

Dream Makers Network

Dreams Into Reality 8 Week Email Course

Week One: Getting Clear

As you can well imagine it is a bit hard to put your attention on something when you are not sure what that something is. This week your opportunity is to get clear so that you can put your attention on exactly what you want, not what you think you should have.

The easiest way to get started is to do a brain dump of all your dreams. The only rule with this step is to not eliminate ANY dream that comes up, just write it down. Here is an example list:

My dream is to.....

- Win the lottery
- Travel more
- Do work I love
- Spend more time with my family
- Meet my soul mate
- Earn \$20,000 a month
- Own my dream car
- Buy my dream home
- Experience more love, wealth, health, happiness
- Lose 10 pounds
- Produce a play
- Learn to sail
- Write a book
- Become a professional singer
- Play golf all day long
- Live in a foreign country

Okay, that seems to be a pretty good list. Now go through and identify the dreams that are a means to achieving a dream. Here is an example:

-Win the lottery

While winning the lottery is perfectly fine and would be fun, if you really think about it you might want it because you think it will be the means by which you could have everything else on your list. A dream is something that makes your heart sing, not something you think you have to do before your heart can sing.

So take the -Win the lottery and ask yourself, "What dreams would winning the lottery help me to fulfill?" If they aren't on your list, just add them.

Here is another one:

-Earn \$20,000 a month

Ask yourself the same question as above and add the dreams to your list.

Now look at your list and identify those things that still don't make your heart sing. Here is an example:

-Loose 10 pounds

I don't know about you, but that makes my heart sing the blues.

The opportunity here is to identify the end result. For example in order to loose 10 pounds you would have to live a healthy lifestyle. So change your dream to:

-Live a healthy lifestyle

Make sense? Go ahead and identify any others that don't make your heart sing and ask yourself, "What do I really want here?" Then change that dream.

Now be really honest with yourself and ask, "Is there any dream I didn't add that I really want but think is just not possible?" If so, ADD IT!

Now it's time to prioritize your list, but I'm going to ask you to start at the bottom of your list and this is an example of why:

I asked my client to read me his dream list and what I heard was a lot of "means" on his list and to be honest it was little boring :) I knew there had to be more, but he wasn't offering it.

I asked a couple more questions and finally he said that there was something that was way at the bottom of his list that he just couldn't even say. Of course that's the one I wanted to know.

We did a couple of more things together and finally he was willing to admit it, he wanted to be a professional race car driver.

This is the dream he wanted to be at the top of his list, but he couldn't even admit it. Here is another example:

I was speaking with a client about his dream job list. Again lots of boring stuff came up. We talked some more and he opened up some more and said that he didn't mention one thing at the bottom of his list, that whatever work he did it had to be with a company who was offering a cool and exciting product.

Again, what he wanted most was at the bottom of his list.

So start at the bottom of your list and work your way up prioritizing by what you REALLY want most. So the list above might look like this after being prioritized:

- 1) Write a book
- 2) Play golf all day long
- 3) Produce a play
- 4) Travel more
- 5) Experience more love, wealth, health, happiness
- 6) Do work I love
- 7) Spend more time with my family
- 8) Meet my soul mate
- 9) Own my dream car
- 10) Buy my dream home
- 11) Live a healthy lifestyle
- 12) Learn to sail
- 13) Become a professional singer
- 14) Live in a foreign country

Great! Take a moment and look at your list. Is it reflecting what you want, or what you think you need? Be sure that it is driven by want before you move on.

Okay, so the first dream on this list is to write a book. Now we want to deal with the one word that is responsible for killing millions of dreams, "BUT." I want so and so, BUT.....

Sound familiar? This is what you are going to do with your buts:

-You are going to list them

-You are going to ask yourself - I this what I really want to believe?

-You are going to ask yourself - What do I really want to believe?

-You are going to be willing to consider what you REALLY want to believe

So:

-My dream is to write a book, but:

"I don't have enough time."

"Is that what I really want to believe?"

"No"

"What do I really want to believe?"

"That I could have plenty of time to write."

Then...

" I'm willing to consider that I could have plenty of time to write."

Seems simple huh? It is, and simple is often powerful. Being willing to consider your "buts" keeps you moving in the direction of a dream that you would otherwise disregard due to your "buts" which by the way aren't even true. How do I know? Because you haven't even tried so how could you prove that it is true?

So write down each and every "but" and be willing to consider what you really want to believe. If you don't believe your new consideration, then re-write it until you can believe it. For example:

"I'm willing to consider I will have more than enough time to write" but your next thought is "Yeah right!" Then ask yourself if you are willing to consider that you could find time to write.

If that resonates, use it!

Okay, you've done a lot of great work so far. Now it's time to create a description of your dream. Here are a couple of things to keep in mind:

-Identify the end result as if it is happening right now

-Positive phrasing only please

-Include your "willing to considers" as though they became true

So, the book dream would look like:

My book is now on the shelves of major book stores! The time it took to write was shorter than I had anticipated and the writing process was easy and natural. I moved through any doubts that came up easily and stayed on track. I was able to find more than enough time to write, it was like it came out of nowhere! I loved the writing process and am enjoying the royalty checks that are rolling in now. I also love all the opportunities the writing of this book has already brought to me and continues to bring to me!

Sounds great huh?

You have not only gotten clear, but you have also started the process of "buying into" your dream. Next week we are going to complete that process. So for now, go through your dreams one by one and write your descriptions. If this feels overwhelming, then go through as many as you like, starting at the top of your list.

Please edit and rearrange anything you like. The only rule to follow when you have the desire to do this is to ask yourself:

"Does this change reflect a "want to" or a "need to." If it is a "need to," don't make the change. If it is a "want to," go crazy!

If you would like to share your description with other folks in the Dream Maker Network just shoot me a copy. The more we share the more we help others make their dreams a physical reality and of course, what we give we receive!

Please let me know if you have any questions at

dbcoaching@comcast.net.

Have fun!

Doreen

If you have gotten value out of this email then join the Dream Makers Network,

<http://your-life-is-now.com/consistent.html>

to get the remaining 7 weeks of the course. Being a member also entitles you to:

-2 monthly live or recorded Group Coaching Calls

-The Dream Makers Newsletter

-Daily Quotes to keep you on track

-Access to the Dream Makers Network Forum to connect with other Dream Makers who can help you achieve your dreams!