



Illustration by Deborah Storer

dream and do it

Motivational speaker
DEBORAH STORER gives
some tips on achieving
what you want

Do you have a dream or an idea that you want to achieve but don't believe it is possible? Have you already tried but keep getting knock-back after knock-back?

As Sylvester Stallone grew up, he knew he wanted to be in the movie business. After leaving school, he went out to pursue his dream. He received 1500 rejections. People encouraged him to give up and get a job so he could pay the bills, yet he declined. He said that if he got a job, he would lose his hunger for his dream. So he purposely put himself in dire straits to keep that fire alive.

Rejection after rejection, Sylvester knew there had to be another way. So he began to write. He was inspired and wrote the *Rocky* movie in 24 hours flat.

He went out to sell the story and received rejection after rejection, one after the other. At this point, he was starving. So he sold his dog for \$50, which was heartbreaking, but he had to do it.

Finally, he was offered \$100,000 for his movie. That was great, however, Sylvester insisted he play the lead role. He was turned down so he refused to sell the story, despite his poverty.

Again he was offered \$400,000 and declined again for they didn't want him as an actor.

Eventually, they said he could play the lead role for a measly \$25,000. He went back and bought his dog back, which ended up costing him \$15,000 because the guy who bought his dog refused to sell it.

You know the rest of the story: The *Rocky* movie was popular and received an Academy Award for best picture in 1976. At the ceremony, Sylvester read out all the rejection slips from those who declined his movie, saying it was "sappy" and "no one would want to watch it". Yeah, right! Look at Sylvester now: He achieved his dream and is still living it. He is now a successful writer, producer and actor.

Do you have what it takes to achieve your dream? If you want that burning desire where you believe anything is possible, here are five tips you can implement:

1. CREATE A VIVACIOUS VISION

Make your dream so vivid in your mind by imagining what it would be like to live your dream – picture it, walk through it and, most of all,

Rejection after rejection, Sylvester knew there had to be another way. So he began to write

feel it. It is that vision that will get you through the hard times. Like Sylvester imagining he was playing the lead role in a movie – what role will you be playing in your ideal life?

2. BREAK IT DOWN AND TAKE ACTION

Some people dream of success while others wake up and go after it. Therefore, to gain confidence – break down your vision into bite-sized chunks – kind of like slicing up a pizza into pieces. That way you know exactly what you need to do today to work towards your dream. What is your first action step?

3. BE PERSISTENT

It pays off in every circumstance. Persistence will push you through

any failure, any rejection and any obstacle. If you fall – get back up and go after it again. If you fall again, get back up and go after it again. Do it again and again and again until you have achieved it. Even if no one else believes in you – believe in yourself and you can achieve anything.

4. APPRECIATE THE POWER OF YOUR MIND

Andrew Carnegie, who was a successful businessman and philanthropist in the 1800s, said: "The man who acquires the ability to take full possession of his own mind may take possession of anything else to which he is justly entitled."

To achieve anything in life, it is imperative that you focus your thoughts on what you desire. To do so, you must first of all clear out and calm your mind. Why? You cannot

communicate with your mind if it is full of clutter. Therefore, find a way where you can create calm or peace of mind, ie. meditation, walk in nature, bubble bath, sit on the Esplanade.

5. ASK QUALITY QUESTIONS

Once you have created calm, you can then use this powerful tool to access the power of your mind and that is asking questions. Any genius, inventor or creator will tell you this is one tool they use to find solutions, create ideas and answers.

■ **Deborah Storer is a motivational speaker, author and coach. For more, go to www.deborahstorer.com.au**

THE DEBATE

WE DISCUSS THOSE TRICKY MODERN DILEMMAS



Q Our church has a policy to welcome all no matter what their status in life. Recently we have had one or two unsavoury characters stalking other church goers. Is it hypocritical to ban them?

THE MAN ON THE STREET

Simply put, yes. All those cliches about crosses to bear and lost sheep have come flooding back to haunt you. It's real. Now I am no saint by a long shot but I was raised a Catholic and was given a pretty strong understanding about what it means to be a Christian.

And guess what? As much as you may think cool new songs, lots of flashing lights and some wicked effects thrown up on the triple big screens is soooo much fun, the fact is being a Christian is not easy! The best and bravest Christians never get heard of, work quietly without desire for fame or gratitude, continually forgive others' mistakes and work tirelessly to help the most needy in the community.

So here's your chance to tell no one what you are doing, but secretly help these lost lambs as the cross you bear and bring them back into the fold. Luckily for me, I don't have such restrictions and would quite happily boot 'em out and call the cops if they ever came back.

– Simon Tait

THE PRAGMATIST

The term stalking is interesting but if it is used in the very sense of menacing someone, then it is problematic behaviour. The reality is, just because you go to church doesn't mean you're a saint. Just ask the Catholic church.

There is nothing worse than people who go to church and claim love for all humanity. You lying sods. No one loves everyone. We're human, it just doesn't work that way.

Therefore, be human. It is not hypocritical to throw that individual out for creepy behaviour.

The world is a different place today and the sooner people accept that and realise how many interesting individuals there are creeping around out there, the better. The chances are, if the said individuals are scaring those people, chances are they are freaking everyone out. Either that or you're all really uptight, one of the two.

– Jacinta Daley

THE HUMANIST

Stalking is a crime, end of story – contact the police. Stalkers cause fear and possibly trauma to their victims, once their victims know they are being stalked.

Although some stalkers would never physically harm those they are stalking, most are in need of attention from competent mental health care professionals.

Banning stalkers from the church would probably merely make them move on to another target, which is not a very Christian way of dealing with the issue.

In contemporary times, some Christians seek to emulate the engaging, embracing, loving, non-violent life of Jesus Christ, but the world was a different place 2000 years ago. Show compassion, but also be cautious. I am not sure what an "unsavoury character" is – a long-haired, unshaven, hippy-looking type? I am sure I saw images of him last time I was in church.

Or is the professional man in the expensive business suit unsavoury? He would never perpetrate domestic violence or be a pedophile, would he?

– Dr James Coughlan, senior lecturer in sociology, JCU.