

What is Your Reality?

Are you creating the world that you want to live in, or is the world you live in creating you? Is your life what you want it to be, or one you plan to change...someday? If there were a proven method to create the life you want to live, would you use it? What if I said that there is one, and I've used it, and it's changed my life?

Back in the early 90's I read the book [*Think and Grow Rich*](#) by [*Napoleon Hill*](#). I know it has one of those names that sounds too cliché to believe there is actually a powerful message found inside. It was written in the early part of the 1900's, after [*Hill*](#) interviewed all the successful men of the day like Ford, Edison, Rockefeller and even a few presidents over the previous few decades.

[*Hill*](#) says "There is a difference between wishing for a thing and being ready to receive it. No one is ready for a thing until he believes he can acquire it". So how do you get to that level of belief? You do it by creating a reality statement. Then you repeat that reality statement aloud, to yourself, with passion. You work your subconscious into believing in the world you want to create. This passionate belief helps to attract the people and resources that you need to bring it into existence.

[*John Assaraf*](#), in the book [*The Answer*](#), says "that thought creates everything" and "Your thoughts not only matter, they create matter. Your thoughts are where your business comes from". His book is more recent and gives the detailed explanation that Hill did not get into of how the brain works and how recent science can explain this phenomenon. [*Assaraf*](#) discusses how making a reality statement can allow your desires to manifest.

When I started working with my life coach, [*Steve D'Annunzio*](#),

about 10 years ago he helped me create a reality statement. I've had many over the years and they all have helped me create the reality that I wanted to live in.

In the next blog, I will share the necessary ingredients to making your own reality statement.