

Catch Fire

The Ultimate Guide to Achieving Your Dreams

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Published by: Catchfiredreams.com

Preface

A self-help book that relies on theory alone is useless for most. That's why I created a step-by-step guide with useful tools you can start using right away. I address problems unique to our own human nature — focusing exclusively on the things preventing you from being successful in life; these aren't topics addressed by most self-help books, yet they are an integral part of what will certainly be your success story.

Truth be told.

It's your own human nature that's holding you back. It constantly sabotages you without your knowledge or permission. It can dramatically increase your level of success or guarantee you won't succeed under any circumstance. I've identified the major obstacles that defeat most of us & reframed them to function as positives instead of negatives.

I make them work for you, instead of against you.

You can call it the lazy person's guide to success, but I prefer to call it *Catching Fire*, because it will ignite your desire to succeed & remove all of the negatives holding you back.

So what's stopping you from realizing your dreams? Make human nature work for you, instead of against you. Sound easy? It is... I'll show you how.

RS Littlefoot

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What's Inside

♦ **Chapter 1, Dream Catcher:**

You'll learn how & why you need to start saving money to finance your dreams.

♦ **Chapter 2, Vision Quest:**

You'll learn how to make personal connections to your dreams & why that's so important.

♦ **Chapter 3, Pathfinder:**

I'll help you plan your dreams step-by-step & you'll discover the basic skills you'll need to make your dreams come true.

♦ **Chapter 4, Stretch:**

I'll show you how to manage your worries so they won't interfere with your daily progress. How to avoid the daily barrage of "things to do & stuff to worry about," that defeat so many of us.

♦ **Chapter 5, Parceling:**

I'll introduce you to Parceling. It's an effective method I use to test the validity of my dreams. Here, you will discover where your interests, skills, & abilities lie. You'll quickly discover which dreams will Catch Fire & which dreams aren't worth your trouble.

♦ **Chapter 6, Success Formula:**

We'll take a look at what it takes to succeed on a daily basis.

♦ **Chapter 7, Catching Fire:**

You'll discover what it means to Catch Fire. I'll provide you with specific tools you'll need to start & keep starting.



What would it be like...

If just one of your dreams came true?

Ever wonder:

- *What's stopping you from accomplishing your goals?*
- *Where all the money you've worked for has gone?*
- *Why you've worked so hard & have so little to show for it?*

I know I did...

That's why I wrote this book.



My story:

The ugly truth is most of us are sleepwalking through our lives. Human Nature is the primary reason most of us take the path of least resistance & continue to miss all the opportunities that come our way. After realizing nothing would change until I did, I started reading self-help books trying to turn my life around. And yet, I never spent a single day trying to make any of my dreams come true.

Now I work every day on my dreams, and an entire world of possibilities has opened up for me. I couldn't be happier. I want you to take that journey with me. It's so easy, you'll wonder why you didn't start sooner.

What's Special about this Book:

My hope was to create a self-help book that moves beyond theory, to provide readers with real solutions. *Catch Fire* contains specific tools you can put into action immediately. In the real world, you need clear-cut strategies you can apply to real-world problems. It's user-friendly & provides chapter exercises to reinforce material presented. My goal has been to make this book accessible to people at all skill levels—beginner to more advanced. It's my belief there is value here for people at all skill levels. Advanced users will find most use from this book on a spiritual/creative level. We can all use more of that : p

God bless you & keep you...

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I n t r o d u c t i o n

Several years ago I became fascinated with self-help books. To be sure, there's a lot of great books out there & they all have great things to offer, but I felt there was a need for a self-help book for the average person: for someone like me, who isn't highly educated or a go-getter by nature. I wanted to write a book that emphasizes the get off your butt & take action part; a book that won't force you to dissect multiple pages of fluff to get at one or two gold nuggets of wisdom—which by themselves are helpful, but incomplete. Mostly, I wanted to write a book anyone could make use of right away without having to gain a certain skill set or level of experience.

I've read many self-help books in search of useful tools. This book is based on the discoveries I made in my personal search for the elusive golden grail: the step-by-step guide that will make all your dreams come true. But as we all know, that book doesn't exist. It takes hard work & rising up in the face of failure to make your dreams come true—that's what makes the difference. It means taking defeat as an opportunity to grow stronger.

However, I remain a self-help book aficionado & true-fan of the genre. The more you can read, the better. They all contain bits of wisdom from various viewpoints. As I write this book, I do so with full knowl-

edge that I stand on the shoulders of giants. I owe a debt of gratitude to the authors of every self-help book I've ever read. They made me view the world in a different light and caused me to question my own belief systems in the process.

So how do you *Catch Fire*? Several things must happen. First, you have to identify all your dreams or the stuff you've always wanted to do, but never had time for. Second, start learning the skills required to experience some degree of success. Sounds simple so far. But in the beginning, you won't be good at most things you try & you'll produce second rate work at best. Everyone does at first. But now you're asking yourself:

Mr. L, why are you crushing all my hopes & dreams?

I'm not, and you'll soon see why. I wrote this book for people at all skill levels, but especially for those like me, who lack motivation & direction. For those who'd rather sit & eat bon bon's on their couch, binge-watch their favorite TV show, than put in any amount of time working on their dreams.

The good news: I've discovered a way that makes working on your dreams feel effortless, even fun. And at the sametime increases the odds that one of your dreams will come true. There are no guarantees. A lot depends on the level of motivation you achieve & the amount of work you put in. But you will experience growth on a level you've never experienced before.

As we know, growth is a key predictor of success. All you have to do is learn a few new habits!

I'd say that's bold talk for a one eyed fat man

(True Grit, 1969).

I understand your doubts. If you haven't experienced success in the past, it's difficult to believe it's all going to suddenly turn around for you. But it did for me. And I was just as shocked as you're going to be. Let's say that becoming a writer has been one of your wildest dreams. I can't guarantee you'll become a best selling author overnight. But wouldn't you be thrilled if you saw your own name in print for the very first time on the cover of a book?

Yes, but let's go even further; let's say a hundred people bought your book—hmm, not bad. Moreover, these people said great things about your book, and became incredibly loyal fans who were going crazy for your next novel or idea to come out. Would you be happy then? Yes, of course you would, and you should be.

Any level of success tends to build on and attract more success. Your fans will now start marketing your book for you by word of mouth. You won't have to hit it out of the park to start things rolling, although you certainly could. The point is you'll never know how far you can go or what you'll achieve until you try. All you have to do is incorporate a few small changes into your life that really won't feel like work at all.

The true excitement comes from the journey itself.

From never knowing how far it will take you.



How to Read this Book

I have to acknowledge the differences in the ways people learn. Some people respond best to facts & logical progression. They become confused if you start telling them stories, which often wander to build suspense or presents information through symbolic representation.

Others learn best through storytelling. They become confused if you state dry facts to them. Moreover, some learners are predominantly visual, tactile (*touch*), or auditory learners. It doesn't mean they can't learn any other way. It means they learn best & retain the most using their individual learning preferences.

Some learn best by receiving material in small packets of information. Others have no problem reading an entire book at a single sitting. By far, the best method of teaching is to provide real life, hands-on projects to complete along with any conceptual material presented. Most of my focus will be on that. That's why I will ask you to complete exercises at the end of each chapter.

While I am slightly limited in what I can accommodate through print, where critical information is present, I will attempt to provide access to material in several different formats: factual, storytelling, visual, auditory, & tactile (*hands on exercises*).

As a writer, I was informed you need to build suspense into your writing even if you're writing nonfiction—i.e. creating intrigue for what happens next & providing a special payoff at the end. Above all, you must keep your readers' interest. While I may not succeed at this, I decided to create a reward at the end of every chapter as my way of saying thank you for reading the chapter. It's sort of like finding a prize at the bottom of a cereal box—Yes, I am that old. If you're a—*just the facts please*—kind of learner, you might well ask yourself why you'd want to read another self-help book.

*Shouldn't I read a book that teaches
a skill and leave it at that?*

Well here's the thing; I set this system up to give attention to all your dreams. Why? Because you don't know yet where your greatest amount of success will come from, or where your greatest source of motivation or skill level will develop.

Why waste your time learning a skill set in a genre you will ultimately dislike & have no real motivation to succeed in? Unfortunately, that's where a lot of people misuse their valuable time. How many people do you know who've lost years chasing a College degree for a career they will ultimately end up despising?

If you are a factual learner, I get it. I'm very much like that too:

If you want to get to the heart of this material, jump to Chapter Three, Pathfinder. Skim through to Chapter Six on our Success Formula. You'll get most of what you need to get started.

All the beginning chapters are foundational. However, you should know, most people are going to need this material.

Think of it this way:

If you were building a house, you'd want a firm foundation. So that a prevailing wind doesn't suddenly appear and blow your house down the road. Actually, that would be really funny to see — unless the house belonged to you.



A Final Word Before We Begin:

EXERCISES ARE OPTIONAL

I created *Fast Action* exercises so that you could get started working right away. You can quickly finish the majority of them. For exercises that are more challenging, you can start and finish them later. Some of the ideas behind the exercises, such as creating a budget, are meant for you to work on over time. If you don't finish one or more of the exercises, you can always go back & finish them when you have time.

These are skills you will need to master, but don't let them be what distracts you from reading the book. The ideas contained within this book are important, not the individual exercises. But I would strongly advise you to start these exercises. Why?

Because we learn best by doing.



Dedication

An Angel In Heaven



*This Book is Dedicated to My Mother,
Who Never Gave Up on Me.*

CHAPTER 1

Dream Catcher

Planting the seeds of love



If opportunity doesn't knock, build a door.

Milton Berle



“We’ve decided to encourage
your entrepreneurial spirit.”

Chapter objectives:

- ❑ Create a simple budget.
- ❑ Start a savings account for your dreams.
- ❑ Learn how to start good habits.
- ❑ Learn how to eliminate bad habits.

The Sleepwalker

Be a Player in Your Own Life

Here's a crazy question:

Are you sleepwalking through life?

While it's true that some of life's problems are unavoidable, the majority of our problems happen to us because we simply aren't paying attention to our own lives. Have you found yourself asking questions like:

- Why did my checking account crash?
- How did I max out my credit cards?
- Why haven't I accomplished any of the things I planned?
- How could I have worked so many years & have no savings?

These are the sort of questions I started asking myself. And if you discover that you are a sleepwalker, I'll help you fix that right now. So you can start being a player in your own life.

The Sleeper Awakens

The absolute worst part of sleepwalking is not knowing how much money you're spending or even where it's all going. This should be one of the first things you fix. Do you know where the majority of your money is going? Most of us don't realize the extent of our spending habits or how it affects our future success. This is the primary reason for this chapter—your future depends on it.

