



Achieve the Impossible

Motivational speaker and author Paul Huff discusses the power behind real people who overcame incredible odds

Is it possible to make your own miracle? Is it possible to change the predicted course of events? Motivational speaker and author of the *Make Your Own Miracle* book series, Paul Huff certainly believes the answer is “yes” to both of those questions. In this interview, Paul Huff talks about how you can create a positive energy and life view, turn adversity into power, and how you, too, can make your own miracle.

Q: What do you mean when you use the word, “miracle?”

Paul Huff: When I talk about miracles, I’m not referring to the supernatural or Divine Intervention. I’m talking about a form of human accomplishment that defies the odds.

Q: Can you give us an example of that kind of miracle?

Paul Huff: Here’s an old one. When Roger Bannister broke the 4-minute mile in 1954, it was called the “Miracle Mile.” Why? Because for thousands of years, no one had ever done it. It defied the odds. In fact, there were published medical reports that the human body was incapable of such a feat. And yet, he did it. Remarkably, so did 36 other people within a 6-month period of time

Q: How do you account for that? I mean that so many other people did it after Roger Bannister did it? And today, running a sub four-minute mile is routine for top-notch runners.

Paul Huff: Because it was never a physical barrier to begin with. It was purely psychological. It was an issue of belief. When Roger Bannister did it, other runners changed their belief about what was possible. And that change in belief enabled them to also do what had not been done for tens of thousands of years. Their belief changed from it’s impossible to if he can do it, I can do it.

Q: In some ways, that’s the impetus behind your “Make Your Own Miracle” concept, isn’t it?

Paul Huff: Absolutely, every *Make Your Own Miracle* book is chock full of stories about people overcoming enormous and seemingly insurmountable obstacles to achieve outstanding results – results that defy the odds. My hope is that people will read these stories and think, “If they can do it, I can do it.” That’s the message in my books, and that’s the message in my presentations.

Q: So your first book, *Make Your Own Miracle: Surviving Cancer*, is not just a book about surviving cancer.



Paul Huff: The stories in the first book are about people who overcame cancer against incredible odds. Most of them were given a less than 10% chance of survival, and their stories are amazing. Certainly, if you or someone you know has cancer, you should get this book. It will lift your spirits and give you hope. But even if being cancer-free is not the miracle you need to make or want to make, it will, as Brian Tracy said in the book, “show you how to draw on the deep reserves of strength and determination that lie within you – and take control of your life.” Your miracle might be to go from financial ruin to financial freedom. You may be the single mother of three small children, and want to go back and finish your college degree. Remember, a miracle, at least according to my definition, is a form of human accomplishment that defies the odds. Reading this first book will be an uplifting experience for you, regardless of the specific miracle you want to make.

Q: When you say, “first book,” I assume there must be others coming.

Paul Huff: You bet! We’re doing a series of *Make Your Own Miracle* books. One of the books I’d like to do is about kids who grew up in at-risk neighborhoods, and yet rose above the limits of their condition to become major contributors to society. Colin Powell would be a great example of this kind of miracle. No way should Colin Powell be where he is based on the odds that were stacked against him. And, yet, here he is – it’s a miracle. Kids living in at-risk neighborhoods today need more examples of people like Colin Powell. They need to know it’s possible to become more than their current environment would suggest. Again, I want them to have positive examples so they say, “If they can do it, I can do it.”

Q: What are the keys to making the kind of miracle you talk about?

Paul Huff: Three things – belief, expectation and focus. First, you must believe that a miracle is possible...for you. Secondly, you have to go beyond just believing the

miracle is possible to a sense of positive expectancy. In other words, you have to elevate your belief from a sense of the possible to a sense of the inevitable. You have to create that feeling of “certainty” where you just “know” the miracle is going to happen. And finally, you have to focus on the miracle itself. You have to focus your daily activities, thoughts and energy on the miracle.

Q: Life is full of distractions. For some people, it’s just hard to get through the day. How do you focus on a miracle?

Paul Huff: That’s a really good question because it is easy to let life manage you instead of you managing it. Many people feel out of control. They don’t feel like they are in charge of their destiny. And that is why their life is where it is. There are two things important to focusing on the miracle. One – know what you want. I know a lot of people who know what they don’t want, and that’s what they focus on. They focus on the situation they’re in instead of the situation they want to be in. In order to make a miracle, you have to have a clear picture in your mind of your preferred future, not your current reality. So, you have to be absolutely sure of what you want and focus on that.

Q: You said there were two things about focus.

Paul Huff: Yes, and this is really important. Not only do you need to focus on what you want, you also need to focus on “why” you want it. People who make their own miracle not only have a clear picture of exactly what they want - the result - they also have a compelling reason for wanting the miracle to happen. That compelling reason, if it’s strong enough, will literally pull you toward the miracle you want, despite the obstacles and roadblocks that might come up. Despite the odds. Despite the risks. Despite what other people say, think or do. As the great German poet and philosopher, Goethe said. “We each have only enough strength to complete those assignments that we are fully convinced are important.” Make sure you know what the miracle is, and make sure you know why you want it.

Q: So, the tenets of the **Make Your Own Miracle** concept, the keys to making it happen are: believe in a miracle, expect a miracle and focus on the miracle you want?

Paul Huff: That’s it!

Q: Does this **Make Your Own Miracle** concept have a business application?

Paul Huff: Are you kidding? For businesses and for individuals, accepting the challenge to **Make Your Own Miracle** is the first step to winning in a competitive, fast-paced economy that changes daily. In truth, making your own miracle is about winning! Businesses and organizations across America suffer because their personnel are consumed by negative thinking and fear that manifests itself in whining and complaining. If you

own an enterprise, manage an enterprise, or are employed by an enterprise, which this covers about 90% of the US population, this is a subject to take very seriously. It’s challenging to win under the best of circumstances, but success is made even more difficult by people who habitually look for all the reasons something is destined to fail because they consider it impossible. Whining and complaining undermines productivity, accomplishment and success! My **Make Your Own Miracle** keynotes and training programs teach individuals and organizations how to win by using practical tools and methods that help people transcend whining and complaining to produce a dynamic, productive, winning culture driven by positive expectations. The human mind must be fueled by belief, expectation and focus to produce winning conditions. When that happens, people, teams and organizations discover that it is really possible to **Make Their Own Miracle!**

Q: This **Make Your Own Miracle Concept** is such a positive message.

Paul Huff: I think so, too. Every human being wants his or her life to be better. A lot of these people have lost hope. They see a wide chasm between where they are and where they want to be. That’s what **Make Your Own Miracle** is about – showing people that they can have, do or be whatever they want, despite the odds.

Q: It’s a message every leader in corporate America should want their employees to hear.

Paul Huff: Studies show that a high percentage of employees in America are dissatisfied, apathetic and disillusioned. Many of them hold little hope for a brighter tomorrow. And that’s why the **Make Your Own Miracle** message is one that everyone needs to hear. That there can be a better tomorrow. They need to believe in the impossible. **Make Your Own Miracle** is about winning. And people and organizations want to win.

Q: No question about that. Thanks for your time, Paul

Paul Huff: My pleasure

*Paul Huff is president of Paul Huff International, a speaking and training company dedicated to creating and delivering dynamic information, powerful programs and practical tools of the highest quality that consistently transform the beliefs, behaviors and results people and organizations need to create success that lasts a lifetime. In addition to the **Make Your Own Miracle** book series, he is the author of **Imagination Always Wins!** and numerous audio products.*