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A Pinch of Delusion...

*All you need is '**a pinch of delusion, a dash of audacity and a shot of courage**'*

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Sometimes I reflect on where I'm at in my life and I find myself shaking my head and quietly laughing. What in the world am I doing?! I ask myself and in the next moment, I know; I'm listening to my soul and making a way to realize what my core is telling me. I'm one of those "crazy" people who has an outrageous dream. Mine is to become a talk show host. That's just the tip of the iceberg, but that's the main idea. For real insight into my dream, think--an Australian Oprah. Did your eyes widen at the audacity of my goal?

The great thing about being a dreamer who shoots for the stars, is that I know I'm not alone! Most of us will admit that we have a dream. Somewhere along the line, I grew to feel that "boldness" is not a bad thing. In fact, it's key to getting what you want.

> **It's part of the recipe that gives me fuel to drive forward. It's 1/3 of my mantra: *a pinch of delusion, a dash of audacity and a shot of courage.***

I believe those three ingredients are what it takes to commit to your dream and be effective. I've even engraved it on a bracelet I wear as a reminder to take a dose when my faith is running low. I'm sharing it with you now because it's working for me.

It's been a year since I sold everything I owned, at the height of my career in Australia and moved across the planet with 2 suitcases to Los Angeles, or "Lala Land" as some like to call it. Deciding to change my life didn't happen in the most dramatic leap, there were two parts. The first change came when I was at the top of my game in sales, ranked in the 1 per cent of RE/MAX's global network of 121,000 sales agents. Something was nagging at me though; I wanted something more and knew I wasn't living my purpose. I wanted to become a speaker & to help others to find success. So, I went to every speaker seminar I could find and got to it. I called it my year of speaker university. The best lessons I learned during my time as a speaker, were the power of words and connecting with people.

> **I watch the best speakers make individuals feel like they were the only person in the room of thousands. And eventually, I learned how to connect with people too.**

It was exhilarating and mutually fulfilling. Something magical happens when people share their stories and truly connect. I wanted to hone in on that part! That feeling lead to part two of my decision to take the biggest leap of faith in myself, of my life.

The self help guide, *'So You Want To Be a Talk Show Host,'* was a life saver. Kidding! I don't even know if there is such a book out there. And my inbox *wasn't* full of invitations to host a show, so I did what I always do when I want something badly enough. **I do it.** I wish that sentence was longer, more profound and not as easy for people to throw away because that cliche is gold! Please keep in mind that I am not super human and building a show without any experience as a host, or interviewer and no camera training whatsoever, has left me paralysed with fear at times. If I were to sum up my toughest times, I would say that Sir Edmund Hillary said it best, *"It's not the mountains we conquer, but ourselves."* It really has been about conquering myself emotionally and mentally.

> **What keeps me going at even the most challenging of times is a**

‘knowing’ that this is what I am supposed to do, an inner guidance that keeps pushing me forwards.

Here we are today and Kirsty TV is a real online show with incredible guests, amazing stories and a real audience. I’ve received videos and messages from people across the world telling me that what I’m doing is important and that they are watching. I am connecting with people indirectly and directly! I can’t put into words what it’s like to sit with someone as they share their story and let you into their vulnerability. I’m truly honoured to be an outlet for these people to share their message with the world.

So what do I know for sure a year into the journey? I know that I could have lived with losing it all and having to go home and live with my parents but I could never have lived with the not knowing or the not giving it a go.

This journey has been my biggest learning. I have grown, stretched and become someone I wasn’t 12 months ago. The lessons you get when you put yourself into such an uncomfortable situation are profound, they make or break you.

So there it is. Whatever your dream may be, make your way to it. See yourself as what you will become, especially when everyone else may think you are **delusional**. Be bold, be persistent, make it happen and ask for what you want. In the beginning, you may be perceived as a ‘nobody’, but you must have the **audacity** of a ‘somebody’. Audacity gives you the ability to fake it till you make it. Above all, you need **courage**, as without this I don’t know how you would survive the dream crushers and naysayers. You need the courage of a lion to stand strong in the most uncomfortable of situations, to keep moving forward, to keep getting back up when you fall, pushing onwards and upwards.

I hope you find your own recipe for success but in the meantime feel free to borrow mine, all you need is ‘***a pinch of delusion, a dash of audacity and a shot of courage***’.

KX

Watch it here….

http://www.youtube.com/user/KirstySpraggonTV

Kirsty Spraggon is an award winning international speaker and author. Producer and host of Kirsty TV.

Kirsty believes “experiences” are everything and her life experiences have given her the compassion, empathy and understanding to be a great host and interviewer.

Her outstanding career began when she was ranked in the top 0.1% percent of individuals in RE/MAX’s global network of 121,000 sales agents worldwide. Moving across to the international speaking arena she has inspired 1000’s with her inspirational messages and has continued her success and was recently awarded the ‘break through speaker of the year award’.

You can help spread the message of healing by sharing any of the guest stories on KirstyTV that you find inspiring.

You can watch the show on youtube at - http://www.youtube.com/user/KirstySpraggonTV

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