

## **8 Common Dream Stealers**

Discover how to identify the 8 common dream stealers that prevent you from EVER reaching your dreams!

We start forming our belief system as we grow and mature through the exploration of life. These beliefs are the assigned meanings we give to the experiences we have in the world around us. In the context of my new book, *Time-Out! Winning Strategies for Playing a Bigger Game in Life*, I refer to your beliefs as plays, and all these plays make up your playbook of life. Each belief is a play you operate from as you think, feel and act your way through life.

This current personal playbook is the foundation in which you have created all the results you have in all areas of your life. If you look at the results you currently have and decide you want something more, better or different in any area of your life, it's time to let go of the old playbook and start a new one. The reason is simple. If you use the existing plays in your current playbook, you'll create the same or similar results in the future that you've had in the past. If you want new results, then a new playbook is required!

Now before you think this is nuts and I'm implying you need to entirely change, you're broken, or you need to be fixed, I'm not. Your new playbook can certainly include the effective plays you've been operating from that have worked for you in the past. However, it will also need to include blank pages for writing new and more effective plays in those areas where your current belief system is not supporting the achievement of your goals and dreams.

To write these new and more effective plays, you must first discover, define or re-define your core value system. We all have core values we live by. You may be very aware and conscious of them or you may not. In either case, you live and operate your life from these principles and standards. Your core values may include honesty, respect, responsibility, compassion, love, faith and integrity just to name a few.

Take a time-out now and address for a moment your core values. What are the core values you personally stand for and live your life by? List as many as you can that support your growth, happiness and fulfillment as a human being.

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At the center of your core being is the essence of who you are at a heart level. It's where your principles and values exist. Here's a theory. If during your lifetime you have been stressed, frustrated, disappointed and/or unhappy because the results in your life are not what you've wanted them to be, it's simply because you've been out of alignment with your core values.

Right from birth, as your brain was developing and you were experiencing life, you began forming a belief system around values that were adopted from your parents, siblings and the experiences in your life. From those foundational beliefs, you decided how you would feel and act in accordance with those beliefs as you went through and experienced life.

As a result of your thinking, feelings and your behavior, you have created results in your life. These results are directly connected to the way you think. Why, because what you think about you create. What you think supports the way you feel and how you feel supports your behavior. Thus, what you do and have is the result of how you think.

Let's look at this a little differently. Let's say at birth you popped out into the world and were standing on the "basketball court" of life. You had never seen a basketball court, of course, and had no idea what it was used for. Then Mom and Dad showed up and began teaching you how to bounce, pass and shoot a basketball. Over the course of many days, months and years, your parents, siblings, grandparents, friends and teachers showed up and passed on their "wisdom, knowledge and viewpoints," also known as their beliefs, in the form of plays for you to practice. As an adult, you've been practicing and playing in the game and have all kinds of results to show for your efforts.

Some results are amazing and have been glorious and monumental. The jobs, career, relationships, children, family, money, your health and your faith may all be exactly what you've envisioned and planned. If so, congratulations for living on purpose and I'd suggest you keep doing what you're doing. On the other hand, if the results in your life are not quite exactly what you've envisioned or dreamed about, then it's time to take a time-out and stop the game. It's your time to stop the game of life and evaluate all the plays you've learned and ask yourself, "Have I diagrammed any original plays for myself?"

The plays that do not support you in achieving your dreams are the dream stealers in your life. If you look at your life from a totally honest perspective, you may not have to look that far to determine what plays are sabotaging your dreams.

**Take note over the next few days and jot down just how many times you say to yourself something like the following phrases. This is a great way to determine what the dream stealers are that you operate from.**

- “My father/mother left the family when I was just a kid, so how can I trust men/woman?”
- “I found out that I overpaid for my last car. Salespeople can’t be trusted.”
- “A tragic event happened to me/ my family or to someone I know of faith, and now I don’t trust God.”
- “I’ve never been able to stick to a diet or exercise regimen. I don’t trust my commitment to myself.”

Underlying dream stealer - “**I don’t trust** myself or others.”

- “My spouse works long hours at his job, I don’t expect him to help me with the kids and with cleaning the house.”
- “No one cares what I look like. Why bother eating healthy?”
- “I got lucky with this job. Why would I apply for a promotion?”
- “I’m not worthy of leading a Bible Study because of what I’ve done in the past.”

Underlying dream stealer - “**I’m not worth it.**”

- “I couldn’t keep my last marriage together. I’m afraid to get married again and go through another possible divorce.”
- “I don’t like making sales calls. What if they say no, I hate the rejection.”
- “I don’t want to join the church council. What if I let everyone down?”
- “I’ve quit smoking before however whenever I get stressed out, I start again, why bother?”

Underlying dream stealer - “**I fear failing.**”

- “If I win the championship, I’ll have the responsibility of defending my title.”
- “When I become the number 1 income earner for my company, people will expect that from me every year. That’s too much pressure!”
- “I’m not running for office. What if I win? I’ll be spending less time with my family.”
- “If I am a leader in my faith everyone will expect me to be perfect.”

Underlying dream stealer - “**I fear success.**”

- “I don’t have the college education like the other candidates. I tried for the new position that opened up and didn’t get it. It’s OK, this jobs fine.”

- “I’ve never taken care of myself anyway so what if I eat/drink myself to an early grave?”
- “I’m so unhappy in my relationship but I will stay married because this is as good as it gets.”
- “I don’t need to be abundant.”

Underlying dream stealer - **“I don’t deserve it.”**

- “I’ll often quote verse to you so you know I know my religious text.”
- “In jest I’m a little sarcastic towards my spouse or friends in public.”
- “I work-out like a maniac and make sure others see or know I’m doing so.”
- “I like owning the latest and greatest in electronics and telling everyone about them.”

Underlying dream stealer - **“I need to look good.”**

- “I lost a lot of money in a very speculative stock. I won’t be mentioning that to anyone any time soon.”
- “I won’t tell anyone I’m on a diet just in case I fail.”
- “I won’t ask anyone out on a date unless I know for certain they will say yes.”
- “I won’t go to my pastor with a problem because I don’t want him or her to think less of me.”

Underlying dream stealer - **“I fear looking bad.”**

- “I don’t understand why you want to do that, here’s a better way.”
- “When I meet someone who is not of my faith, I’ll let them know the reasons their religion or lack of religion is wrong.”
- “My sales team never takes my suggestions; they better not ask me for help!”
- “I know enough about dieting and exercise to know what I’m doing.”

Underlying dream stealer - **“I need to be right.”**

If ANY of the above mentioned thoughts or ones similar to these have ever crossed your mind throughout any part of your day, the odds are YOU are sabotaging your dreams! In fact, you are your own worst enemy. This is not supposed to make you

feel terrible or lousy; it's simply a wake-up call to how POWERFUL your thoughts are. Seriously!

For you to achieve the goals and DREAMS you've envisioned for yourself, you MUST stop the negative and ineffective self-talk that sabotages YOU! In my book, *Time-Out! Winning Strategies for Playing a Bigger Game in Life*, I not only discuss in more detail these 8 dream stealer plays, I also address and share with you 64 experiential and transformational exercises that will challenge you to breakthrough these self-limiting beliefs.

If you haven't already, go back to <http://www.tomhaupt.com> and buy your copy today!

Here is what a few people have said about my book:

"To be a millionaire it takes a certain mindset, Tom will help you unlock your greatness with his strategies for success!" - **T. Harv Eker, author of #1 NY Times Bestseller *Secrets of the Millionaire Mind***

"Winning in business and in life is a matter of pursuing your own dreams, breaking through your own barriers, and living out your destiny. *Time-Out!* will give you practical steps to reach your own personal success." - **Jim Stovall, author of *The Ultimate Gift***

"An insightful look at how to identify and replace limiting beliefs that hold you back from the success you are seeking." - **Randy Gage, author of *Prosperity Mind***

"Tom's fresh perspective on identifying the eight most common self-limiting beliefs, will help you overcome any obstacle in your personal or professional life. *Time-Out!* is the perfect book to get you back on track!" - **Debbie Allen, International Business Speaker & Best Selling author of *Confessions of Shameless Self-Promoters***

"You need a Playbook to win this game called 'life'. This timely book puts you on the offense to go all the way!" - **Denis Waitley, author of *The Psychology of Winning***

"If you are in sales of any kind, read *Time-Out!* and apply Tom's proven experiential exercises to achieve new sales records!" - **Lou Cassara, author of *From Selling to Serving***

"To change your results in life, you need to understand the game you are playing. This transformational guidebook teaches you how to examine your actions, check in with the feelings behind them and discover the thought processes that drive both. Are you ready to design new, dynamic and effective plays? Read and be inspired by the powerful success

stories of people who have dramatically changed their results by simply shifting their mindset. You can, too!" - **Josephine Gross, Ph.D., Editor in Chief, *Networking Times***

"*Time-Out!* is truly a 'seminar in a book'. It's your opportunity to take yourself on and break through your limiting beliefs. It's a must read for achieving your goals and dreams!" - **Chris Widener, author of *The Art of Influence***

"No nonsense – just solid, dependable strategies for success in sales." - **Eric Lofholm, Master Sales Trainer, Eric Lofholm Int'l, Inc**

"*Time-Out! Winning Strategies for Playing a Bigger Game in Life* is a great find and must read. It superbly achieves the goal of assisting the reader in creating a playbook to greater success, both for individuals and organizations. Every direct seller should read this book, as it combines a highly effective common-sense approach with frank guidance to enhance results in all areas of life." - **Nicki Keohohou CEO & Co-Founder Direct Selling Women's Alliance**

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