

Unleash the Power of Your



By Sara Russell

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Unleash the Power of Your Dreams

INTRODUCTION

This manifesto comes in response to the countless friends that have watched me make some radical changes in my life and are left wondering how in the world I did it. I believe that means, for some, how in the world they could do it. Happily, after some serious introspection on how things unfolded for me, it became clear that a formula existed. I lived it and have since been struck by the number of times I see pieces and parts of it mentioned by folks in the self growth / Law of Attraction field. No doubt many experts in those areas influenced my experiences. I will be including a list of resources I tapped into on my journey, so that you can reach out and gather what's right for you.

As of the date of this work, the past 5 years have been filled with many life transitions. It began with living through the devastation of losing everything I owned in Hurricane Katrina. Next my husband decided he wasn't in love with me anymore and we divorced, followed by purchasing a house all on my own only to sell it a year later to answer the call of the gypsy within to travel the country in an RV. Before I knew I'd been to 26 states in the less than 12 months. As I write this I've been on the road for several days. My experience reaffirms that life is certainly an adventure.

The intention of sharing this manifesto is to demonstrate how I went from losing everything involuntarily to relocating, rebuilding and having all the accolades, only to voluntarily give it all up and walk in the power of creating a life I love – every day!

I'm going to show how I made a *what if* list created from dreaming of various possibilities, exploring sabbaticals and listening for the first time – really listening – to my heart and the hidden desires just screaming to be expressed. Once I opened my heart to the possibilities and began to create my reality from the stuff of my dreams, I realized I stumbled upon something I had to share with the world.

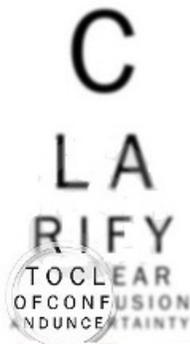
So I thought I'd break it down because you can without a doubt absolutely and completely achieve all that your heart longs to communicate to you. Of course you may not be intrigued with the notion of living in 200 sq foot RV, towing 15,000 pounds and exploring unknown territories by yourself – but I bet you have a secret dream of what you'd love to do if money, time, and ability weren't an issue!

In this manifesto I will break down the five steps that led me to this unimaginable life of dreams come true. Mind you, my mother and I dubbed the initial trip our time to “explore the great outdoors while seeking our inner truths”, so it seems this manifesto was an inevitable outcome as I was certainly paying close attention to what was going on within along the way.

“If you don't know where you're going, any path will take you there.”

- Rabbit in Alice in Wonderland

STEP 1: START BY GETTING CLEAR



As the quote in the introduction says, “If you don’t know where you’re going, any path will take you there.” I find that exceptionally true in the lives that so many of us have created. Somehow our initial desires were met, one thing led to another and now we’re just going through the motions like we’re on autopilot - numb. So if you want to live a big, bold life – the first and most critical step is to get clear on what YOU want.

Without any doubt, this was THE hardest step I had to go through. On the surface it seems so easy. For the most part we all want a good job, loving partner, supportive family and friends, enough money to live well. Have you ever really given thought to the definition of a “good” job? Guess what? If you haven’t all you’ll end up with is “a” job. Why? Because if we’re not clear about EXACTLY what we want, the Universe cannot deliver it.

Technically I had a GREAT job in corporate America, practically everything I wanted in a job. I was managing large projects in my preferred field of adult learning, leveraging my experience to help others grow, interacting directly with my clients, and plenty of freedom since we worked in a mobile environment (from home or anywhere on the campus). I was praised for my accomplishments, sought after by management for growth opportunities, and even had the occasional international travel thrown in for good measure. A lot of people would’ve loved that job, but I was starting to be disenchanted *working so hard for someone else*. I was implementing all of *their* visions and upholding *their* values beautifully, but in the end I still felt incomplete.

So getting clear on what a “good” job looks like for YOU isn’t as easy as it sounds. For this reason I have a real disdain for anyone that acts as though it’s as simple as picking out what you want to wear and let’s face it – THAT isn’t always easy either!

I mean think about it, getting clarity on your dreams requires a lot of consideration. You are leading an adult life with adult responsibilities. You’ve already made a lot of choices that may or may not support any particular dream. Others have an understanding of the roles you’ve come to fill and now they expect more of the same from you. Not to mention the fact that there may be a family that you’re supporting.

How are you supposed to seriously declare what your dreams are, with all of these restrictions on your shoulders?

That’s the feeling I had for a long time. I would entertain a daydream, never going deeper than the fun idea, never asking why it held a fascination for me, never knowing myself well enough to recognize that my daydreams had some similar themes to them. Come on! I had responsibilities to care for and so the dreams I found myself achieving were actually the ones that fulfilled everyone’s expectations of my roles (including what I expected of myself).

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And so the day-to-day life I led turned into month-to-month and year-to-year. Then all of a sudden I got a glimpse of where I was and who I'd become and it didn't feel right.

That's when I started asking myself some big questions. *Is this all there is in life?*

Ugh, that's such a big question. Maybe this is an inevitable part of life and explains why we have coined the term "mid-life crisis" to describe it. Whatever it is, all I know is that an internal struggle ensued for me to reconcile how I ended up where I was with people seeing me in a way that didn't feel like the person I wanted to be. All I could think was, "Crap. It took me 35 years to get here, how can I unravel that and create what I want now?@#?!"

Honestly, until there's some kind of pain like this, why would anyone want to delve into the depths of their psyche to figure out what they really want when things are going along at such an acceptable rate?

Oh yeah, we totally get comfortable with the acceptable.

Think about it, how many people in your circle are making big changes and experiencing leaps and bounds of growth in their lives? So clearly the norm is good and what we should all want, right? Something to think about!

Initially we might have a very clear vision of what we want. We may even get it. In a way, it's like our original dreams take on a life of their own. They may even grow incrementally as we do but at some point...

...we let go of the proverbial steering wheel.

As a matter of fact, one of my favorite sayings was, "Go with the flow." Of course, I can see now how I twisted that into not having to think about my desires and just go with others' expectations. It was just easier and since I wasn't *unhappy*, I must've assumed that meant I was in a good place. The problem with this is a pattern is formed and that pattern coupled with a smidge of keeping up with the Joneses and for good measure a few life challenges so that one day you realize...

...YOU are entirely and completely lost.

For example, as a wife I was equally responsible for our bills and mortgage, not to mention balancing my needs with his. Who was I to all of a sudden change who I wanted to be and selfishly institute all kinds of change into our world? As an employee, I was vested in the success of my team and honestly, the recognition I got from work was incredibly self-affirming. As the eldest daughter, I'd accepted the role of setting an example and being the one that could financially assist others. As a college drop out, I used my success at work to prove myself capable and not a total waste of space. All these roles swirled above my head. Sure, some were imposed by others but **they were all accepted by me** and had become a part of my internal make-up.

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Without addressing these roles I simply could not see my way clear of figuring out who I was or what I wanted.

Then my husband had the courage to do what needed to be done. He recognized we were no longer on the same path and that while we loved each other, the answer to the question, “For the sake of what?” had become too much for him to bear. While painful, his actions were the catalyst for my exceptionally bright future. The space his absence left, combined with the awareness of something MORE missing, allowed me to begin the journey toward finding my ideal life, my ideal ME.

One by one, I began to explore the identities I was living that were NOT me. Once I was able to pull off the label of “wife”, the others labels were released a little easier. Over time I began to have an idea of what I wanted, to discover what others thought I was good at, to decide what I thought I was good at, to know how much money I really needed, and to realize what my underlying values and passions were.

My number one value had always been freedom, but what kind of freedom? My job gave me huge flexibility with when and where I wanted to work, so I liked that. My divorce had given me the freedom of choice I'd never known before. I think a marriage means you seek counsel with your partner for all significant decisions, but I'd never been on my own and able to make every single decision for myself. Yet the freedom that was still lacking for me was related to travel and exploration. Going places I'd never been, to see and do new things with all my senses, as well as discovering questions I'd never thought to ask before.

Honestly, if I could've found someone to hire me to journal my experiences through various jobs I would've loved it! Always wanted to dabble as a florist, grass cutter, magazine editor, social geologist, cartographer, photographer, and nail polish name selector - whatever - I've likely been intrigued with it. This is both a blessing and a curse. I could be happy doing a lot of things, so how do you decide what to do? Ha, ha - I suppose the best way to describe my wanderlust is the title of my upcoming book: *The Gypsy Within™*.

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DISCOVER YOUR DEEPEST DESIRES (step 1 continued)

There were three key components that anchored me as I delved into discovering what I actually wanted in life: seeking, honesty, and self-acceptance/self-love.

1. **Seeking.** This involved actively reading, taking tests, thinking, journaling, talking to others and most importantly, NOT hoping that I'd wake up one day and *poof* it'd be clear.
2. **Honesty.** With every step I took, I had to check my emotions to see whether it appealed to the *real* me or to the ego of one of my roles.
3. **Self-acceptance/Self-love.** Regardless of what I uncovered, I had to be wary of not judging myself based on what others might think.



Without a doubt, those three things were critical for me. The way in which I worked through them are listed below and will be provided on my website under Resources. That said, I'd be the first to say that we're all different and what worked for me may not work for everyone.

That said, in case they are of help – here they are:

- brainstorm, understand & prioritize roles
- write my bucket list
- reconnect with my core values & desires
- update my vision board
- read *When You Can Walk on Water, Why Take the Boat?* by Lisa Diane
- read *Awakening the Heros Within* by Pearson
- take the Myers-Briggs aptitude test
- read *Strength Finders 2.0* by Tom Rath

Admittedly, I think I did pretty well in my professional career but it is obvious to me how the universe provided opportunities and I was aware enough to recognize and seize them. However, I did it all without any clear end in mind. IMAGINE what I could have done had I held a clear image of my true heart's desire!

"A burning desire to be and do is the starting point from which the dreamer must take off."
- **Napoleon Hill from *Think and Grow Rich***

STEP 2: REDEFINE THE RULES

Step 2 sounds so cool doesn't it? It has an air of confidence to it, so much so that you may be inclined to think that step 1 must be 100% complete before moving on to step 2. Nope. The truth is that a lot of these steps overlap. So do not beat yourself up trying to move smoothly from one step to the next. I'm sure it's totally possible, but it's not required. If you listen to your true self, you'll know when you're on to something. Part of the self-acceptance and self-love means that it's okay for you to change course when it's honestly what you want.



For me, just the idea of breaking free from corporate America for a little while and giving in to the gypsy inside was all the clarity I needed to get started. The next epiphany was related to what "they" tell us we "should" do. OH! Don't get me started on the word **should!** Actually, I'm already there so let's go down that path right now. Let's see, where to start...

Regardless of your religious or spiritual beliefs, or lack thereof, I'm guessing you'd agree that we all have free will. Atheists would say there's no one to say otherwise, the Christian Bible says God gave it to us, and generally speaking (since I'm not versed in all others) I'm guessing the reason every religion exist is to help influence how we behave during our time on this planet because we do, in fact, have free will.

That said, if we have free will then we don't have to listen to anyone, right? Did your parents ever tell you something like, "Your sister can't MAKE you do anything"? Mine certainly did and it applies to us as adults as well. I don't HAVE to stop at a red light, I don't HAVE to eat vegetables and I don't HAVE to work for someone else in order to have financial stability. Those are all things I've been told and suspect you have too. Now, I'm fully mindful that my actions will always bear certain potential consequences. If I don't stop at a red light, I may get a ticket or worse – hurt others and myself. So I've CHOSEN to stop. If I don't eat vegetables, my body doesn't operate as well and I don't feel as good. So I've CHOSEN to eat them. However, I no longer believe that I'll become destitute should I not be working for someone else in order to get a paycheck, so I've CHOSEN to look for other opportunities.

We are surrounded - - no - - inundated, by rules. Of course there are rules like the law of gravity, but for the purposes of this conversation I'm talking about rules imposed by humans. We started receiving them as children from our parents and other adults. We continued to learn even more based on our culture and then got swamped with them when we became aware of society. And don't get me wrong; I recognize the wisdom of having rules in a society to prevent chaos. I'm not advocating a world where everyone elects to do things the way they deem it best for society in general.

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What I am saying is that it's important to know that you are doing things based on your own decisions. It's a way of taking responsibility and becoming more empowered, and both are key elements. Let me explain.

If you only take responsibility for some things in your life, then you can easily ascertain that you do not have full control of your life. You'd conclude something beyond you has power over you and that in some way you are a victim of "their" choices. I don't know about you, but I don't want to be a victim. More to the point, I don't want to be someone's puppet!

As a result of having free will, you are responsible for every action and consequence in your life – the good and the bad. You are the one constant in your life from way back when to right now. Therefore, it makes sense that you have created or significantly influenced your present day circumstances.

And yes, in case you're curious - that means I take responsibility for what happened to us with Hurricane Katrina. We were the ones that decided to move to the city to reduce our commute. I was the one that determined how much our insurance would be (which was NOT enough to cover the loan after the loss). We left certain things behind assuming it'd blow over. That said, I would like to add that we had been talking about moving to the east coast for 3-4 years before and due to the events of Hurricane Katrina we did, in fact, land on the east coast! Was it heartbreaking and depressing? Yes. Am I sorry it happened? No.

Honestly, without the kind of awareness that allows you or I to take responsibility for our past and present, how are we to ever expect to have any control of our future? And if you are in control of your future, then you get to decide what rules apply to you or your life. Right?

Sure, society says we "shouldn't" use our retirement money to fund a trip around the country in our late 30's but I decided the only consequences were taxes and reduced so-called security. I CHOSE to accept both. I made that choice and have likely enjoyed that year of my life more than some enjoy their entire adulthood. Sure, society says as a woman I "shouldn't" travel to unknown places all alone and "shouldn't" let anyone know that I am in fact on my own but that's based on fear and lack of trust in our fellow man. I choose not to believe bad things are more rampant than the good I expect. You know that saying, "You get what you expect?" Well maybe others have horror stories to tell, but that's because it's what they are expecting. I, on the other hand, have long lists of all the things I did for the first time, of the many kindnesses of strangers; of the overwhelming beauty I got to see because that's what I expected.

I'm not proposing anarchy but I am very strongly recommending you be a proponent for making choices on what matters to you and not the rest of the world. Do you think society approved of Walt Disney continuing to start businesses and going bankrupt instead of becoming a traditional and contributing member of society? Imagine the millions upon millions of people that would've lost out on so many quality experiences had he decided to follow "society's rules."

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Figure out what YOU want and then follow YOUR rules.

As I look back, books and the ideas they presented reinforced this notion. Once again, in case they are of use to you – those included:

- *Strength Finders 2.0* by Tom Rath
- *Rules of the Red Rubber Ball* by Kevin Carroll

*“There is a difference between wishing for a thing and being ready to receive it. No one is ready for a thing until he or she believes they can acquire it.” – **Napoleon Hill***

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The short version is that my parents divorced when I was 12. As the eldest of three children, I took on the role of mother while we lived with my father. My mother gave me the book, *The Power of Positive Thinking* by Norman Vincent Peale and I learned the repetition of thoughts was an easy way to reprogram the subconscious for achievement. Ever since then, whenever I found myself in a difficult circumstance, I'd make up index cards with powerful quotes and hang them everywhere - my bathroom, bedroom, car and so on. As a matter of fact, my sister recently visited my RV and after seeing all my homemade signs, she said "That's the sister I know!"

Of course, I have certainly added more knowledge and techniques to my toolkit as time went on and together they all have helped me create a strong, optimistic mindset that has served me incredibly well. It helped me as an awkward teenager going to yet another high school (4 in 3 states), through my first rocky marriage, finding the ideal second husband, with creating a successful career, recuperating from Hurricane Katrina and when stepping out as an entrepreneur.

I feel as though I've digressed; let me back up for a moment and revisit the idea that **"thoughts become things."** The first response I usually hear has to do with someone not getting what they've been thinking about. There are three important reasons for that but let me first preface this with an interesting fact. The average human has over 50,000 thoughts a day. Obviously having them all come to fruition instantaneously would create chaos and not balance the thoughts of others, so thankfully that's not how it works - and why I think the **three reasons below are such important factors.**



The first key has to do with repetition. With all those thoughts flying around, clearly the subconscious will lock onto the ones that get the most attention. For example the thought of thinking I'm thirsty and then I like the song that's on, and then my laptop battery is low so I need to plug in, and my butt hurts from sitting here too long, and I'm looking forward to seeing a movie today with my friend. These are all stream of consciousness thoughts that come and go all day. However, reading my mission statement and short term goals every morning when I get up, when I get in my car, before I do any related tasks, and again in the evening when I go to bed is **purposeful and repetitive thoughts.**

The subconscious does not know the difference between fact and fiction, as far as it's concerned - every thought is a truth. That means that the more you think about something, the more your subconscious will act on your behalf to make it a reality in your life.



The second key has to do with emotions. During the 86,400 seconds of your day - how many of your thoughts are emotionally charged? Whether that emotion is love or hate, joy or disdain, excitement or frustration - it doesn't matter. Thoughts get amped up (have more power) when they are tied to emotion. In the same way that repetition seems to be a way for the subconscious mind to lock onto a truth, emotions are a way for the universe to lock onto a desire.

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When I say ethereal that could mean the universe, spirit, God, guardian angels, the molecular energy that we're all made of – whatever your term is for the power behind it all.

Both repetition and emotion are reasons why not every thought comes immediately into existence, especially when you have *conflicting* thoughts and feelings. It's also the reason why some thoughts and desires come more quickly!

Repetition and emotion are really at the heart of the phrase, “thoughts become things.”



The third key is managing emotions. The good news is that you have the power to manage your thoughts. Begin right now. For the next 24 hours, pay attention to the emotions you have. Then, when you look at them at the end of the day examine which emotions were dominant. Do you recognize ways in which the circumstances in your life will continue arranging themselves to give you more of those dominant emotions? Why? Because thoughts become things, especially the emotional ones. More good news - if you don't like what surfaces, then you have the choice to change your thoughts and change your life!

As I mentioned before, this is a complex and critical concept and as such it's probably what I play with the most. Some of my favorite techniques that I used are listed below. Again, if you're interested - you'll find more information on my website's Resource page.

- find what feels good (stop beating your head against wall and go for a walk)
- gratitude journaling (feeling appreciation now draws in more to appreciate)
- pray rain journaling by Jeannette Maw
- read *Choose Them Wisely* by Mike Dooley
- read *Think and Grow Rich* by Napoleon Hill
- read *Law of Attraction* by Abraham-Hicks
- read *Infinite Possibilities* by Mike Dooley
- read *Biology of Belief* by Bruce Lipton
- find or start up a Law of Attraction (LOA) meetup group online
- get the support of Law of Attraction (LOA) life coach

I cannot stress enough the importance of managing your thoughts.

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Once again, without it nothing you do before or after will work. On the off chance you find yourself thinking, “I can think happy thoughts all day long, but what about my subconscious beliefs?” Let me say this, many in the field of mind science agree that subconscious beliefs can be reprogrammed. I’ve seen a variety of ways to do that, but in the end – only the ones that you *believe* to be capable of working actually will.

Mike Dooley suggests the “bulldoze” technique works wonders, which simply involves bombarding the mind with only the thoughts you want it to accept. And since the power of thought has worked so well for me, I elected to leave the subject of beliefs out of my steps because for me it’s all about the thoughts...the incredibly positive feelings they created were enough to engage the “magic.”

You see, positive thoughts do not just create a safe haven for our mind to have peace and quiet to focus. Science is proving to be much more consistent with spiritual and religious beliefs than ever thought before.

So while Napoleon Hills’ infamous *Think and Grow Rich* book says, “...the ether in which this little planet floats, in which we move and have our being, is a form of energy moving at an inconceivably high rate of vibration, and that the ether is filled with a form of universal power which adapts itself to the nature of the thoughts we hold in our minds; and influences us, in natural ways, to transmute our thoughts into their physical equivalent,” now quantum physics explains this as an actual energetic vibration and that everything has a vibration (from your sofa to your body to your thoughts). Wow!

And just like tuning forks – those things that resonate with the same vibration increase their collective power to attract more of the same. You may’ve heard or read the book, *The Secret* where the spotlight was put on the Law of Attraction and many walked away with “think about wealth and become wealthy.” Unfortunately those same people missed the part that discussed the importance of action, which leads us to the next important subject.

“Whenever you catch yourself expressing an opinion, in thought word, or deed, realize that you’ve just nailed a belief that’s busy at work building your life around you.”

- Mike Dooley from Infinite Possibilities

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STEP 5: KAIZEN ACTION



Let's face it - thoughts without action don't yield much (at least not at this point in our evolutionary journey). So while I am clearly a proponent of managing your thoughts to your advantage, there is another important component to the formula of success...taking action.

What does that mean anyway? I used to hear that phrase and assumed I needed to create an elaborate project plan of sorts to catapult me forward. Ha, ha - I can say from experience, that's often the worst approach to take!

The problem is that you can lose sight of your intentions and get hung up on figuring out the how.

Overzealous action has caused me problems on more than one occasion. My most recent experience has to do with starting my business and project managing the heck out of it all. I had spreadsheets to help me work backwards from the goal date - and of course to help me stay on top of what both I and others were doing to help reach that particular date. At one point I got so into the task of a cool, out of the norm website that I led my web designer down a rabbit hole and signed off on a design only to consult trusted advisors to find out the look and feel had become more appropriate for a Smurf than my target niche. Oops.

My point in sharing this is that as humans, it is our nature to get overwhelmed by big, audacious goals and as a result not function well. It stems from our trusty fight or flight wiring that so wonderfully has helped us escape extinction. Apparently it was such an important aspect to our survival that the biology remains in tact in our brains today...in a part called the Amygdala (uh-MIG-duh-luh). Yep, our amygdala still triggers flight or fight reaction - though it has evolved to include non-physical threats as well.

Which explains why, when we have a huge project we can experience a form of paralysis and not be able to take even the first step.

I'm sure you know what I mean. It doesn't matter if it's organizing the garage or basement, finding a new job, losing 50 pounds, or starting spring cleaning - - anything we perceive as a significant goal can trigger the Amygdala. It's like a built in alarm system that goes off at the most inopportune moments.

The good news is that there are ways to overcome that biological knee jerk reaction.

You can do some exercises to learn to identify when it's been triggered. I know when it's happening because I start getting list happy and feeling an intense need to "go, go, go" and "just do it." You can learn what your comfort zones are so that your mind feels it's in a safe, productive space and be less likely to spin out of control. Or, you can apply what I think is

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the easiest method for dealing with the Amygdala – take baby steps. This motto served me incredibly well in a number of overwhelming circumstances in my life and I suspect it was a bit of a survival instinct I recognized and implemented when faced with similar situations.

If that motto doesn't do it for you, maybe "you eat an elephant one bite at a time" or "by the inch is a cinch, by the yard gets hard" will feel right. Of course, my mother always said that life continues to give you the same lessons, until you've not just learned it but internalized it. So – I'm still in the learning phase myself with this.

When I was on my road trip with Mom and I could see the end of our time together drawing near, I started thinking that I really needed to get my act together with my business ideas and began pushing ahead. My life coach at the time had me buy a book called *The Kaizen Way* by Robert Maurer, Ph.D., which interestingly enough had inspired a project methodology at the company I'd worked for previously. That meant I was vaguely familiar with the premise, but in learning the history of the process and reading about ways to implement it in my personal life (vs. just work) – all of a sudden it made great sense. So here's the short version – your amygdala won't trigger if you give it bite size pieces to work on. I'll paraphrase an example from the book...

A working, single mom really wanted to lose weight but said she didn't have the time to exercise. As she explained her frustration coupled with how exhausted she was at the end of the day, the Kaizen author suggested she march in front of the TV at night for 1 minute each night. When asked if she would do that, she thought it was ridiculous and ended up doing five minutes. After a week she found that she'd unconsciously increased her time to 10 minutes and figured if she could march for that long – she could add little hand weights while she was doing it. One thing led to another – she gradually built pride, a feeling of accomplishment, and more energy so ended up doing an hour DVD exercise class most every night. As she saw physical results, she was inclined to make some dietary changes. Long story short, she lost the weight she wanted to and was wonderfully pleased with herself.

Had she not started with such a simple, almost silly baby step – she would likely have talked herself out of it and not had any results other than continuing to beat up on herself for failing again (which just feeds our amygdala by the way, giving it proof of the importance). I share all of this in hopes that you'll start to think of the phrase "taking action" a little differently.

**It doesn't have to be an extraordinary gesture;
it only needs to be aligned with your desires and thoughts.**

By taking baby steps, you'll experience success and build a case for why you will in fact achieve your greatest desires.



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So what can you do to support your big, bold dreams? Lots. In addition to all the resources previously shared - here are a few other things that helped me:

- research what you'd need in order to make the dream come true (sometimes finances can feel insurmountable until you find out what it really costs)
- brainstorm a totally different approach to making your dream come true (helps to get out of your current "how" and opens you up to other opportunities should they present themselves)
- read *The Kaizen Way* by Robert Maurer, Ph.D.
- find a life coach that you click with and sign up for their newsletter (feed the dream with others' thoughts of possibilities)
- list your biggest hurdles; find someone who's done what you want to do and email them one or two questions about those hurdles (a great way to give yourself "proof" that its possible while discovering new ideas/approaches)
- find a friend or two you can check in with every week, via phone or email, for a quick recap of how things are progressing with your desired goals
- keep a success journal and every day write down: 1) what worked well that day, 2) what didn't and 3) what you'd do differently re: #2 should it happen again

Surrounding yourself with supportive people and the last suggestion I listed are my two favorites because we're so quick to beat up on ourselves, but slow to celebrate or praise. I've had some friendships blossom after accepting their encouragement and letting it take our relationship to another level. As for the success journal, that action really helped me tame my amygdala and in doing so, helped me regain the positive mindset I needed to continue. Both of these are incredibly simple things you can start today that will give you a huge return on your investment!

"Deliberately seek the company of people who influence you to think and act on building the life you desire." - Napoleon Hill



CLOSING

Of course you could come up with a million reasons why you couldn't possibly attempt to live out any of your dreams. There are responsibilities and financial requirements that get in the way, right? Yeah, take a quick trip with me and think back to when you were just stepping out on your own. To the time in your life when you were learning about the real cost of living, trying to find a roommate to split costs or opting for less expensive options so you could do it on your own. Maybe you were working multiple jobs, struggling to keep up with your bank account and incurring the occasional costly NSF.

Whatever the situation was for you, once upon a time you thought certain things were next to impossible and you weren't sure how you'd make it all work. But slowly you were exposed to new knowledge, ideas, and perspectives and now that "thing" that felt unreachable is something you take for granted. You totally conquered it and moved on. This is the same situation. So yes, you may have great excuses as to why your dreams are unreachable – but those excuses are just based on your current knowledge, ideas, and perspectives. Change those and you'll change your world.

Really, every excuse we have for not doing something is just an opportunity...

...for us to become more clear about our desires and priorities.

... for us to challenge why we're accepting certain rules or limitations.

...for us to use the power of our mind to reframe the situation in a positive way.

All of these are opportunities for us to take a small step toward our dream. It doesn't matter if it's simply a new awareness or a mind shifting ah-ha, every little or big thing is a step in the journey we call life. It's your life and you can do with it whatever you want. You can accept status quo or shoot for the stars. Whatever you do, I hope it's in the pursuit of happiness, joy and bliss.

*"Only as high as I reach can I grow,
Only as far as I seek can I go,
Only as deep as I look can I see,
Only as much as I dream can I be."*

- Karen Ravn