

A Dream I Want to Awaken

Do you remember when you had a truly wonderful dream? A dream so inspiring that it generated an explosive surge of energy every time you thought about it? It's time to awaken that dream.

Remember The Dream:

"Start by writing, There was a time in my life when I dreamed of... and then let the words flow."

Brainstorm Ideas For Action:

"Start by writing, If I were to begin pursuing this dream today, I might...and then begin to list actions you could take. Whatever your dream, generate a list of actions that are realistic, achievable, and can be completed in a single step. The longer you can make this list, the more ideas you will have to work with."

Imagine How You Would Feel If You Began to Pursue Your Dream:

"Take a moment to imagine how you would feel if you really could pursue your dream. See it becoming a part of your life. Envision the day when your small steps have enabled you to reach a milestone, something tangible that says you really have become whatever you dreamed of being. Feel the confidence, pride, and satisfaction that this moment in your life brings. Now commit these thoughts and feelings to paper."

Harness The Power of Momentum to Make Your Dream Come True:

"Choose an action item from your list to do today. Tomorrow you can build on this success by taking another small step, and then another. Over time, your confidence will grow and one day you will see your dream is starting to come true. Write down the action you commit to take today."

Excerpts taken from

