going through these six questions, it's really important that you go to that deeper level I mentioned earlier.

One of the quickest, most efficient and easy ways that I know to do that is to get deeply connected to your heart level. I'm am going to describe how to do that, and I would encourage you to first read the description of the process, and then go back and experience it for yourself.

Experiencing it is an action I am asking you to take to get what you want. When you experience going to that deeper place, you will feel how it is different than the way you feel most of the time. If you are like most people, you will like the feeling and you will want to experience it more and more. And that’s a good thing.

Before you ask yourself the six questions, do the following process.

I would ask you to first place one or both of your hands on your heart. With one or both of your hands on your heart, simply allow yourself to begin to breathe deeply, gently and rhythmically. In…and …out…in…and…out.

It may be helpful for you to close your eyes and go deep within yourself. Just allow yourself to become physically relaxed and mentally calm, as you continue to breathe deeply, gently and rhythmically. After a period of time, maybe one or two minutes, I would simply ask you to visualize or imagine someone or something that you truly love.

It may be a spouse. It may be a parent or a child or even a pet. It could be anything. It really doesn't matter; just something or someone that when you visualize or imagine, it allows you to connect to that feeling, that experience of unconditional love.

Once you've got that image or that visualization very full and present in your mind, allow yourself to be aware of how that's changing the feeling that you experience in that area of your heart where one or both of your hands are placed.

Allow that energy to spread throughout your body from the top of your head to the tips of your toes and out through to your fingertips. Just allow yourself to become aware of that energy as it's flowing freely throughout your entire body.

You then begin to ask the questions from that place deep inside of you that knows the truth about who you are, why you're here, the purpose, path and mission that you're meant to follow and fulfill. Then be open to receiving the answer.

The answer may come to you in any number of ways. It may come as actual words that tell you exactly what it is. It may come in the form of an image. It may come in the form of a feeling or an urging to go in a particular direction or take a particular action. Simply be open to receiving it in whatever form that it comes.

If, for any reason, the answer you receive is not one that you can easily understand, it's okay to go back in and ask that question again. This time, ask to receive the answer in a way you can easily understand. If you haven't done this type of work before, it's possible that you may have to do this a few times to open yourself up and reawaken that part of yourself, that you've been disconnected from for too long.

From that deep place within yourself that does know the absolute truth about who you are and why you're here ask yourself the questions that follow one at a time. Pause after receiving each answer and write down the answer you receive. After writing your answers close your eyes, take in a deep breath and reconnect deeply to your heart before asking the next question.

Question #1

### **“What do I really want, that will fulfill me in my life?”**

When you ask this question at a deep level you are more likely to get your “true” answer than if you were to ask it at the mental level where you would most likely get a response that has been conditioned and influenced by others.

Question #2

**“Why is having that in my life important to me, personally?**

While it's very important to know what it is that will truly fulfill you in your life, it’s equally important to know why that is important to you, personally.

Not why it's important to your parents. Not why it's important to your wife. Not why it's important to you children. Not why it's important to anyone else in the world other than you.

This can be incredibly powerful and motivating for you to take the action that you need to take, when you're really clear about what it is you want, that will really fulfill you in your life, and why it's important to you. Again, you ask it from that place inside of you that knows the truth about who you are and why you're here.

Question #3

“**Why don't I currently have this in my life?”**

There is a place inside of you that knows the truth as to why you don't currently have this in your life. If you know what that is, then you can really become much more lasered in your approach, in asking the further questions and taking the further action that is necessary.

Question #4

“**What is the cost of my not having this in my life?”**

This is a question that most people do not ask themselves, ever. Quite often, they'll ask themselves the cost of doing something, whether that's cost of time, effort and of course, money, but they never ask themselves what is the cost of not having that thing in their lives.

For your particular situation and what you specifically want to experience a breakthrough in, what is it costing you not to experience that breakthrough in your life? When you get clear about that, it can also be incredibly powerful and motivating to absolutely going forward and taking the action that you need to take to make that breakthrough happen for you in your life.

Question #5

“**If I woke up tomorrow and I had this in my life, how would my life look and feel different than it does right now?”**

Really allow yourself to visualize and imagine exactly what your life would look like if you experienced that breakthrough, how would it feel inside of yourself? What would it look like, and how would it feel different from what you’re experiencing right now? What would you be doing differently? What would you be experiencing differently when you experience that breakthrough, compared to what you’re experiencing right now?

Visualizing/imagining that and allowing yourself to feel what that feels like, in advance of actually manifesting it, is truly powerful. That's what this question is all about.

Question #6

“**On a scale of one to ten, how committed am I to taking the action necessary to create this in my life?”**

Now, a lot of people will automatically say ten when I ask them in a coaching session. If I'm working with a client and I ask them this question, they may automatically say “ten” because they think that's what I want them to say or want to hear. No. I want you to say, at the gut level, at that heart level, what is the truth for you. How committed are you, really, to taking the action necessary.

Sometimes, I get a client that will say “ten”. Then we go through the steps that they're actually going to have to take to make that happen, and they go, “Oh, I don't know about that, and I don't about that.” “Well, didn't you just say that you were committed at a level of 10?” “Oh, well, maybe it's more like an eight.”

There's no right or wrong answer here. We’re simply seeking accurate information. I would say that, unless you're committed at a level of nine or ten – really, seriously committed to a level of nine or ten – then perhaps, what you think you want, is not really what you want.

You need to take another look at that, a deeper look at that, because if you really get the answer of what's truly going to fulfill you in your life, I can't imagine that it would be any lower than a nine in terms of commitment. It most likely will be a ten. However, don't just allow yourself to automatically jump to number ten because you think that's what you should say. Simply go deep within and really allow the truthful answer to come forward, even if it's a four.

There's no right or wrong. It's all information, and it's going to help you to guide your action and the steps that you take, going forward. You don't want be spending a lot of time and effort trying to manifest something that you're not in alignment with and only committed to at a level four.

There are a lot of people who say they'd like to make more money, be a millionaire, billionaire or whatever. However, really, when we get down to it, that's something that they simply would consider nice if it happened somehow. They are not really committed to putting in the time, the work and the effort to make it happen. You need to be clear about that.

Also it is important not to mistake your level of certainty of success with your level of commitment. It is natural in the beginning to be uncertain and to have doubts if you can really make it happen.

The fact that you have made it this far in the book however, demonstrates that you are committed to achieving something more than you have experienced so far, even if you are uncertain at this point that you can actually make it happen.

As a side note, I also want to mention that the process I just shared with you for getting that deep connection at the heart level, is also something you could use anytime when you want to feel more relaxed and/or perform at a higher level. If you find yourself feeling a little bit stressed out or you're beginning to feel yourself getting to a place that is not really a resourceful state for you?

If you simply become aware of that, recognize that and simply place that one or both of your hands on your heart, allow yourself to breathe deeply, allow yourself to relax physically and become mentally calm, and by just doing that for a minute or two, you can change your state of mind and state of being very quickly, to a much more resourceful state.

It will help you to perform better, whatever the situation is. The more you do it, you'll be able to get to that place very quickly. People who have done this for a while can get there in a matter of seconds. The true masters live life fully from this place most if not all the time.

Those are the six questions to really get clear about what you want, why it's important to you, how committed you are and really get clear about all of those things. Once you become clear about that, you have to understand that being clear about your purpose is not enough to create a real breakthrough in your life.

It's a very, very important first step, but it's simply not enough. As I alluded to earlier, visualization, imagination, vision boards, affirmations, all of these things are incredibly powerful when they're done correctly. However, in and of themselves, they will never, ever create a breakthrough in your life. You have to be able to take action.

# Why Just Knowing Your Purpose Is Not Enough



Before I go into the very specific action that you need to take, I will share a personal story to help illustrate why simply being clear about your purpose is not enough to create your breakthrough. I don't like to talk a lot about myself, necessarily. However if it can offer a teaching point, if it can illustrate something that can benefit others, then I go ahead and I do it.

Let me start by saying I came to Los Angeles, which is where I live now, almost

25 years ago. When I came to Los Angeles, like a lot of people who come to Los Angeles, I came, originally, to be an actor. I acted in my first play while I was at San Jose State University. I loved it. I just immediately fell in love with it. I experienced something that I had never experienced before and I wanted more.

I did several more plays during the next couple of years that I was at SJSU. Finally at one point I decided I was going to come to Los Angeles to be an actor, and I was very clear about that. I was very focused. I had determined an exact plan of how I was going to do it.

I didn't know anybody in Los Angeles at that time. I didn't have any contacts. I looked at the situation, and I said, “What could I do to distinguish myself from everybody else who was going to Los Angeles to be an actor?” What I had determined was Los Angeles/Hollywood had an abundance of actors. There was no shortage of talented actors.

What there seemed to be a shortage of was good stories and good screenplays. I happened to be a fairly good writer. I had taken a screenwriting class and happened to do pretty well. I decided that, for me, what I wanted to do is I wanted to go back to my hometown, a small town in Montana. I was going to go rent a cheap, small apartment.

I was just simply going to lock myself in there and for a year, I was going knock out (write) three really great screenplays. I was then going to go to Los Angeles with these screenplays, so that I wouldn't be coming empty-handed. I'd have something truly meaningful and powerful to offer to Hollywood, to the acting and movie-making community.

Well, the best laid plans, as they say. I went to Montana. My dad was in Montana and still lives there today. I didn't tell him my plan before I got there. I wanted to tell him face-to-face, in person, because I didn't feel like it's something he could really understand over the phone. My father at that time was one of the most highly-respected trial lawyers in the country. He was a pretty powerful person and very intimidating in many ways. Even as a father, he was very intimidating.

I went up there, and I explained my plan to my dad, why I thought it was going to work and why I thought it was the best way to go about approaching it. He just looked at me and said “That's the stupidest plan I've ever heard of. If you want to be an actor, you need to get down to Los Angeles right now. You just need to start meeting people. You need to start making contacts.”

He went through this whole list of things that I needed to do, even though he knew nothing about acting. He didn't study it intently, like I did. He didn't look at the whole situation and analyze it. He just simply told me what he thought was the right thing to do.

At that time, because I was intimidated by my father and I didn't have the innerstrength, within me, to go against anything that he said, so I did what he'd said to do. Have you ever done something in your life that didn’t quite “feel right” because an “authority figure” told you to do it?

I went to Los Angeles. I was clear that I wanted to be an actor, and yet, I was feeling like I didn’t even have a right to be there. What I want to say to you is I was clear about wanting to be an actor. I was clear that I was passionate about that. I was clear that I wanted that to experience that.

As a result of that clarity, opportunities and people started to show up in my life. Yes, when we talk about law of attraction and you clearly visualize what you want in your life, those things can happen and they start to show up. However, if you never take action, you're not going to get anything.

To illustrate that, I had many opportunities show up, but I never took action on them. I actually met with somebody who was a former vice president at MGM movie studios. She had been fired, with a whole lot of other executives, when a new owner came in, Giancarlo Paretti. She got a huge severance package, and she was now going to be producing her own movie.

I met with her for lunch one day at Nate and Al’s Delicatessen. At the end of that lunch, she said, “You seem like a really nice guy. I'd like to help you out. Right now, we're pre-production on this film. We'll probably start casting in about a month. Why don't you call me then? It won't be a big role, but we can find something where you could at least get your start.”

Most actors, they'd be ecstatic. I was terrified. I immediately start thinking to myself, “God, but I'm not ready. I'm not worthy.” All these feelings and thoughts of self-doubt that happen at the conscious level of mind, anytime we try to do something differently, especially if it's differently than the way we had spent a lot of time planning to do it.

Have you ever experienced a similar situation? Because I didn't feel worthy, I never made that call. That's just one of many, many examples of opportunities that happened over the three or four-year period of time when I first came to Los Angeles.

There was actually a time when I finally did write a screenplay. I actually produced it first as a stage play in Hollywood, and it got really good reviews. People said, “Great play, but it'd make an even better screenplay.” I spent time, and I wrote the screenplay. I did five or six drafts, and I did get some feedback from different people. They all thought it was really good. However I never showed it to anyone who had the power to do anything with it.

Several years later during the time that I was getting my master’s degree in Spiritual psychology, towards the end, we were in these circles, talking with our classmates about our next steps and things that we wanted to do. I was talking about how I had written this screenplay.

At that time, I had written it like five or six years before that. I said, “I've never really shown it to anybody that can really do anything with it.” This guy that was sitting in this circle, he happened to have a brother, a very high-powered executive producer in Hollywood. He's the type of guy that could get that screenplay made into a film, and he said to me, “Look, when you feel like you're ready to show your screenplay, give it to me. I will make sure my brother, at least, reads it.

Obviously, he wasn't making any promises, but he would at least get it to somebody who could get that made into a film, if he wanted to. Even though this was more in line with what I imagined before coming to Los Angeles, my sense of unworthiness at that time was deeply entrenched and I never made that call either. My point in telling you this story I hope is clear. While it is vitally important that you are crystal clear about your purpose, it is equally important that you take inner action to release your limiting beliefs as well as outer action in spite of any fear and self-doubt that will come up.

I'm happy to say that through using the various tools that now make up the Breakthrough Genesis System, I transformed the way that I pursue and perceive things many years ago. If I am honest with myself and honest with you I can say the road I have traveled to this moment in time was one that prepared me perfectly for my true purpose of freeing people around the world from the prison of their limiting beliefs and connecting them deeply to the purpose of their heart so they can live the life they were born to live.

I'll share with you another personal story, after the seven steps process, of how I did it differently in another very important area in my life. How I was clear, again, and this time took action as opportunities presented themselves in spite of the fear and self-doubt I was feeling at the time.

# Steps to Creating Your Breakthrough



Let's take a look at the “work” or action steps of creating your breakthrough. The seven steps that follow are steps that I've developed over a number of years, during my own personal and Spiritual growth, and in working with a number of clients and helping them in their own lives and in their businesses to create the breakthroughs that they desired for themselves. Let me share these seven steps with you now.

## Step #1

This step will come as no surprise. Step number one is starting with a clear vision of having achieved your breakthrough. What will your life look and feel like when you achieve your breakthrough? Then, working backwards to where you are today, identify as many action steps as you can, that you will need to take to create your breakthrough. That's a bit of a mouthful, so let's break it down a little bit.

You want to start with a clear vision of the desired outcome that you want. Let's say that you want to attract your ideal soul mate. You want to very clearly visualize or imagine yourself already experiencing that in your life, right now, as if you were experiencing it in the present moment. What does that person look like? What does it feel like to be in their presence? What are the activities that you are involved in with this person? Really allow yourself to soak that up and really get clear about that.

Then, once you become really clear about the desired outcome, then from that point work your way back step by step. Right before you experience your breakthrough, there is something that is going to have to happen. And before that thing can happen, there's something else that's going to have to happen right before that.

You are simply going to go from your desired outcome – or as the late Steven Covey would say, “Begin with the end in mind” – and then simply work backwards, step by step, to where you are right now, in this moment.

I want to be clear with you about this; you do not have to identify every step that you will need to take. You simply want to identify as many steps as you can. In reality, the most important step that you need to identify is your next step. That's the step that you need to focus on.

There may be 100 steps. There may be 50 steps, 10 steps. Doesn't matter. However many you identify is really not that important. The most important step, after you've gone through this process, is what is your next step, and focus on taking that step. Trust that any future steps beyond that will be revealed to you.

What stops most people is they don't know and don't identify their next step, and so they never take a step. They never take action. They never get moving forward. And it's the energy that's created from taking action, taking a step and moving forward that builds up momentum and allows you start going forward at an accelerated pace.

Some people also get stopped because they feel like they need to know every single step in detail before they can take any steps (I have been guilty of this myself in the past). Yes, identify as many steps as you can. Yet, realize that it's really mostly important that you identify your next step and then be willing to take action on that.

## Step #2

After you've created this list of as many steps as you can identify, you're simply going to place a realistic completion date next to each one of the steps that you've identified. I really want to emphasize “realistic.” You know yourself better than I do. You know your situation better than I do. Now, a lot of people want to put unrealistic completions dates. They really want to achieve these things quicker than they realistically can, given their situation.

The important thing I want to point out is we want to set you up for success. We want you to feel successful. Whatever realistic date you have in mind, I'd rather have you add, say, 50% more time to that so that you achieve it early, rather than setting an unrealistic time and achieving it late. When you achieve it late, how are you going to feel about that? You're likely going to feel like a failure (even though you achieved something you set out to do).

You're going to feel like, “Geez, I didn't do it fast enough. I didn't do it quickly enough. I said I'd do it by this time, and instead it was three weeks later.” That's an important point. Even if you achieve something, if you achieve it later than when you said you would, your mind will likely interpret that as failure.

We want to retrain your mind to be a mindset of success; so that when you say you're going to do something, you actually do it. If you say you're going to do something on this date, you do it by that date or sooner. Not that you do it three weeks or two months after that date. When you do it later than what you say, your mind is likely to interpret that as failure.

When you complete it earlier, your mind will interpret that as success.

That's how I want you to feel, successful.

Really take a realistic look at your situation and the other responsibilities that you have. Regardless of what breakthrough you want to create in your life, chances are you have some other responsibilities that will also require your time and attention. Taking all these things into consideration, put a realistic date next to each of these action steps that you've identified.

## Step #3

Create five or more affirmations that support the breakthrough you want to create and experience in your life. Affirmations can be truly powerful when used correctly. Unfortunately, most people do not use them correctly. This is not a course on affirmations, however, I'm going to give you enough information so that you can use affirmations correctly, and in a very powerful way.

By using affirmations as I describe you will be reprogramming your subconscious mind so that it is working for you, rather than against you. An example of a powerful affirmation might be, “I deeply and completely love and accept myself the way I am.” That particular affirmation, I would make that almost a universal affirmation that everybody would say, all the time, to themselves, regardless of the breakthrough they want to have because it's so critical. It's so foundational and fundamental.

Regardless of what you think is wrong with you, getting to the place where you absolutely can and do deeply and completely love and accept yourself the way you are, just as I deeply and completely love and accept myself the way I am, is a wonderful place to be.

Another example might be, “I am attracting my ideal and unconditionally loving relationship. Another example might be, “I wake up every morning feeling vibrantly healthy and fully energized.” What you need to take note of if you're not familiar with affirmations, or if you've been using affirmations that haven't been working for you and they haven't created the experiences you want in your life, first of all, they need to be worded in the present tense.

Most people know that. They need to be worded in the present tense, as if you were experiencing them right now. You do this even if, as you're saying these, your conscious mind tries to distract you and contradict your affirmations. For example if I say, “I deeply and completely love and accept myself the way I am,” the conscious mind goes, “Who the hell are you kidding? You love and accept yourself? What about all these things that are wrong with you? What about this? What about that?”

Remember, the conscious mind is going to be saying all these things. We know that, and that’s why it is important to remember, your conscious mind is only 3% to 5% of your total mind power. We're still going to say these affirmations. Simply say to your conscious mind “Thanks for sharing, however I am going to do this.”

It doesn't matter if your conscious mind is trying to contradict it. That's not important. These affirmations are for your subconscious mind where the real power of transformation lies. You say these affirmations with as much positive enthusiasm as you can muster. Say them in the present tense. Also, in the next step I'm going to give you an exact and precise process to make the most powerful and effective use of the affirmations that you will create.

Let's go ahead and go to step 4.

## Step #4

Step number four is performing the “Power Affirmations Routine”, and you do this during the half hour before you go to bed at night. Why do you do this for the half hour before you go to bed at night? The reason is this is the most powerful time of day to reprogram your subconscious mind. It’s the time of day when your critical area of mind opens up and allow new information to enter your subconscious mind without rejecting it.

Now, there's no wrong time to do any of this work. However, for most people, their time is limited. If you want to take advantage of the most powerful time, that time is during the half hour before you go to bed at night. The second most powerful time of day is within the ½ hour after you wake up in the morning.

Here's the routine. There's four steps to it.

Step One: Place one or both of your hands on your heart.

Remember, that's that place that knows the truth about who you are, and that gets you to that place that allows you to go deep inside, deep to that place that is just unconditional love; unconditional love for yourself, unconditional love for others. It's such a powerful place to come from, such a powerful place to be connected to.

It's such a powerful place from which to use these affirmations that you created in step three in the most powerful way. You get connected to your heart, placing one or both of your hands on your heart, taking a few deep breaths, allowing you to go deep inside and connect deeply to that place inside of yourself.

Step Two: Speak your affirmations with as much positive emotion as you can muster.

When you speak your affirmations, you want to look into the eyes of your reflection in the mirror in front of you and speak with as much positive emotion as you can muster. This is an important, key piece on making affirmations effective. A lot of people simply recite them like a robot. “I deeply, completely love and myself. I deeply, completely love and accept myself. I deeply, completely love and accept myself,” without any powerful and positive emotion behind it.

The positive heart felt emotion is really the juice. It’s the magic sauce that makes affirmations work in a really powerful way. Without the deep connection to your heart and the powerful and positive emotion that goes with it, you're better off not working with affirmations at all.

Step Three: Write Out Your Affirmations

After you've spoken your affirmations with as much positive emotion as you can muster, then you're going to write out those same affirmations that you just spoke. You're going to write them out longhand, as opposed to printing. Printing is a conscious process. Writing them out longhand is an ideomotor response which directly inputs those affirmations deep into your subconscious mind and at the time that the subconscious mind is most receptive to receiving that information.

Step Four: Visualize or Imagine Your Affirmations As If They Had Fully Manifested In Your Life.

After you've written your affirmations, you then take one to two minutes to visualize or imagine your life as if all of your affirmations had been fully achieved and manifested in your life and you are experiencing that breakthrough that you truly desire and deserve to experience in your life.

Visualization is so powerful, and the imagination is so powerful. If you noticed, I often say, “Visualize or imagine.” The reason for that is some people can really visualize very clearly, as if it were a movie on a movie screen. There are other people who haven’t developed the ability to do that. They simply get a sense or a feeling of something.

I want to make it clear that either one is perfectly acceptable and will work equally powerfully for our purposes. If you think that, for some reason, visualization doesn't work for you because you can't clearly visualize images like a picture or a movie on a screen, as long as you're imagining and getting a sense or a feeling of that thing, it is enough to create the powerful, positive results that you want to experience.

Step #5

Step five is the perfect complement to step four. It's writing in your “Daily Empowerment Journal”. This is something that, along with the affirmations process, are the most powerful way that I've discovered, to reprogram your subconscious mind in the shortest period of time possible. The affirmations process is powerful, and the Daily Empowerment Journal is powerful.

Combined, they are simply unbeatable and unstoppable for creating positive change in your life. Again, this is something that has been developed and refined over a number of years now, and it's super powerful.

There are five sections that you're going to record information for in your Daily Empowerment Journal. You can simply take any type of notebook and create these sections within the notebook. If you have a special journal that you like to use, whatever it is, it doesn't matter, but make sure that you choose something that is specific, just for your Daily Empowerment Journal.

You're going to want to place it somewhere, whether it's on top of your pillow or next to your bed where you are sure to see before you go to sleep. You're going to do this after the affirmations routine, during that half hour before you go to bed at night. Again, we're taking advantage of that most powerful time of day to reprogram your subconscious mind. Let's take a look at the different sections.

### Section One “Awareness and Happenings.”

Remember, you’re doing this at the end of the day, before you go to bed at night, so you’re reflecting on your day. As you’re reflecting on your day, you want to make note of any “awareness’s” or “happenings”. An “Awareness” is you simply becoming aware of something new that you weren’t aware of before. An example would be “I am aware that I am experiencing less stress at work, or “I am aware that I am connecting more deeply to my heart than I have in the past ”.

A “Happening” would be something that just seem to happen for, apparently, no reason. It could be anything. To give you an example, when I first came to Los Angeles, I had a roommate. One thing led to another and, at some point, I came home and he had moved out without ever telling me. His room was empty. His closet was empty. The furniture that his parents had given him, for this apartment, were gone.

I'm going, “What the hell is going on here?” That could be considered a “happening”. However the example I really want to share with you occurred over 23 years later. I started receiving checks for $200 a month from that same roommate, as a way to repay me for the situation that happened all those years ago. I had no way of expecting that or even thinking that that would happen.

That's something that happened, simply out of the blue, so I would make note of that in my daily journal. That's a happening. Really, we want to become aware of these things, not simply let them go by without noticing them. The more you're aware of these things that just seem to happen especially the “positive” things, the more they're likely to happen again and again.

*Section #2 Affirmations.*

This is where you will write out the affirmations that you were writing out during the affirmations process. Again, you're writing them out longhand, as opposed to printing, because writing them out longhand is going to put them deeply into your subconscious mind.

### Section #3 Forgiveness

Everybody talks about the power of forgiveness, and it is true. We have so many judgments about ourselves, and we also have judgments about other people. We judge what we should have or could have done differently or better, or even whether we shouldn't have it done at all. We do the same with other people.

At the end of the day, as you're reviewing and reflecting on your day, just become aware, and notice, did you judge yourself in any way or did you judge someone else in any way. Simply take a moment to forgive yourself for any and all judgments that you had during the day.

There are different processes for forgiveness, and it doesn't have to be complicated. I'll give you a very simple one that you can use for yourself, if you don't have one of your own. Again, start by getting connected to that heart level that you have experienced earlier. Place one or both of your hands on your heart. You're going to take in several deep breaths and allow yourself to become connected to that unconditionally loving energy of your heart.

Then simply state what you're forgiving yourself for. It might be, “I forgive myself for judging myself as I should have done better on that assignment at work.” If you have further judgments, then just state them one at a time; stating them from that place, from that heart level of unconditional love. You go through them one at a time.

After you've stated your forgiveness’, then I would also suggest you state the truth. This is the truth for you, and it's also the truth for other people. That truth is, “If I could have done better, I would have, because I am always doing the best I can in every situation.”

Now, that's not to say that you are not responsible for your actions. The truth is, in that moment, you did the best you could. Next time, you may want to do better. You may want to look at, “What did I do there, that I can do differently next time, so that I do it better or I do it differently?” We're not talking about you not taking responsibility for your actions or not taking responsibility if something doesn't go quite the way you would like it to go.

However, we are talking about freeing yourself from the judgment and the negative impact of that. When you release yourself from the crippling energy of judgment, you can then go forward in a more powerful, positive way so that next time, you can do it better. This is a far more empowering choice to make instead of constantly beating yourself up and beating yourself down with these negative judgments.

You would go through the same process if you noticed that you judged somebody else during the day. You would go through and you'd connect to that heart level, and you'd say for example “I forgive Joe for not loaning me the money that he said he would loan me” or “not doing something that he said he would do.” The truth is, he is doing the best he can, just as I always do the best I can. It's a simple process. It does not have to be complicated.

### Section 4 Gratitude

Along with forgiveness, another powerful tool that is talked about a lot is gratitude. It's so vitally important to be grateful. Even if you're in your life, right now, because of your situation and what's going on, you feel like there's really nothing to be grateful for, it's even more important for you to be grateful.

Why do I say that if you feel like there is nothing in your life to be grateful for, it is critically important for you, probably more than anybody else, to be grateful? Because the reality is that the way the universe works, if you're not grateful for what you have, you can pretty much be assured you won’t be getting anything more. Why should you get more? You're not even grateful for what you do have, so why would the universe give you anything more?

As you're reading this this book right now, which I hope you're getting a lot out of and I hope that you will actually apply it to your life to make a powerful and positive difference, be grateful for the gift of being able to see the words I have written.

If you woke up this morning, be grateful for waking up. Every day that you wake up is a new opportunity to make a different choice in your life, to go in a new direction that actually serves you in experiencing what you deserve and desire in your life. There's always something to be grateful for.

At the end of each day, just take a look. It doesn't have to be a big thing. It could be a very small thing. Maybe you were feeling down that day. Yet, as you were going through a checkout line at a store, the cashier happened to smile at you, and for a moment, you just felt a little bit better about yourself, a little bit better about your life. Be grateful for that.

Even if it's a small thing, be grateful. As with all the things I talk about, it's not necessarily about big things. It's about small things done on a consistent basis. That's where the real power is, consistency, and continually taking those steps and those actions will keep you moving forward.

*Section Five Intentions for Tomorrow.*

Every day, you're going to want to take a step that moves you forward. It doesn't have to be a big step, however, every day you want to take at least one step that will move you closer to your breakthrough. In section five, you're going to write out your intention for tomorrow, the one or more actions that you are committing to taking action on tomorrow to move you closer to what you want.

### Section Six: Commitment Level

You always want to be aware of how committed you are at any given moment. This is likely to fluctuate. There are going to be times when you're facing a challenge, and maybe you go, “Am I really doing the right thing?

Should I keep on going with this?” Well, those thoughts are going to come up. Maybe your commitment is a little bit lower during those times, and maybe it's higher at other times. Don't worry if it fluctuates.

When you want to be concerned is if your percentage of commitment is, let's say, 70% or lower for an extended period of time, maybe several days or more.

Then you want to take a look.

Maybe you need to take a look at your affirmations. Are they worded properly? Are they worded in the present tense? “Am I really, fully engaged in the affirmations and really speaking them with this powerful, positive emotion behind them?” “Am I writing them out, longhand?”

You want to take a look at some of the things that may be playing a role in your commitment not being as high as it would need to be in order to take the action that you need to take. It's okay if it dips down to 70 or lower for a day or two.

That's okay, as long as it comes back up. It's not going to be a consistent 100%.

It's not going to be a consistent 50%. It's going to fluctuate.

Probably, most of the time, it's going to be fluctuating between, say, 75% and

100%. If it gets to 70%, it’s not really anything to worry about if it stays there for a day or two. If it stays there much longer than that, it's just information to take a look at what could be the causes of that.

Step #6

As I mentioned, each day, you want to be taking at least one outer action that moves you closer to creating your breakthrough. Again, it doesn't have to be a big step. It may be making a phone call. For some people, that may be a big thing. There may be some fear behind making a phone call to somebody who can actually make a difference in your life.

As a coach, I can coach you on how to transform that fear. Regardless, a lot of times, to get what you want in your life, it's going to require the cooperation or the involvement of other people. Quite likely, you are going to have to call some people or approach some people in order to really create that breakthrough in your life.

Even if it's making a phone call or walking up to somebody and asking them a question, that is an important thing. That's an important step. Even that small step, you want to take that step; at least that, each and every day. Identify a small step each and every day. You can take more or bigger steps if you want, just make sure that you always take at least one step.

Step #7

Step number seven, is critically important. This is one of the most important steps, actually. I would suggest you make a specific time and day, each week, so it becomes a routine and you build up the habit of doing this. For me, it's usually Sunday at 5:00pm where I'll review my week and I'll see if I am closer to my desired outcome than I was last week, or am I getting farther away?

This is simply information, and it's important information. If you're getting closer to your desired outcome, keep on doing what you're doing. If you're getting farther away, if you've gotten off track somehow, then you want to take a look at why is that. “Where, during the week, did I start getting off track? Where did I start getting farther away from what I want, rather than closer?”

It's important to do this on a weekly basis because that way, you're able to identify, more quickly, when you're getting off track. The problem is when people don't realize that they're getting off track until a catastrophe happens or a big, earth-shaking event happens.

Then a lot of people go, “Oh, wow. How did that happen? Why did that happen?” If you're reviewing this on a weekly basis, it's virtually impossible for you to get caught off guard and for that to happen.

You're going to notice, much more quickly, when things are starting to get off course. When your life is starting to get off course, you're going to be able to take action to bring it right back to where it needs to be.

Someone who seemed to know about such things once told me, that a plane is off course almost as much as it's on course. Yet, a plane that leaves from Los Angeles, that's going to New York, lands in New York virtually every single time, even though it's off course more than it's on course.

That's a lesson for us. It's okay to get off course. You're probably going to get off course many times as you make your way toward your breakthrough .It's important for you to recognize when you're off course and simply bring yourself back to where you need to be, and don't judge yourself for getting off course.

Don't judge yourself for anything. It's simply information. When you are aware of the information and you use that information to make the necessary adjustments, everything is going to work out just as it's intended to do and maybe even better.

# A Story of Breakthrough Genesis Success in Action



I promised you, earlier in this training, that after we went through the seven steps, I would share with you a final personal story, a story about an important part of my life; a story of success that I experienced, using the exact system that I just described to you.

As I share this story with you, I want you not to just read it as my story, about me and my life. I want you to think about the breakthrough you want to experience in your life. As you read the following story, think about how it applies to you and your situation. Regardless of the breakthrough you want to experience, the breakthrough process is very similar. Whether it's a relationship, a career, financial abundance, whether it's Spiritual connection, the process is virtually the same.

Even though my story may be different and the area that I had this breakthrough in may be different than yours, look for the commonalities. Look for the things that apply to you. I think that's how you'll get the most out of this.

I had been single for a long time, a very long time. I was really convinced that I'd probably just be a bachelor for the rest of my life. I had never had a relationship last longer than a year. However, at some point, I decided that wasn't really how I wanted to live out my life. I realized that I didn't want to be alone for the remainder of my life, and I decided that I really wanted to seek out and find my ideal soul mate, my ideal relationship.

I went through and I did all of the things that I just shared with you. I went through the six questions, and I got really clear about the type of relationship that I wanted, that would absolutely fulfill me in my life. I got very clear about why that was important to me, personally. I went through all of the six questions we just talked about, and I went through the seven steps.

The one point I want to make is, when you go through that process of the six questions and the seven steps, it's absolutely, critically important that you do the whole thing. At the same time, be open to allowing whatever it is that you want to experience a breakthrough in, allow it to happen in a way other than you could even possibly imagine. That's what happened to me.

It's happened to me, and it's happened to my clients, over and over and over again. The universe knows what you want, and the universe may have a way of providing it for you in a way that you couldn't possibly imagine.

Remember, the breakthrough that I wanted to experience, was to discover, attract and engage in a deep, meaningful relationship with my ideal soul mate. I had my plan. I had everything laid out, and then I just followed the steps and went about my life.

A bunch of occurrences happened that seemed to have nothing to do with what my desired outcome was. Yet, in hindsight, I see exactly how they lined up and how the dots were all connected. It led me, in a way that I could never have imagined before. It led me to my ideal soul mate.

Let me begin with how it all started. As I told you, I came to Los Angeles to be an actor almost 25 years ago. At some point, around 1997 or so, I had decided to go in another direction. For a few years, I hadn't done any acting, at all. In 2001, my roommate at the time was asked to do a play. It was a small part, and he really wasn't that interested in it. He knew I was into acting, at one time, and he thought I might be interested in doing it just for fun. Why not? It was a small part. I went in, and I read for the part. I got the part. During rehearsals, they started to realize that I had talent and ability, and they started to expand that part for me. It started to become a bigger and bigger part. In fact, there was one point where I actually wrote an original song that I sang solo in the play.

One day after a rehearsal the director approached me and said “I have a play that I've written, and I want you to direct it.” I said, “Wow, I've never directed anything before. I don't know if I can,” but she was so convinced.

She said, “No, no. I know that you are the right person to direct this play.” Even though I was experiencing fear at directing her play, I said, “Okay. If you're that convinced that I'm the one, then okay,” so I said yes.

Remember, in my previous story, I was saying, “No, no, no,” even though there were these opportunities handed to me on a silver platter. I kept saying “No, no, no” because I didn't have the belief in myself. So it's a big change here, right?

Here was something that I wasn't even focused on, wasn't even planning on. Here's somebody offering me something that I'm not even sure I can do. I simply said, “Yes.” Throughout this story, I keep saying, “Yes” and “Yes” and “Yes” to every opportunity that comes to me. So I went ahead, and I did that.

We were holding auditions for her play. We were going to do a staged reading of it, and I was going to be directing the stage reading. During the audition process, a gentleman came in and he auditioned for me. After he auditioned for me, he said, “I have these story ideas that I think would make a great radio show. I'm not really sure how to go about it, but I need a director. I think you'd be perfect to direct these stories that I have.” Again, I go, “Other than this stage reading that we're auditioning for right now, I've never really directed anything before. I've never done radio before. I'm not sure I'm really the guy for the job.” He said, “No, no. I really believe that you're the one. I go, “Wow. Okay, well, if you really feel like I'm the one, then okay. I'll do it.” Again I was scared to death and I said yes anyway.

Without knowing anything about radio and without really knowing anything about his story at that time, and what he wanted to do, I simply agreed to meet with him. This was July 15th in 2003. He knew nothing about radio, really, how to get his show done. I didn't know either, but we simply started writing out what we wanted the show to be. We simply started taking steps. We held auditions for the show. This show, just so you know, was going to be a half-hour dramedy, a dramatization of some real-life events, and then have a half hour of live call-in after that, to discuss what the story was about and how it was affecting and impacting people's lives all around the world.

We held auditions on August 10th of that year. Literally, less than 30 days after our first meeting, we were already holding auditions for the show. We already had our initial scripts, and we were ready to go. During that audition process, at 2:45pm in the afternoon, this truly amazing actress came in.

We were looking for people that could do a couple of different accents because this show was going to be an international show about people from all over the world. We had to get people that could do different accents. This amazing actress did two of the accents really well, and the third one, not quite. At that time, the executive director, the guy that wanted me to direct this show, wasn't totally sold on her.

She called me, a day or two later, to see if I'd made the final decision. Even though we had, I was caught off guard and not prepared to tell her that I didn't cast her. I said, “We haven't made a decision, I'm still looking at it, blah, blah, blah. I will let you know when we've made a decision, either way.” A day later, I did call her, and I said, “Sorry. It didn't work out this time, but we'll keep you in mind for the future” and all the normal stuff that you tell somebody when you're basically rejecting them. She said, “Well, would it be okay if I called you in about a month, just to see how things are going?” “Sure. Feel free to call me in a month.” I said.

Well, when I hung up the phone, I immediately knew, something inside of me just said, “I don't want to wait a month to talk to this person again, to communicate and to connect with this person again.” It didn't make sense to me. There was just something that said to me, “I don't want to wait a month.” I called her back within an hour.

I called her back, and I was trying to figure out how could I come up with a story that would make sense for me calling her back, when I said, “Call me back in 30 days,” and here I'm calling her back in an hour. Well, the best that I could come up with was I connected it to the staged reading that I was directing for the original woman that I was doing the play with.

I said, “I need a narrator for this staged reading that I'm directing. I really don't want to do it myself. Would you possibly be willing to consider doing that for me?” She's from Europe, and she does have a European accent. Her concern was that she wouldn’t be understood. Even though she spoke better and clearer English than most people I know (including me), she still had this concern about doing that.

I said to her, “Well, let's meet for coffee. Let's go over the script, line by line, and just make sure that you're really comfortable with it. Then you can decide from there.”

We met at Manny’s coffee shop. We went over the lines of the script. I have to tell you that, before I finished that first cup of coffee, I knew, I absolutely knew that, beyond a shadow of a doubt, this was the woman I was going to marry. And I did. Again, this was in August of 2003. On April 24th, 2004, we were married, and we will be celebrated our10-year anniversary a few days ago, (as I am writing this).

In hindsight, I would never have chosen or I would never have even thought, “You're doing a play, and they're going to ask you to direct a staged reading, then they're going to ask to co-create and direct a radio dramedy,” and all those things would have led me to my ideal soul mate. I was just clear on the vision, and I was clear and open to allowing it to happen in whatever way the universe chose to make it happen. I just kept taking the steps I knew to take and the Universe took care of the rest.

That's the lesson. It's important that you get clear about what you want and why it's important to you. It's important that you identify the steps and have them laid out for you. I will tell you that it's important that you're absolutely committed to taking all the steps that you identify and, at the same time, realize that some of the steps will be taken care of for you and things will happen, or appear and occur that you never could have imagined when you were making up your plan. It's important to go through all these steps, and at the same time, it's important to be open to allowing it to happen in whatever way the universe chooses to make it happen for you.

I hope that's clear. Of course, always, always, always, if you ever have a question about anything regarding this process, you can always email me at mitchell@BreakthroughGenesis.com. I'll be happy to answer your questions. I really want you to be able to take this information, make it your own and use it to get what you want in your life.

# An Opportunity for You to Receive My Help For Free

I have shared with you the six questions and seven steps that are the foundation of the Breakthrough Genesis Process. This is the same process I use with all of my clients. I coach them on how to apply it specifically to their situation, and to their life, to really make that breakthrough that they deserve and desire to experience in their life. You have all the steps. You have everything that you need to make that breakthrough that you have been seeking.

As I mentioned before, you may have questions. You may be thinking “Yes, this is great information. Yet, I'm still not quite sure how to apply it specifically to my life and my situation.” If that is the case for you, the question I would simply have for you at this time would be, “Would you like some help?” If your answer is yes, then I'd like to help you.

I mentioned that, before the end of this book, I would share with you an opportunity to receive free coaching from me, to help you to create that breakthrough in your life that you truly deserve and desire. That time has come and I want to let you know you can request for a free, private Breakthrough Genesis strategy session with me.

I want to be clear about what this strategy session will focus on. What this session will focus on is number one, I'm going to really help you get crystal clear about what you really want in your life and why it's important to you personally.

Number two I'm going to identify what it is that you're currently doing to unconsciously sabotage your success. What's unconsciously stopping you from having that experience that you want to have in your life?

Finally, before the end of that session, we will create, together, a personalized “next steps” action plan to create the breakthrough in your life that you want. You're going to know exactly what steps to take. Most importantly you’re going to know what is your next step to take, to move forward, and to start experiencing what you want to experience. Really focusing in on those three critical things that are vitally important to your creating the breakthrough and experiencing what you want in your life.

Now, I also want to be clear about what the free session is not. A lot of people do offer free sessions, for various reasons. I want to be clear that this free session will not be a sales pitch in disguise. I think as you can see, as I laid out for you in the previous paragraph, this is going to be a real coaching session that will offer you real value. I have three very critical areas that we're going to focus on, during our time together, to really make it crystal clear to you exactly what you need to do and how you can apply the six questions and seven steps to your life and your situation to really create that breakthrough in a powerful way, for yourself.

To request your free Breakthrough Genesis Session simply go to [http://breakthroughgenesis.com](http://breakthroughgenesis.com/)

All the information to request your free session is there. If, for any reason, after you've looked at all the information there, and after what I've shared with you already, if you still have questions about that, of course you can always contact me. That would be mitchell@BreakthroughGenesis.com.

# My Final Thoughts



Wow…you’re nearing the end this book, though I hope not our relationship. For those of you that have been following my work for a while, I appreciate you and I appreciate our ever growing and deepening relationship. If this is the first time you've experienced anything from me, then I hope this is the beginning of a beneficial and enduring relationship.

I write regularly in the areas of Spiritual and Personal Growth, as well as conducting many Webinars and Teleseminars, throughout the year, the majority of which are free. Also, obviously, because I am a Conscious Business Person and in business, I do have paid products and programs as well.

I'm so grateful that we had this time together. I look forward to the next time we share a powerful experience together. If you have any questions about what t I've shared with you, you can always email me at mitchell@thechampionsheart.com I’ll get back to you as soon as I can (usually within 24 hours).

I want to make sure that you have all the information that you need to make the powerful positive changes in your life that you want to make.

I always get a little bit emotional at the end of something whether it is a webinar, a training, or as in this case a book, because I know what’s possible for you, if you'll only apply the information that I shared with you. At the same time, I know that most people won't. Not because they don't want to. Not because they don't intend to. It just seems that life, somehow, gets in the way, and it stops them.

I'm sure you're aware of this. I'm sure you've experienced this many times in your life before. Especially for you, I'd encourage you to go ahead and take advantage of the opportunity to get some free, one-on-one coaching with me and experience what that is like.

You've worked hard enough on your own, for a long time, and if things haven't been working for you the way you wanted, then try something different. See what a coaching session would be like. See if that's something that might be able to benefit you. It's a free opportunity. You have nothing to lose, everything to gain. I encourage you to take advantage of that, and most importantly, regardless of what you do, apply the lessons you've learned in this book.

Know that I'm honored by your presence here, today. Know that you are loved, and until next time, please take care, be well and live the life you were born to live.

A person in a suit

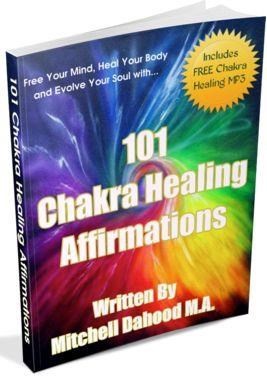
Description automatically generated with low confidence



**MitchellDahood.com**

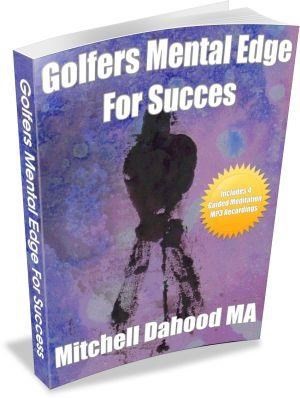
# Other Books by Mitchell Dahood M.A. Available On Amazon

[101 Chakra Healing Affirmations](http://www.amazon.com/Chakra-Healing-101-Affirmations-ebook/dp/B00ESPDH3K/)



[http://www.amazon.com/Chakra - Healing - 101 - Affirmations - ebook/dp/B00ESPDH3K/](http://www.amazon.com/Chakra-Healing-101-Affirmations-ebook/dp/B00ESPDH3K/)

[The Golfers Mental Edge For Success](http://www.amazon.com/The-Golfers-Mental-Edge-Success-ebook/dp/B00FZZQ0WC/)



[http://www.amazon.com/The - Golfers - Menta l - Edge - Success - ebook/dp/B00FZZQ0WC/](http://www.amazon.com/The-Golfers-Mental-Edge-Success-ebook/dp/B00FZZQ0WC/)