1. Stop Believing What You See

The first uncommon action you must take is to stop believing what you see. This concept is difficult for most people to grasp because we’re raised to believe that what we see in our outer world is the Truth.

Let me give you an analogy. When you look into the sky on a clear night, you see the entire milky way.... starlight. But are you really seeing those stars as they are right now? No. We know that those stars are millions, even billions of light years away which means that what we see in the sky is actually a ‘picture’ from the past. Those stars may not even be there anymore.

The same is true of our outer reality. Our thoughts create our experiences.

If this is a new concept to you, consider this: We think thoughts. Groups of thoughts are ideas. Ideas create feelings. Feelings generates the impetus for action through our body. Our actions create results in our outer world.

What we see in our outer reality is merely the RESULT of our thoughts.

The TRUTH is held in the unseen world of our imagination-- our thoughts.

We must switch from believing what we see in our outer world to believing what we imagine (in the form of our goals and visions) in our mind.

2. Quit Trying Harder

Most people believe in the idea of ‘hard work’. You have to work hard if you want to lose weight. It takes a lot of work to find (and keep) good relationships.

In fact it’s not about how much effort you put into achieving your goals, it’s about the type of effort you put into achieving them. Said another way, it’s not about doing certain things, it’s about doing things in a certain way.

If you continue to ‘try harder’, you’ll eventually come to a point where you can’t try any harder and start to get diminishing returns for your effort.

Quantum leaps require you to stop trying and start allowing, which means that you must be in a receptive state.

3. Expect Your Breakthrough

Learn to expect what you desire. Desiring a breakthrough without expecting it is nothing more than dreaming. Why waste your time dreaming?

When you combine desire and expectation, you activate a hidden intelligence that puts you in touch with the ways and means to materialize your desire.

Once you add expectation to into the mix, results that seem almost magical will appear for you. You will have your quantum leap!