

# To **LIVE** Your Dream,

**M**ost of us look at the cover of a magazine, whether a celebrity, an IFBB Pro, an Olympia champion or just a good-looking athlete, and think, "I could never be like that." But inside, we secretly dream how amazing it would be to be cover-worthy.

At some point, all of these successful people had those same thoughts. They just chose to do something about it. They had a dream, they set a goal, and they went for it. They made a plan and one step at a time, one workout at a time, one meal at a time, stayed committed and consistent. Let's take a closer look at the steps successful people take in order to "Live their Dream".

## The Choice Is Yours

The first step is to define the dream. What would it be to live our dream life? Define it and keep saying it until you start believing it. Acknowledge that you deserve to live the dream!

Our cover model, Damon Gillespie, is an actor and dancer from Chattanooga, Tennessee who now lives in New York. In the 6th grade while watching performances of "A Chorus Line" and "Billy Elliot", Damon decided, "that's what I want to do; I want to be an actor and dancer." I asked him, "what does it take to make that dream happen?" He responded, "Many blessings, classes, vocal lessons, and training. I stay in shape by following a weight training plan 5 days a week, I dance for my cardio and most importantly, I eat the right things at the right times so I have the energy to perform at my best. It's not easy, but if you want it bad enough, you are willing to work hard for it."

Choose to work hard towards making your dream a reality every single day. Do it with a positive attitude because that is what propels us towards successful results. It all breaks down to the choices you make and the actions you take. Damon is driven in his artform and is passionate about his life. He asks himself everyday, "What can I do to make myself a little bit better?" and then he does it.

## Commit To Discipline And Sacrifice

How committed are you to achieving success? Are you willing to do "whatever it takes" to be successful? The late Zig Ziglar was quoted as saying, "It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through." Commitment is essential to success and right next to commitment is sacrifice. Determine what sacrifices you need to make in order to obtain that extraordinary success. Remember what you are making the sacrifice for. This is how you take one step closer to living your dream.

## Get Out Of Your Comfort Zone

The only way we can grow and move forward is by getting out of our comfort zone. Pushing yourself beyond what you ever thought you could do will increase your level of confidence and allow you to achieve the results you desire. Focus on improving yourself every day. Dream big and set high expectations for yourself and your life. Get excited about a big goal; it can help you stay inspired. And know that through the process, it is normal to have a lot of successes and a lot of failures. How you handle these life experiences is where true growth lies. Evaluate yourself, identify your abilities, and develop your weak points. Chart your plan of progression, measure achievements and have the self-discipline to stick to the plan, even when you don't feel like it. These tactics set the stage for creating the results desired. Remember, the reward far exceeds the task.

# You Have To **LEAD** Your Dream

Our female cover model, Kelsie Chandler has been singing for as long as she can remember. She will tell you she is blessed to be able to make a living doing something she loves. Originally from Texas, she moved to Atlanta, Georgia and eventually joined the band "Party on the Moon". What began as a way to keep in shape for a very busy performance schedule, has grown into a newfound passion in bikini competition. She says, "While I'm used to being on stage, my first experience in a bikini competition was exciting and a different type of adrenaline rush combined with a bit of nervous energy. Competing in my first show was so much fun! I learned so much about myself and what I am capable of. I now have big dreams and I am committed to working towards them."

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## Persistence And Perseverance

The most successful people are still people, just like you and me. But they chose to pursue their dreams. Even though they face the same daily challenges that we do, they forged ahead. What sets them apart from you and me? Persistence and perseverance. Being successful is hard work. There will be those who don't believe in you and others who think you are wasting your time. The power to endure and push-on to overcome obstacles, and do what's necessary to reach your goals in spite of these challenges leads to success.

## Positive influences

Achieving success in any form, whether as a competitor, model, or actor, is to surround yourself with positive influences. 8-time Mr. Olympia Lee Haney says, "Watch what you eat and the company you keep." Feed your mind with positivity. Surround yourself with positivity. Assess what you watch, what you read, what music you listen to, who you hang around with, who you follow and who you look up to. Be sure your influences help you be your best.

There is no reason why any one of us can't strive to accomplish that secret dream. Damon, once a kid who just liked to dance, is now debuting in his breakout role on "Rise" premiering on TV on March 13th. Like many, Kelsie's dream is to, "go as far as I can with the competitions but success for me is loving what I look like in my body and knowing that I'm going to be happy today because I have good balance in my life and support from the people who are the most important to me."

Kelsie and Damon both agree: Don't worry about everyone else, just focus on what you can do better. To live your dream, you have to lead your dream.