



# The Catalyst™

**Catalyst** - noun - pronounced (kat-l-ist):  
A person or thing that precipitates an event or change.

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**You CAN Make A Difference™**

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## **Using Your "GPS"**

GPS is an acronym for Global Positioning System. It is a military derived technology that has found its way into civilian consumer electronics, and most notably the automobile industry. GPS uses geo-synchronic satellites, longitude, and latitude to triangulate the exact location of an object on the earth's surface. An array of information can be extrapolated and applied to an object that utilizes this technology; including speed, distance to a destination, objects of interest along the route, and the fastest route to a destination. It is usually mounted as a display screen in the dashboard or information center of your car. It will actually talk to you in a nice voice, and give you navigation information relevant to your trip as you drive. With GPS, all you have to do is put in the destination. Simply tell the GPS where you want to go, and it will communicate the best way to get to your destination audibly and visually.

It is impossible to get lost with GPS. When you go off course, the GPS computes your current position, in real time, and references the programmed destination with maps of the geography, it then formulates an alternative route to get you back on track to your destination in the least amount of time. It is truly amazing when you think about it. What's even more amazing is that human beings possess the exact same capability and each of us are born with it. It's your natural GPS: your Goal Producing System.

You can achieve anything in life in the exact same manner that a global positioning system works for your car. This man-made technology mirrors your God-given ability in the exact same way. It starts with programming your mental computer with a destination. Your conscious mind is the computer and your goals are the destinations!

### **What are Goals?**

Webster's dictionary defines a goal as: "the end result toward which effort is directed."

### **Beginning With The End In Mind**

In his best selling book *The Seven Habits of Highly Effective People*, author Dr. Stephen R. Covey suggest that you must know the end result before you start. You must know the exact result you want to achieve before you ever begin the actual labor to make it happen. If you don't know the end result before you start, then you won't be able to discern if you efforts are taking you closer or farther away from you goal.

You might have good intentions and back those intentions up with very hard, work only to get the wrong results. Remember you will reap what you sow, and if you are sowing the wrong seed, with good intentions, you will still get the wrong results.

### **Conceive, Believe, Achieve**

Conception or visualization is a key skill to develop in this regard, as your ability to conceive and clearly see your goal is the most important step.

If you can conceive a goal in your mind and believe it in your heart, then you can achieve it in your reality! This might sound like an oversimplification, or even like rap lyrics, depending on who you talk to, but visualization is the trigger to activating your GPS. Human beings become what they think about on a constant basis. Professional athletes use visualization all the time. They see themselves winning the game or race long before they actually compete. They conceive the idea that they can win. They then build belief that they can win, which is done through a process of repetition called “practice.” And over time, with hard work, self-discipline, and a commitment to winning, they produce the results they desire.

### **What Can You Do Today? Use Your GPS!**

**Set Goals** – Do you know where you want to go in life? Do you know what you want to have in life? Do you know who you want to be? Decide! Once you take the leap life will give you some answers. God will show the way, but you have to have faith in both God and yourself! Aim for the top! Believe the best about yourself. Program your goal producing system and begin moving toward your destination. Use your GPS - set goals!

**Use Your Imagination!** Walt Disney is most famous for this. The entire Disney Empire began with a simple thought and a mouse. Your imagination is just as powerful! Use it! Most people don't miss out on life's gifts because they shoot too high and miss; the majority of people shoot too low, and hit the bulls eye of average or mediocre. Use your imagination and visualize what you want to be, have, or do. Dream BIG! The only limitations you have are self imposed!

**Build Your Belief System!** Your current beliefs are a result of years of repetition and practice. You were not born with them. You can create and build new beliefs about yourself through the same process. Use written and verbal affirmation to begin reprogramming yourself for success and goal attainment. All professionals start off as amateurs! Are you in training or are you in the stands watching?

Remember...You **CAN** Make A Difference!<sup>™</sup>

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