

# HOW TO GET WHAT YOU REALLY WANT

(even if you have no goals,  
no character, and you're often  
in a lousy mood.)

By Barbara Sher  
*Author of Wishcraft*



A Success Teams Workshops Publication

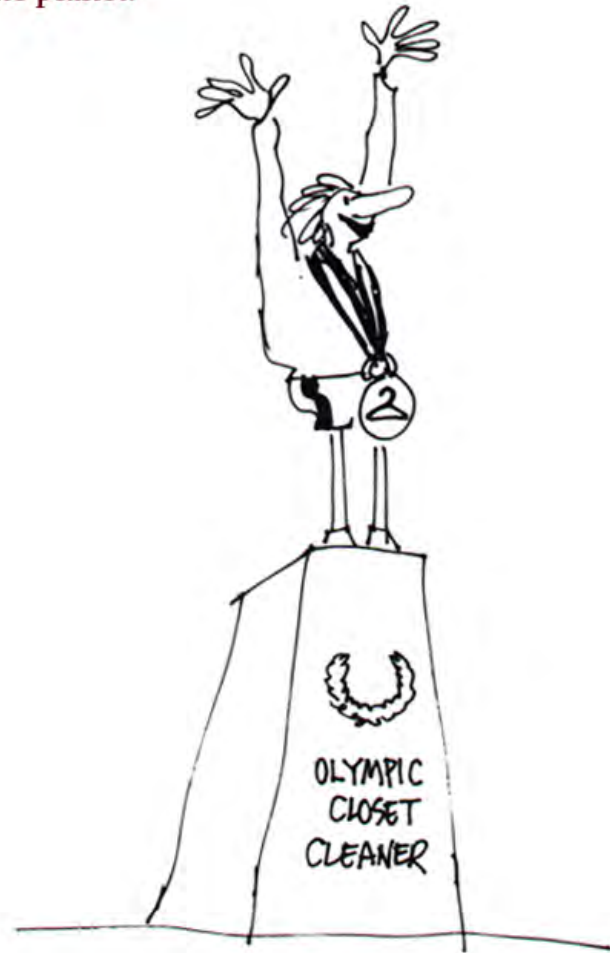
**Throw away your mantras, your diet books and your positive thinking tapes.**

**(Be especially careful of visualization.  
I once got stuck there for 4 years!)**



# Think about what you'd really love to have.

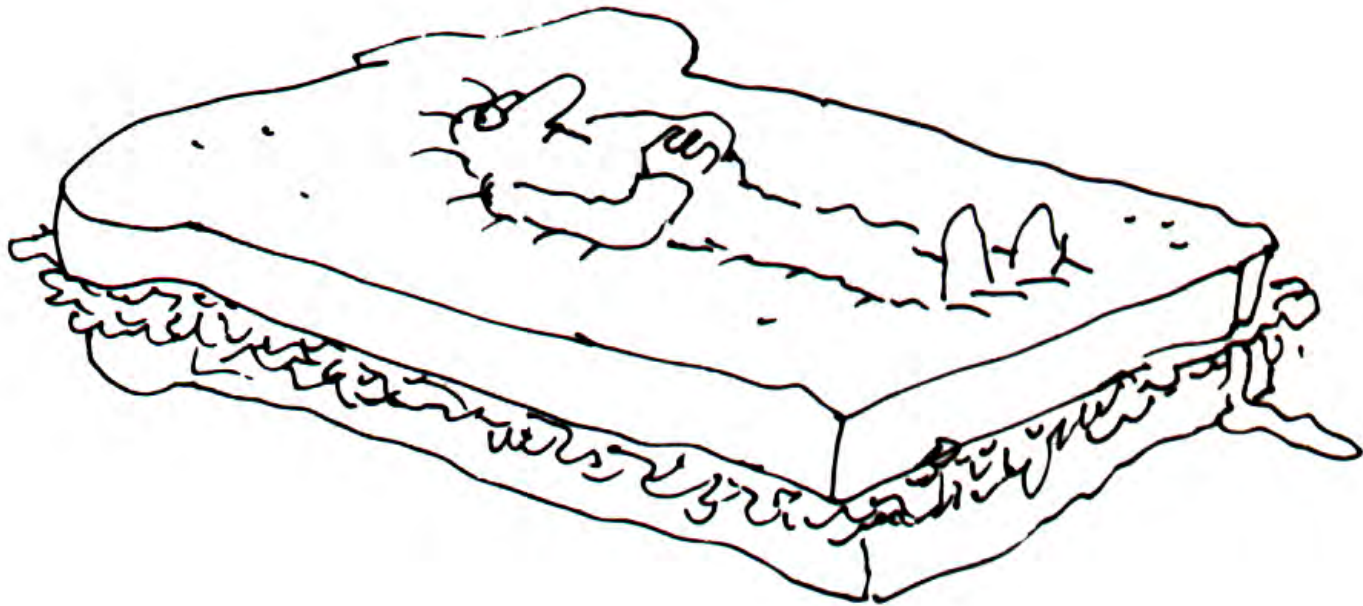
- ♥ Untold riches and the admiration of every human on the planet.
- ♥ A cottage in Wales
- ♥ A new lover
- ♥ A job in television
- ♥ Or just clean closets...



*Hint...* This is NOT the place to wish  
for a tuna fish sandwich for lunch tomorrow.

**THINK BIG.**  
(Think scary.)

This is a great opportunity to get  
something wonderful.



**N**ow think of all the obstacles that are keeping you from getting what you want most in the world.

- ♥ Poverty
- ♥ Kids
- ♥ No self-discipline
- ♥ No qualifications
- ♥ No inside connections
- ♥ No time
- ♥ Can't leave current job...

**Now make a terrible fuss (preferably in a public place) at how unfair the world is.**

**When you've calmed down, write a list of obstacles.**



Now you're ready to go looking  
for some angels.

# Find angels.

(This is the only hard part.)

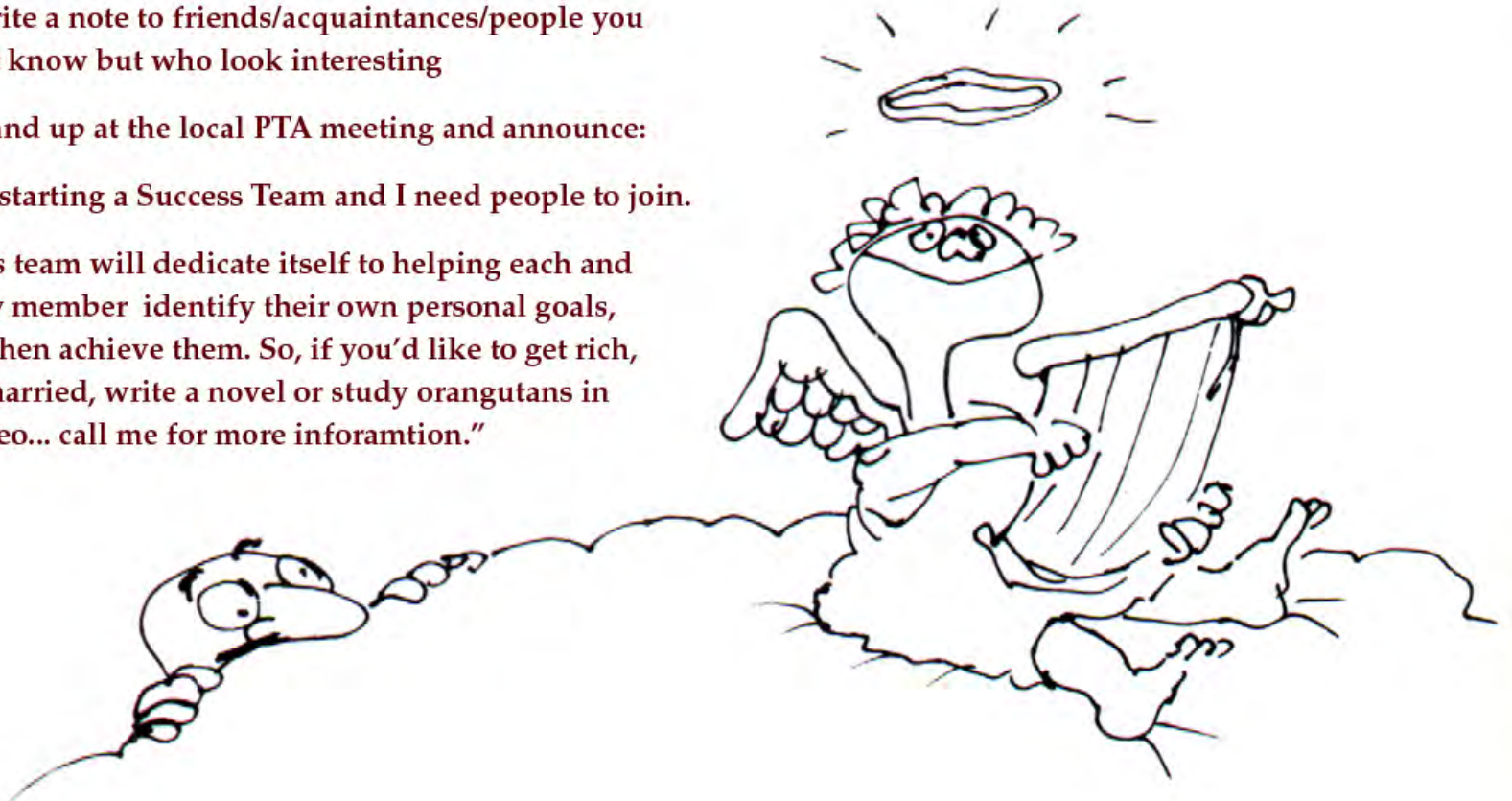
Post a notice.

or write a note to friends/acquaintances/people you don't know but who look interesting

or stand up at the local PTA meeting and announce:

"I'm starting a Success Team and I need people to join.

"This team will dedicate itself to helping each and every member identify their own personal goals, and then achieve them. So, if you'd like to get rich, get married, write a novel or study orangutans in Borneo... call me for more information."



This is how you put together a  
**Success Team.**





**E**veryone has to come to the first meeting (at your house) with a goal.

(OK. OK. If you can't think of a goal, come anyway and we'll help you find one.)

# Meet once a week

(or on your computer)

(or by e-mail)

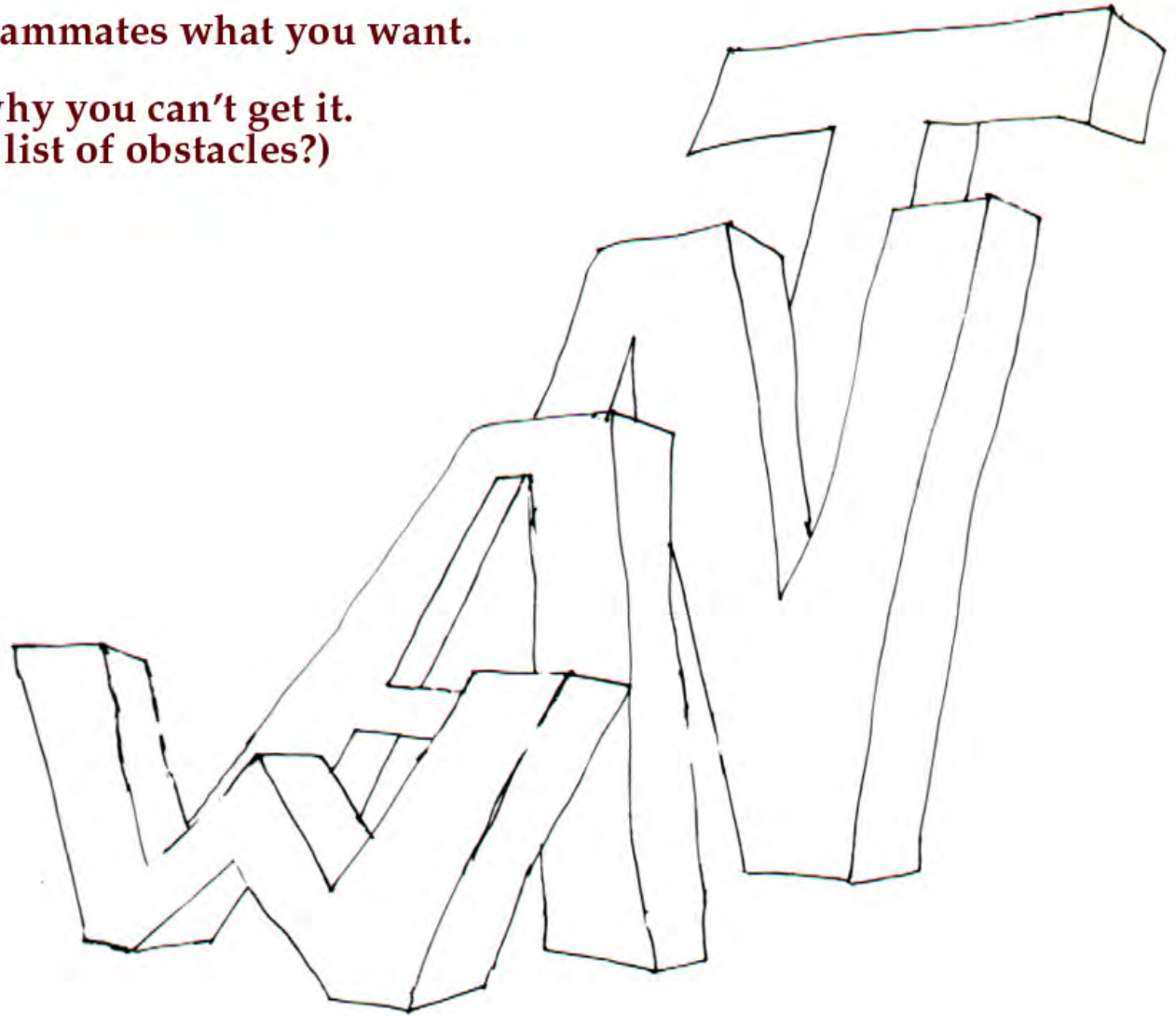
(or by newsletter)

**The important thing part is to meet  
on a regular basis... not just when everyone  
is "in the mood."**



**T**ell your new teammates what you want.

Now tell them why you can't get it.  
(Remember that list of obstacles?)



**Get lots of ideas from people in your Success Team  
on how you can overcome your obstacles.**

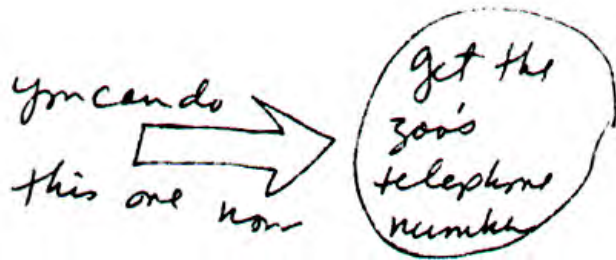
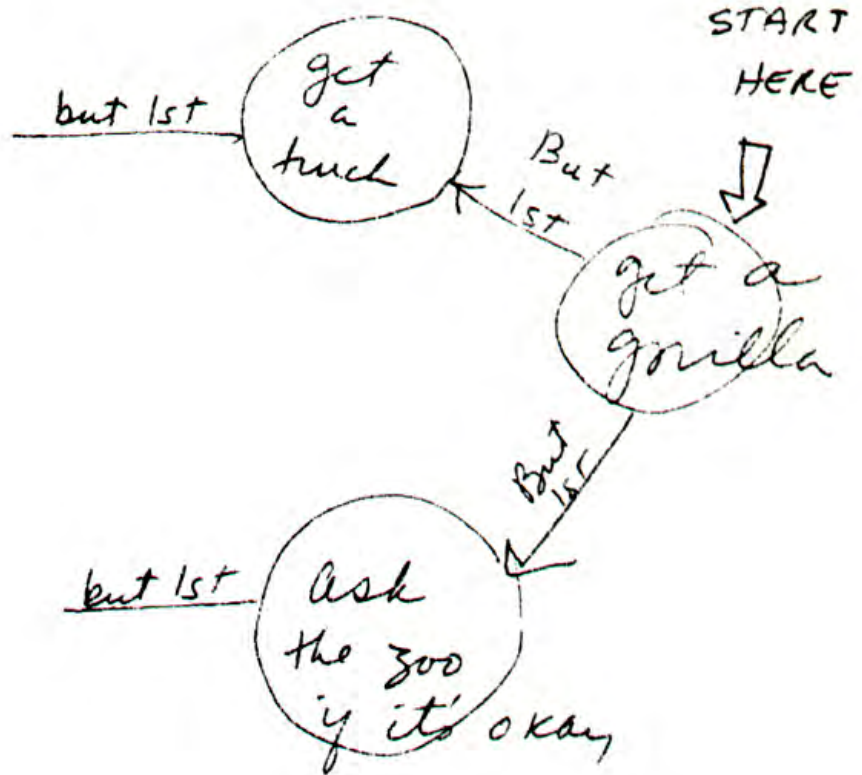
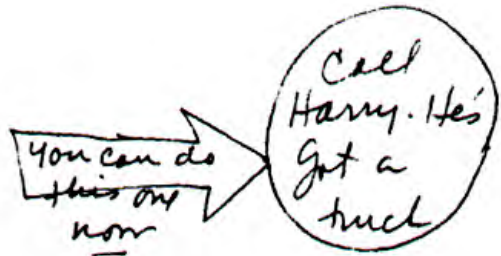
**(Always have someone else write down the suggestions for you.  
You can't possibly do that because you'll be getting your brains  
fried, which is what you feel when ANGELS suddenly devote  
all their energies to making your fondest dreams come true.)**



Pick one of these good ideas that you like.

Make a flowchart.

Make a goal calendar.



Make some promises.



**M**eeet with your team on a regular basis.

**Brag about your accomplishments.  
Hedge, prevaricate and be evasive about the  
things you promised to do but didn't.**

**Find out which obstacles made you be so bad.**

**Get new suggestions on how to do better next time.**

**Make new promises for next week.**

**N**ow be an angel for your teammates.

**Help them with their promises.**





**To your surprise, you'll actually start moving towards your goal!**

**You'll look things up in the library**

**Call people (a friend of an uncle of your teammates)  
and make an appointment**

**Sign up for a class**

**Start saving for a sailboat**

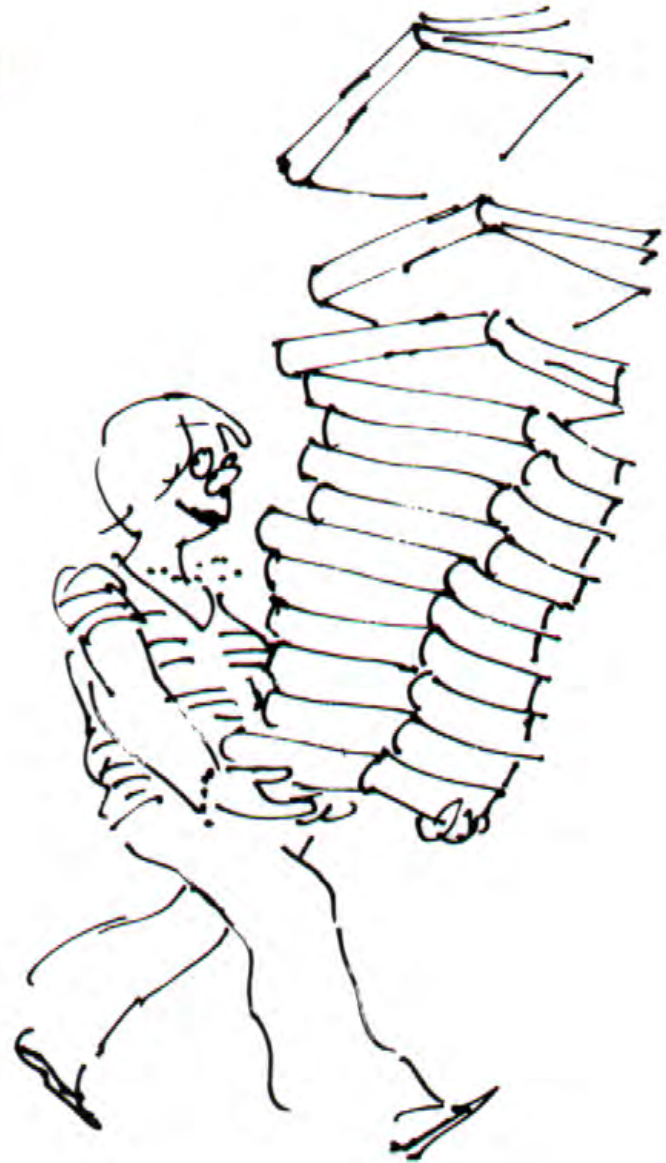
**Find someone with a fledgling  
film company**

**Work Saturday mornings  
feeding baby orangutans**

**Visit a horse ranch...**



... or you'll write a silly book like this and give one to everyone you love.



**You can make your wish come true.**

**You don't have to be brave**

**or thin**

**or have a lot of "perseverance"  
(whatever that is).**

**You just need a little help from your  
friends. ♡ ♡ ♡ ♡ ♡**



# Who is Barbara Sher?

Barbara Sher is the author of *Wishcraft: How to Get What You Really Want*, which has sold over a million copies and has been translated into a dozen languages. She has been featured on the Oprah Winfrey Show and in *The Wall Street Journal*, *The New York Times*, *USA Today*, and *Reader's Digest*. Her Success Teams have received rave reviews from top business colleges, corporations and professional groups throughout the US and Europe.

Sher's next book, *I Could Do Anything If I Only Knew What It Was*, a New York Times bestseller, shows you how to uncover and outsmart those sneaky, hidden blocks inside you that stop you from going for your dreams. (Not allowed. You must go for your dreams.)

The one after that, *Live the Life You Love (In 10 Easy Step-By-Step Lessons)*, 'shoots you out of a cannon,' and has you doing your dream when you weren't even looking!

She also wrote a fine book called *It's Only Too Late If You Don't Start Now: How To Create Your Second Life At Any Age* (for people who foolishly think they're over the hill and can rest now. Not.)

And one called *Refuse To Choose* (or *What Do I Do When I Want To Do Everything?* in the UK) to show you that you do not have too many interests! You are cool! (And you can earn a jolly living, too!)

There's one more, but you can only get this one at [www.geniuspress.com](http://www.geniuspress.com) and it's called *Barbara Sher's Idea Book (How to Do What You Love Without Starving to Death)*.

Sher's not done yet. There's one more coming. Probably about Resistance. Maybe it will be called *The Resistance Whisperer Speaks*, but she's not sure that's the right title yet. What do you think?

**A**nd why did she write this silly little book?

**She wrote this book because somebody had to write a success book  
for people with no goals and no character  
who are often in a lousy mood.**

**Like her.**

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# SUCCESS TEAMS

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