

L.E.A.P.



by
**Nanci
Adair**

How to Go After What You Want:

without letting fear & self-doubt stop you.

L.E.A.P.

How to Go After What You Want

Does this sound familiar?

You know you want to take the leap and go after what you really want - whether it's starting your own business, a specific health goal, or that big idea you've been putting off for far too long. You've heard the experts talk about the law of attraction and maybe even studied the principles of manifestation, yet the same unfortunate story keeps cropping up...

- You've created Vision Boards and there aren't enough glue sticks and magazine cut outs in the world to magically turn your dreams into reality. Instead your board becomes a visual reminder of everything you don't have - or worse - believe you can't have.
- You recite affirmations and these begin to work until reality throws you another curve ball.

You find yourself sliding back, putting your dreams on hold, while you take care of obligations and responsibilities.

You might have been listening to that nagging internal voice telling you that pursuing your dreams is selfish or that this isn't the right time. I'm here to tell you there will never be a better time than **NOW**.

I've made this ebook a quick read because many of you have been struggling to take the **L.E.A.P.**

L.E.A.P.

How to Go After What You Want

I know you have likely been putting the needs of others ahead of your own for a long time.

My goal is to give you as much as I can in this brief ebook to help you break out of that habit, take the **L.E.A.P.** and start going after what you want right **NOW**.

I'll share 4 simple strategies that correspond to the acronym, **L.E.A.P.** that you can use immediately.

For those who want additional help, I'll also provide recommendations on what to do next.

My name is Nanci Adair, I became obsessed with writing this ebook upon returning from the Arctic, where I fulfilled a lifelong dream to see a polar bear in the wild.

I know many of you still have Big Dreams that feel just out of reach.

My dream - this deep desire to see a polar bear in the wild - began with a literal dream one night when I was nine years old.

As a child, I lived on a road that ended in a cul-de-sac. In my dream, I walked around the circle and discovered a bridge leading into the woods. Crossing it, I found myself inside a climate-controlled polar bear habitat, still under construction.

The bears arrived, transported in refrigerated trucks. But something was wrong - the temperature control wasn't working. For an entire month, the polar bears remained trapped inside

L.E.A.P.

How to Go After What You Want

those trucks, waiting for their sanctuary to be ready. When they were finally released, they didn't roam freely.

Instead, they paced back and forth, the same 40-feet, as if still confined within the trucks.

This dream that I had as a child - the polar bears waiting, their freedom delayed—left me with a sadness I didn't fully understand until now. Looking back, this dream laid the foundation for the work I have dedicated my life to. It's from my experience of helping people identify their big dreams and overcome the limiting beliefs holding them back that I created **L.E.A.P.** A method that is easy, effective and delivers consistent results.

The good news, it's not what you've been told before. And it's not what you'd expect.

So let's begin with step 1.

- Love yourself - identify and love your dream.

We are not here to live inside of someone else's expectations. And yet, how often do we find ourselves stuck - like those polar bears - waiting for the right conditions, the perfect moment, the external permission to finally step into our own lives?

What's that dream of yours that you've been putting off?

Maybe you've spent years conforming to cultural norms, parental expectations, or work demands. You tell yourself that *one day...* but the longer you wait, the more familiar the confinement

L.E.A.P.

How to Go After What You Want

becomes. Even when doors open and opportunities present themselves, you might find yourself making excuses not to take the **L.E.A.P.** Trapped by the habit of self-denial.

We can get so used to limitation that we forget what it means to be true to our passions, our talents, what we love. Free to explore and to claim the life we long for.

My dream of seeing a Polar Bear in the wild was fulfilled when, at age 67, I went to Svalbard, Norway with Quark expeditions.



I had this photograph of “my bear” blown up, to hang in the entryway of my home. One of my friends asked why I didn’t enlarge one of the playful photographs of the bear, when he was floating on his back with all four paws in the air.

L.E.A.P.

How to Go After What You Want

My response was that this photograph, with the Walrus carcass in the background and the bear's face covered in blood, is raw and real. This photograph captures the fulfillment of my dream. This 2000 pound healthy Polar Bear is wild. He is free.

So I ask you: Are you still waiting? Or are you ready to claim what you love and experience the full expanse of your life?

You see you've got to love the 'dream' in order to risk taking the **L.E.A.P.** and truly go after it.

But there is another reason, a lie that we have been told that has made it nearly impossible to manifest your deepest desires until now. For most of us, this lie started before we were five years old and has been repeated throughout your life, over and over and over again.

Are you curious?

Do you remember what you were told right before blowing out the candles on your birthday cake?

That's right you were told, "Make a wish."

And do you remember what you were told about that wish?

Right again. You were told, "Don't say it out loud or it won't come true."

Wrong.

That is one of the biggest lies that you've been told. This lie creates a barrier to believing it is okay to let the people we love hear out loud what we want out of life.

L.E.A.P.

How to Go After What You Want

It doesn't make logical sense. How can it be hard for us to believe that the people we love want to know what we want? That's why this method begins with learning to identify what we are passionate about and what we wish for. To know that it starts with Love.

Which is why step 2 is

- Express your deepest desires.

Experts in the field of the law of attraction encourage us to share our vision.

They tell us to:

- Shout our dreams from the mountain top.
- Tell everybody what it is you want.
- Let people and the Universe know what you're working toward. Share out loud what it is that you really want to have, to do and who you really want to be.

“Don't tell or it won't come true.” is simply false.

Another impediment is when you've come to the conclusion that the law of attraction doesn't work.”

The truth is, you might be far better at manifesting than you give yourself credit for - because you're doing it constantly, whether you realize it or not.

L.E.A.P.

How to Go After What You Want

Manifestation isn't just about consciously creating those vision boards or reciting affirmations. It's an ongoing process that reflects your *core beliefs*, both conscious and subconscious, shaping the reality you experience.

Here's the hard truth: We manifest 100% of our reality.

This happens because the Universe aligns to manifest *what you truly believe, not what you want to believe.*

So, while you may consciously recite the affirmation, "Money comes to me easily and effortlessly," if your deep-seeded belief is "I have to struggle for every dollar," the Universe responds accordingly. Instead of effortless abundance, you find yourself working harder, facing unexpected expenses, or watching opportunities slip away - proof that the universe is responding to your subconscious belief, expressed in your vibration not your affirmation.

The law of attraction is the most well-known law of manifestation. However, it is only one of six.

This brings us to step 3.

- **Align your will with the Universe.**

The challenge here is that many of our core beliefs operate on a subconscious level.

They might be shaped by past experiences, cultural programming, or childhood conditioning like the innocent blowing out of birthday candles.

L.E.A.P.

How to Go After What You Want

Manifestation doesn't respond to wishful thinking - it responds to energy.

Again you manifest what you believe, not what you want to believe.

Manifestation isn't just about envisioning your dreams; it's about rewiring your brain and your belief system to align with your dreams.

I wrote my first book, *Achieve The Summit of Your Dreams* about a coaching method I created based entirely on The Law of Inspired Action.

Are you familiar with the 6 laws of manifestation?

- The Law of Attraction
- The Law of Inspired Action.
- The Law of Belief.
- The Law of Vibration.
- The Law of Coorespondence.
- The Law of Gratitude.

By understanding and applying these laws, we align with the natural flow of creation and unlock our full potential.

Is this all just **B.S.** You bet it is. All manifestation is based on **B.S.** That's right, your **Belief System**. The Law of Belief. These beliefs act like magnets, drawing experiences, people, and circumstances that reinforce them.

L.E.A.P.

How to Go After What You Want

That means it's now time...

To dive into Step 4.

- **Plunge** into the deep waters of your dreams.

One of the biggest obstacles people face when trying to take the plunge is fear.

Before my Polar Plunge into the Arctic Ocean, I was shaking with fear and trepidation. Standing in the ship's corridor, wrapped in my Quark-issued white robe and slippers, my heart pounded.

To my right and left stood fellow passengers, their bare shins and ankles exposed between matching robes and slippers.

The fear kept surfacing: *What if my heart stops the moment I hit the frigid water?* I forced myself instead to focus on my desire to take the polar plunge alongside my shipmates. *But they all looked so young, vibrant, and healthy.*

Music blasted through the corridor. I literally shook off my nerves - dancing to stay warm, pumping my fists in the air.

Then came my turn: I shed my robe and slippers on deck, climbed barefoot down the metal ladder on the side of the ship, and stood alone on a metal platform, waiting.

A hand reached out to guide me into the zodiac, where each person was tethered with a safety harness before being given the signal to take the plunge.

And of course, I didn't die.

L.E.A.P. How to Go After What You Want

It blows my mind how the fear of failure can be even greater than the fear of dying.

In fact, the fear of failure is number one on Google's top 10 list of fears and the fear of dying is number 5 on that list.

But here's the thing - we can't fail if we don't try.

That's why we don't try and therefore we can't fail. Only we stay stuck. Limited by false beliefs we pace the familiar confines of our past experiences.

What holds most people back isn't fear alone - it's the unceasing inner critic that tells you, you might fail because:

"It's not a good time."

"You don't have enough money."

"You're too old (or too young)."

Yes, when people follow the popular Law of Attraction by creating vision boards and reciting affirmations they start to identify what would make them happier - but they get discouraged by how far off those dreams remain.

It makes sense. If achieving dreams were as easy as gluing magazine cutouts to a poster board and stopping there, would so many people be stuck, frustrated, and overwhelmed?

Progress slows, and practical concerns take priority over pursuing what they really want.

And when that happens, self-care becomes a challenge.

L.E.A.P.

How to Go After What You Want

Our culture glorifies independence, overworking, and putting others first as signs of responsibility and maturity. But real responsibility is the ability to respond to and honor your own dreams. If you already have an idea of what you're passionate about, you have a start but passion alone isn't enough.

The first three steps of the **L.E.A.P.** method are:

- **L**ove yourself - identify and love your dream.
- **E**xpress your deepest desires.
- **A**lign your will with the Universe.

When you start openly sharing your passion with trusted people, something shifts. It becomes easier for others - and the Universe - to support you.

So, Now that you're aware of the "birthday cake lie", take action and start sharing your dreams. Even if your inner critic says it's impractical. Even if you don't have a perfect plan. Tell people. Tell everyone.

When you identify your passion and express it openly, aligning your personal will with the Will of the Universe a powerful synergy is created.

However, these three elements - **clarity** (identifying what you love and want), **connection** (expressing this outloud with others) **and support** (aligning your will with Universal will) - are like three legs of a chair. Without the fourth element, the fulfillment of your big dreams continues to be a "maybe someday" fantasy. You need to

L.E.A.P. How to Go After What You Want

take the final step: the **P**lunge. This is what transforms waiting and wishing into creating and claiming.

I didn't always know this. When I first started my work in the field of Psychology I believed my clients needed to uncover the origins of their fears and negative patterns before moving forward. As I transitioned from a traditional counseling approach to develop a coach approach to counseling - one focused on strengths rather than problems - I saw my clients:

- Take bold, inspired action instead of waiting for "the right time."
- Attract opportunities.
- Experience a profound shift in confidence, no longer doubting their worthiness.

The key realization? Transformation isn't about unearthing dark secrets and past traumas. Change comes when you stop keeping your light hidden. The more you speak your dreams into existence, the more you dismantle self-doubt. The more you share your dreams out loud, the less likely you are to fall into the trap of negative self-talk. That's when you can finally stop self sabotage.

Still a lot of people fall into being:

Experts in Their Problems – They've analyzed their struggles so deeply that they remain stuck in the paralysis of analysis, never taking action.

L.E.A.P.

How to Go After What You Want

There is a second category of people seeking help that I have the luxury and privilege to choose to work with.

Those Ready for Change – They reach a turning point where they realize enough is enough, something has got to change. The fact that you requested, downloaded and read this book is a good sign that you're in this second, more empowered category.

Think of someone caught in a rip current. The more they struggle against the pull, the more exhausted they become. But when they learn to swim with the current at an angle, they break free.

Personal transformation works the same way—it's not about working harder, it's about redirecting your energy toward real change.

The most successful people that I've had the pleasure to work with don't just take action; they take the right action that rewires their brain and behavior. That's how they create new outcomes.

So, stop keeping your wishes a secret. Be unapologetically bold. Start sharing what you truly want. With repeated effort, you'll start noticing changes.

But if you're looking for faster, easier results,

I'm inviting you to visit www.nanciadair.art to grab a time to speak with me while I'm still offering this **Take the L.E.A.P.** Strategy Call for free.

During this call, I'll ask strategic questions to clarify the dreams that still feel beyond your grasp. We'll explore how to apply all the

L.E.A.P.

How to Go After What You Want

laws of manifestation using my **L.E.A.P.** method. At the end of our brief meeting, if I'm confident that I can help, I'll explain exactly what working together will look like.

I offer this for free because I have discovered when given the opportunity to invest in a customized approach my clients and students get accelerated results - you stop feeling stuck and start creating the life you truly want, much faster and with greater ease.

Don't you owe it to yourself to break free from self-doubt and limiting beliefs, to finally take the **L.E.A.P.** and go after your dreams with confidence?

You owe it to yourself to manifest the life you desire and experience the freedom, joy, and fulfillment you've always imagined.

Take the L.E.A.P.

You owe it to yourself.

Talk soon,

Nanci

L.E.A.P.

How to Go After What You Want

NOTES

Use this page to keep notes and bring them with you to your L.E.A.P. strategy call.