

No More Excuses
How to Turn Your Passion from Make-Believe to Real
TRANSCRIPT
P. Valerie Dauphin

Track 01: Introduction

No more excuses how to turn your passion from make believe to real. Good day this is Paule Valerie your fun lifestyle fitness coach. Lifestyle fitness encompasses every area of your being, every area of your life. From physical fitness to emotional, spiritual, and even career. If you're now listening to this program, perhaps you're that person who has a burning desire to do something, to achieve something, to pursue a passion and you just don't know how to do it or if you *can* even do it. Well I was in the same place not too long ago and I'm happy to say that my worries about if it's possible, can it happen for me, and how do I do it just don't exist anymore. This sense of assuredness that I feel can absolutely happen for you too. I created this program to share and outline my methodology about how I turned my passion for television hosting and becoming an exercise instructor from ethereal to real. This program is about how I went from thinking about living my dreams and having them float in the invisible realms to actually having them become the concrete endeavors that they are now. Now I know that if I'm going through something, then there's most likely tons and tons of other people going through the same struggle too. As human beings we're actually just not all that different from each other in terms of general life experiences and emotions that we go through. I created this program as a way to share what I did and hopefully it can help you too. This program outlines my seven-step method of how I went from thinking about my passion to actually doing it. So without further ado, let us begin.

Track 02: Admit Your True Desires to Yourself

Now the first step in this process is getting real with yourself. Admit your true feelings to yourself. What do you want? What do you love to do? What is your passion? I had to get real with myself. See for the longest time ever since I was a kid I've always been intrigued by being on camera, by speaking, by becoming a television host, an actor, some form of another, of being a presenter. But something happened along the way of being a child who has all these infinite possibilities laid before them and then I think I'd hit around thirteen, fourteen, perhaps fifteen years old. I'd started to compare myself to the people who I saw on t.v., women in particular, and I saw that I didn't really look like any of them. So then began the story of self-depreciating thoughts. It was at that moment, well I can't exactly remember the moment but I

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basically shelved my desires for this on camera pursuit. I told myself well because I don't really think I could get my foot in the door 'cause I'm not slender enough, I'm not pretty enough let me see if I can find a career behind the scenes that would make me just as happy as being in front of. You never know right? So I started to push down those feelings that desire of being on camera. I pretty much wrote off the on camera pursuit so I said well maybe I can find a way to be just as happy behind the scenes. And so I did that. I interned with the film commission, I was in casting, I was a production assistant and I was looking at perhaps becoming a script supervisor or a second assistant director and my breaking point pretty much came where I really really had to admit my true feelings to myself, you know step one of this whole process. When I moved out to California in late 2005 and I was doing the informational interview circuit, trying to find out how to get my foot in the door of becoming a casting director at a network or a studio. And I remember the moment when I was talking to this was after I was in one of those informational interviews and I was talking to someone who was within the industry and he was giving me amazing tips on different steps I could do to try and parlay my way into becoming a casting director or at least getting my foot in the door as a casting intern or a casting assistant. And when I thought about the process I just started to think about my immersing myself in this career of being a casting director, and that's when I had to admit to myself I don't want to be a casting director. Oh my god it was this light bulb that came off of me excuse me this light bulb that turned on where I realized I'm not really passionate about casting and I'm not willing to put myself through all of these recommendations for wonderful recommendations that this industry professional had for me in order to make this happen because this is not a dream that I really wanted. It's a substitute dream that I gave myself because I didn't think that I could really go after my true dream, which was to become a television host. And another thing that happened to me after that informational interview was that I realized that I didn't not want to reach a point later in my life regretting that I never went after the on camera career myself. You know it would be years later and I'd be a casting director looking at actors and television hosts and other artists all day long, and then I'd reach a point asking myself later on in life "Why didn't I do this myself? Why am I not on the other side of this casting table as the talented artist?" These were questions that I realized I did not want to be asking myself years down the line. So it was at that point in 2006, it was early 2006, when I made the decision I don't know how I'm gonna make this happen but I know I know that I need to at least give this a go. I need to try my hand at becoming a television host. So now back to you. Ask yourself what do you love to do? What suits your fancy? Admit your true feelings to yourself. What reasons have you

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given yourself to not go after what you desire? Right now I want you to take a few moments and grab a piece of paper. Um actually it would be great if you had a notebook uh you know you could title this your passion journal or your passion notebook and what I want you to do is to take a few moments and to just unleash whatever is inside you. Answer this question, what do you want? What do you love to do? And lastly, what reasons have you given yourself to not go after what you desire? What dream or goal have you allowed the fire to dim in your life? Why don't you think you can have or achieve this dream or goal? Take a few minutes to ponder this and just allow yourself to free write. And free writing is essentially where you just put the pen to paper and you just let your unconscious go. After you've allowed yourself to contemplate these questions and you've given yourself ample time to journal then I'd like you to go ahead and go on to the next track in this audio program.

Track 03: Give Yourself Permission

So now you've admitted your true feelings to yourself. You have acknowledged your desires, you're clear on what you want, you're clear on what your passion is and what you want to do. The next thing in this whole process of turning it from ethereal to real is to actually give yourself permission to go after what you want. Now it's time for you to accept your desires. Giving yourself permission is about realizing that there are no constraints aside from the ones that you impose on yourself. You know when I was about thirteen through fifteen years old when I decided "oh I can't do this on camera thing. I don't look like any of those gals on t.v." I believed, deeply believed that a talent agent would never want to represent me. I believed that because the images on the glossy magazines and in the media didn't represent me, well then it looks like I severely didn't have a chance to be that which I sought after. Why even bother? And these are constraints that I placed on myself because wouldn't you know it, within three months of me taking decisive action to get myself an agent, I actually got one. I had one who was more than happy to represent me and um this wasn't supposed to happen. You know my teenage self told me thought that no one would want to represent me and there you have no chance of being on t.v. And then shortly before getting that agent I ended up booking a fitness video of all things that would get international distribution. Who knew? Who knew? So now I'd love for you to take out that passion journal that you've got right now and to whip out your pen, your pencil, whatever your method of writing is and I'd like you to write down basically it's

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you're giving yourself permission to accept what you want. There's a power in writing things down and making them concrete because it comes, it leaves the realm of the invisible in your head. Putting it on paper it's like law and legal contracts. If you have a verbal contract with someone, the minute that you write something down and if it's different than your verbal contract, your written contract supersedes the verbal. It's as if the verbal never happened. So there's a power in writing because it makes it real. It's evidence. So now we're going to write down the evidence of us giving ourselves permission to go after what we want. You can make it something as simple as "I Paule Valerie accept my desire for t.v. hosting and for being an on camera personality. I accept my passion and I will get out of my own way. I'll give myself permission to go after what I really want. I realize that there are no constraints aside from the ones that I have imposed on myself." Write whatever comes naturally to you, but the jist of it is saying "I (insert your name) accept my desire and I give myself permission to go after what I want." It could be that simple.

Track 04: Take a Small Action NOW

So we've gotten real with ourselves. We've admitted our true feelings, we've admitted our desires to ourselves. We have made an agreement to ourselves that we will get out of our own way. We will give ourselves permission to go after what we want, to accept our desires. So now it's time to get into action. That's the next step in this process. Take a small action now. The purpose of this is to build and keep your momentum up and to acknowledge and to stay with that energy and just to trust, to trust that every little action that you take will come back to you in grand ways that you can't even see. But by stepping out on faith, now I don't mean faith as you have to be religious or deeply spiritual even, but by stepping out on faith—the faith that you're putting something out there, it will come back to you. It doesn't have to be this huge, great, grand ordeal but you need to take some form of action now to acknowledge everything that you've done this far, to acknowledge that what you've accepted and declared for yourself. Because you can do something now, today, or tomorrow to put your desires into action. It can be anything. We want to validate your new reality now in the real world. A perfect example I can give you: I did a couple of small things when I decided I wanted an agent. One day I went on Facebook-- it was very impromptu, I wasn't planning on doing it but I after I gave myself permission to get myself an agent I said alright you know let's take some action now. So I went

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on Facebook and uh there are these two television hosts that I knew of. I just sent them Facebook messages. I asked them for a directory of talent agents because I surely didn't have any idea where to go about finding one. And um after they wrote back to me, that same day I went out and I went to Samuel French which is a prominent bookstore for people in the entertainment industry within Los Angeles, and I took those hosts up on their advice and I got the directories that one of them had advised. The momentum builds on momentum. From that action of me asking the agent, excuse me, from asking those television hosts for advice then it spawned another action where I went out and I got a directory and then it spawned another action. From that I started going through and finding the agents that I you know that I felt would be the better the best fit for me, and then from that action I was able to create a database of agents to market to and so forth and so on and so on and it all spawned from this small action of sending two Facebook messages. So what can you do today or what can you plan to do? Maybe write down something if it's too late hey maybe you're listening to this and it's twelve o'clock in the morning so you know maybe uh making a phone call wouldn't be the most appropriate thing, but what can you what email can you send? What can you plan to do tomorrow? The first phone call that you'll make tomorrow. Can you ask a friend to put you in touch with someone who is in line with your passion? Maybe your goal is to start a business. Can you schedule a meeting tomorrow with a counselor? There's this wonderful organization that goes by www.score.org and what they do is they help entrepreneurs start their businesses and have and create successful businesses, and you can meet with their counselors for free. You can get on the horn with one of these counselors and get yourself going.

Momentum builds upon momentum. This is one of those steps. You know we're taking it from ethereal to real. It's real now. So what small action can you take right now? Guess what? It's time for you to whip out your passion journal and answer the question, "What can you do now, sometime today, or tomorrow to put your desires into action?"

Track 05: It's Masterminding Time!

Alright you should be incredibly proud of yourself by now for stating what's yours, for acknowledging your desire, for taking a small action. No action's really small in the grand scheme of the universe anyway. You just need to be an action. So now what comes next? The

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next step in my process was to get myself an accountability or mastermind partner. I knew that the fruition of my desires would involve some legwork on my part and I have to admit that I had no idea how any of this would transpire as I really had no concrete plans in place. That's where the mastermind partner comes in. I had read Napoleon Hill's "Thinking Girl Rich" about two hours ago and it was in that book that the term mastermind partner was introduced to me and essentially that's someone, or it could be a group of people, that you meet with regularly or you can have phonecalls or whatever method that you choose it to be for how often um and how you communicate. But you essentially meet up with this person and you two discuss your goals, discuss what it is that you say that you will do to what's the next step in your plan for achieving x, y, and z. So we've got our passions in place and we will use me as an example. My goals were to get a television agent and to get hosting gigs. It looked intimidating at first because it seemed so grand to me and I had no idea how any of this was going to come about. I didn't have a lot of money to create a professional demo reels that I could shop around to different agents and get anything all glossed up. All I had was my flip cam. I just had my little Mino HD flip cam and this burning desire to be a talking head on camera. So um what I did was I was on Craigslist one day, I was actually you know posting for a for something for something else and later that this this gal you know responds to me and she says you know what? I'm actually looking for a mastermind partner, would you be interested? Um she told me what she did and it sounded very intriguing considering I had tried before to get myself a mastermind partner about two years ago but that didn't pan out. Anyway, my goals weren't as clear as they were uh the year that my my now mastermind partner came into my life. But what we did was you know we had a phone conversation at first just to see what both of us are up to and if it sounded like we would be a good fit for each other. We had a really great first conversation and then you know we met in person and then from there we met consistently one time a week and what we did was we would discuss what was on the roster for us that week to create essentially. And we would brainstorm with each other because it you know it wasn't always okay this is what I want to do and this is how I'm going to do it. There were many times I would go to her and I would say you know what? This is something that I'm interested in doing. I have absolutely no idea how to come about you know it'll come about or um here's something else that I was thinking, what do you think? So we would you know we were kind of like business partners in our own in our separate endeavors and uh it was a great great partnership and we both were very instrumental to each others' lives and growth and she's just been a godsend to me and I've been able to accomplish um all that I've been able to accomplish this year and in

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shooting my own videos and in marketing to agents and just the ideas that came from our weekly meetings. And also because we met each week, we would have deadlines for the next week. This is what we said we would accomplish during the week, did we do it? Our communication wasn't limited to just once a week. You know if we were going through something, if we had a triumph or a challenge during the week we would call each other up, send each other an email, say hey this is what happened. And to have that other person who's there to congratulate you on your successes or to pick you up when you're down or to give you you know very fruitful insight into something you know can see your blindspots it's so incredibly pivotal. So I cannot reiterate the value and the importance of having an accountability partner, a mastermind partner when you're first starting out. How you find this person: send out an email to your friends, call up your friends, but we wary about who you tell this to, who you invite to your masterminding circle because I'm sure we all have those people in our lives who aren't the most supportive and who tend to be skeptical so let's set ourselves up for success here and not go to them. We also have those people in our lives who are gung-ho, who are on fire, who would love something like this. So approach them. Approach your inner circle. If you don't have anyone in your life or you'd rather extend your circle a bit, hey you can find kitchen tables, you can find jobs, you can find apartments on Craigslist, you can also find an accountability partner on Craigslist. I sure did. You can post something, say hey if anybody has read Napoleon Hill's "Thinking Girl Rich" and is down with the idea of having a mastermind partner send me an email. It's that simple. But you've got to get the energy out there. You've got to put it out there and you will find that person. And once you have your accountability partner how do you start your meetings? Well first of all, it has to be mutually agreed upon so just discuss what it is that both of you are out to achieve and how best you think it would be to structure your meetings. What I did, I structured it where I discussed my triumphs for the past week, my challenges, what I wanted to achieve for the next week, and things that I had in mind and how to go about achieving them and it was that simple. And the meetings organically evolve from that from those point of what happened last week and what do I want to happen or what do I want to see happen for this coming week. It's really that simple. Now something I did with my mastermind meetings that I highly recommend is that I kept a record of everything I just stated to you. I kept a written record. I would write down uh my past week reflection, what I was proud of myself for doing, my accomplishments, my challenges, and then also what I would like to get better at for the following week and then I would bring this notebook to my meetings so I could have a record and I could see my progress. I look back at my notebook from earlier this year and where I was back in March is so completely different from where I am now. And it's uh amazing just to keep your thoughts um

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in one place and also to have a point of reference from which to structure your meetings so that your meetings can run smoothly, efficiently, and uh there's nothing like having a written record of everything that you've done and aim to do. And because you are keeping your partner accountable, in my notebook I'd also write down what my partner that she'd aimed to accomplish for the following week. So that way I'd have a written record and really truly serve her to the best of my ability because I am keeping a record for herself as well as for me. Another benefit to having a mastermind partner is having regular deadlines. The deadline meaning you know the next time you guys meet, these things will be done and if not you know you can set consequences but it's nothing like getting a little kick in the butt. You know you could be at the eleventh hour, you have that whole week gone by, you didn't do this one thing that you said you would do but you know you're meeting with your partner at five p.m the next day so something happens where your butt is kicked into gear. Actually as I'm recording this audio program right now it's about five days away from my next mastermind group meeting with another um group that I that I do masterminding with and I had a whole month to have this audio program completed. But I am recording it five days to the next time we meet because I don't want to show up and not have this done. So I'm telling you the power of accountability is priceless. So wrack your brain, go through your address book, go through your phone, your Facebook people and just get it out there. You're looking for a mastermind partner and by golly gosh darn you will get one. And yes, I did just say golly gosh darn.

Track 06: Link Yourself with a Professional Guide

So you're in action. You've taken your small action, you've got yourself an accountability partner that you meet with consistently and you're just kicking butt. The creative juices are flowing. You're just in action, in action. It's from the ethereal and it's real now. Now to set yourself up for the success that you desire to achieve, because I'm sure that you want this passion to become a success in actuality so why not set yourself up for that success by linking yourself up with a professional or a coach who can guide you in your field? You will be surprised at what opens up for you. I like I said in the very beginning of this program in the introduction— everything that I am laying out to you, I've done. So it's worked. My my television hosting passion is no longer just some pie in the sky thing that's floating around, it's real, it's concrete, it's happening. And one of those things that I did aside from the accountability and accepting my desires and acknowledging what I really want and taking actions, I linked myself up with a business coach who helps creative professionals to make successes out of their pursuits. And I

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did this all in in a financially precarious point in my life. Actually, everything that was created television hosting-wise and with my websites and with my hosting videos, they all came about when I there were times when I think I had like negative five hundred dollars in the bank. So if anybody tries to tell you that you need to have that or actually not even if anybody tries to tell you, if you try and tell yourself that you can't go after such and such thing because you don't have the money for it, you will find a way. And money can't be an excuse because I'm sitting here and I'm telling you that there were times I didn't know how I'd pay my rent but I was able to create my videos anyway and one of the things that I got in the meantime was a coach and you know she had affordable coaching programs. She had different price structures and different tiers so I got on her like thirty something dollar a month uh coaching program and I got so much value from it. It was from that that I got the ideas for how to market to talent agents and the different marketing structures and the different and how to devise a press release and how just to set myself up really business-wise because television hosting for me I don't want it to be some kind of thing that I just do a hobby. I want this to be one of my income streams. I want this to be something that I will be successful at. So in setting myself up for that success, I linked myself with her, I was on her coaching calls, I was reading her articles, I was shooting her emails when I had questions, I was taking advantage of her one on one coaching. Whatever she had to say that was in line with what I thought I needed, I was all over it and I actually knew about her for two years before I actually took her on as my own coach. And let me tell you something. If you have issues with coaches and you think that oh well I can do it all by myself and I don't need anybody else and the way that I see it that Olympian athletes, folks like Jack Nicholas and Tiger Woods and Kobe Bryant, all of these amazing amazing people who are on the top of their field if they have coaches I think I'll learn from that and get myself a coach, get myself someone who has been there or who can see what I can't see so that I can set myself up to be as successful as possible in the passion that I am taking from ethereal to reality. Some coaches they do charge like the one that I used, for instance. And I know that some people have hang ups about paying for coaching, but the way that I see it, if not now then when? For myself I wasn't exactly in a financially prosperous time when I embarked on this television hosting endeavor, but enough was enough. It was my time to shine. I decided that I was going to give myself this gift because I deserved to be as successful as possible in this desire that was rightfully mine. And you know let's just say that I've charged money on credit cards before on other business ventures that did not pan out and were not were not even in areas that I was all that interested in. So for this go around I gave myself permission—there goes that giving yourself permission thing again. I gave myself permission to get myself a coach in line with the field that I was most passionate about. I can't stress enough the importance of having

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a professional, someone who can see what you can't see. It's priceless. So how do you find yourself a coach or a professional? Like I said, before I knew about her for two years and I developed a point where I trusted her, I trusted what she had to say and then I just decided to take her on. But it's very simple. Every I'm pretty sure every field has a coach so you could do a simple Google search. Type in the name of the industry or the field or the passion that you want and you know type in the name of your city, type in the word coach and see what comes up. Something else you can do is maybe this person is not advertised as a coach but you can go to a professional and ask for them to be your mentor. Get creative. Go ahead and ask this person perhaps you can say something like "Hey Mister or Miss So and So, I am really interested in linking up with you. I think that you do great work in your field. I am interested in taking you on as a mentor. Perhaps in exchange of your time I would be more than willing, more than happy to help you out around your office and as an assistant or whatever capacity that I can and work out something a mutually beneficial arrangement." So now it is passion journal time. Go ahead and take out your passion journal and I want you to schedule some time. Actually, right now wrack your brain and think of any professionals in the field that you are embarking on. Anyone you admire, anyone who you think really knows their stuff, anyone who it would be appropriate for you to approach them either via email, phone, or in person and ask them straight up if they could be your mentor. And if you can't think of any people or if you can't think of a good number like say five to seven, five to ten, go ahead and schedule some Google search time. Do a Google search in your area. Once again we're going to be in action and uh take the action to link yourself up with a professional. Either a coach, or see if you can get a personal one on one mentor. But at the end of the day get yourself aligned with someone who knows what you don't. Enough said.

Track 7: Open Your Mouth

You must surely be on fire now and you really should be proud of yourself. If you've gotten yourself a coach, you've gotten yourself an accountability partner, you're just in action and it's I mean your passion is real now. It's real. It's happening. Next thing in this whole process is tell people what you're up to. Tell your family, tell your friends. You never know from where or from whom the next opportunity may arise. But how can the opportunity find you if the people who are in your circle don't know what you're up to. In my Facebook profile I wrote television hosting, fitness instruction, pretty much my passions. I made it very clear this is what I'm about, this is who I am. Every now and then I also send email marketing campaigns to people in my

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circle—to friends, to family, to old business acquaintances, to people I took classes with, etc. And in that I give updates on what I'm up to, what I'm looking for and the thing of it is uh that from that one of my friends out of the blue one day she actually shot me an email and she said "hey I know of this tv show that is casting for a new co host. Um maybe you'd be interested. Go check 'em out." And so she sent me the link, I checked them out, I sent them an email saying that I'd be interested and you know the casting director got back to me and said "oh yeah well we'd be interested in having you come along for the audition. Here's the time, the place etc.etc." So I got myself an audition from a friend because she knew what I was about and I was able to submit myself for another hosting project through another friend who also knows I'm you know into television hosting. So she shot my an email from this site she's on that I had no idea about, and she told me "I think you'd be perfect for this role. Why don't you go and submit yourself?" And so that's exactly what I did. So it's involving the people in sphere into what I'm up to so they can look out for me, and by me also knowing what's up with them I can look out for them. And it's just this reciprocal wheel that goes around of just your friends and their friends and your family and acquaintances, you know we're all there for each other. We're there to band for each other as a support for a lot of areas in our lives, but when it comes to our passions for some reason we go quiet. Like oh I don't want to admit this is really what I'm all about and we just need to get over that. We really do. Because if we're not excited and passionate about sharing what we're up to, it's kind of like you're doing a detriment to other people really because you're kind of dimming your light in a way—not you're kind of, you *are* dimming your light in a way. Because if you get so excited and lit up about something, yet you're not sharing that with the people closest to you or the people that you interact with regularly then question yourself. Are you really that passionate or excited about it? Or maybe there's some digging that you have to do there so that you can clear whatever is blocking some energy. Because if there's if you're not gung ho excited about sharing with your family that which is the most one of the most important things to you, then who knows if that blockage is preventing other things in that area from coming through. But that's just a side note. But in all intensive purposes and just for the simplest reason you just never know what will come through, just because somebody knew what you're up to. There's this other gig that I have where um so I told you about the tv hosting and I'm also a fitness enthusiast. I love dance fitness. I'm a dance fitness instructor and you know I've gotten my certification to teach group exercise and um I'm in a dance group. So dance is another one of my passions and I also love to write. And one of my girlfriends she shot me an email, she said she knows of this website that people can you know contribute articles to on a topic of their choosing and they're pretty much deemed the expert of that field for this website and I had no clue about it. I actually knew

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another friend of mine who wrote for it but I just thought that this was a gig that she was just so lucky enough to have been blessed with. Well you know funny enough a couple months later my other friend shoots me an email and says hey maybe you'd be interested in contribution fun fitness articles for this site. And so I went ahead and I applied and I was accepted so this was another area that I was able to establish myself as an expert in the field of fun fitness, and I also get to in the article that I write I get to link up with the videos. The videos that I've created where I'm hosting, so it's just more exposure for me really and it's just you know cross-referencing and cross-promotion and it can only help not hurt. And I also get to you know practice my writing muscles. So all that, two auditions and the writing gig from friends. Who knew? Who knew? The world works on relationships. Are you maximizing yours? So with that being said, I think you kind of know what's next. Whip out that passion journal and uh or maybe how about take it a step further. Pause this audio program right now and get on email or call up a friend and tell them what you're up to. Tell them what you're doing. You know let them know that hey this is what I am in the process of creating for myself, and you could even go so far as to say if you hear of something in this area let me know. I'd be really really appreciative. Open your mouth and tell people what you're passionate about.

Track 8: Have a Little Faith

So we've now come to the seventh and final step in this process of turning your passions from ethereal to real. And that final step, which is actually can be integrated throughout every single step that prefaced this one is to have faith. Know that it's done. Know as in k-n-o-w. Have the sense of assuredness that because you stated it, it is so. It is done. It's yours already. Feel it in your bones and enjoy the ride. If you're spiritual, delegate all this to god or to spirit or to presence, divine mother, father, sister whatever name you have for it. Or if you're you know if you're atheist just have that faith in yourself. Personally, I've always been uh a person of faith. I've always had some kind of belief in this power that's greater than me. I just look outside and I feel this connection with something that's greater than just the things that I see. And I have this sense of trust that if I have this burning desire to do, to accomplish, to achieve, to create something then it was put there for a reason. It was just put there for a reason—a reason being very simply I just need to do it. It's that simple. Maybe it'll affect and change others' lives, which I'm you know sure that it will. Because everything we do, we don't live and we don't exist in vacuums. We're going to be touching people's lives with what we do. It's a given. But the reason for me going it is that I just need to be. That's it. It lights my fire. It gets me excited.

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Beliefs are not permanent things. They can change. So if you've been harboring the belief like I used to that you don't know if it's possible for you to achieve that which you want in life, then choose to think otherwise. Choose to think that the very fact that you have this thing that was placed inside you—this desire, this passion, this thing that you just love to do or wanna bring forth into this world. Adopt the belief that because you have this passion, this calling, then you're supposed to do it. It's that simple. Choose to believe that the fact the desire is there, that means it's yours. Now you can fully claim it and step into that space of alright it's just a matter of when. It's really just a matter of when, not if. That's where the faith comes in. Now I do also have some wonderful reading recommendations, some books and some websites that have really helped me along my own path to achieving my desires in terms of enhancing my own spirituality and I'd like to share those with you. One of them is Manifest Your Destiny by Dr. Wayne Dyer. Actually, check out any of Wayne Dyer's stuff. It's really pretty good uh pretty good powerful stuff. He also does some PBS specials on television every now and then. Another really great influential book, the books that actually helped kick my butt into gear into actually claiming what's mine, claiming my right to belief that I can achieve everything that I want to achieve in this life and that book is called Excuse Me Your Life is Waiting by Lynne Grabhorne. And her book, her writings were actually influenced by the teachings of Abraham Hicks. That's another recommendation for you, so we've got three recommendations so far. I do have a fourth. Check out the website www.divineopenings.com That's another really good spiritual thing to get your butt into gear to just living a powerful life that you love. A fifth recommendation for you is the Internal Guidance System. You want to go to www.internalguidancesystem.com So I've got about five, six items for you. I think that's some good homework for you. I love these modalities, these books, these teachers that I've just recommended to you. I have tapped into all of them and I mix and match and combine depending on the day. I've made it my own and I'm really all about it. So if this interests you at all, just check them out. Happy reading!

Track 9: Final Words

I want to take the time right now to just thank you for listening to this audio program, for checking this out. I'm really really passionate about helping as many people as I can turn their lives around and start to believe in themselves and start to take action and bring forth into this world that which they feel they're supposed to do. As I had mentioned in one of the earlier tracks in this program, I truly believe that if one person is going through something, then

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there's probably most likely countless of others who are going through the same thing too. So I just sat back and looked at my process and looked at my life and how long it took me to get from having the idea of being an on-camera personality to getting myself an agent. I mean this is pretty huge for me considering where I was and I know that there are other people out there who feel and think the same way. And hopefully now that you're done listening to this program and applying what's in it-- it's one thing to listen but the fruit, the benefit comes from the doing, from applying that which you've learned. As I began to say, hopefully now that you're done listening and applying what's in the program, you are steps and steps and steps closer and you are actually a person who can say that your passion has gone from make believe to real. I'm just really grateful for the opportunity to be able to share this with you, to be able to look at my method and look at my process and lay it out step by step so that you can have the same sense of confidence and knowing that your passion is on its way and it's here. It's not longer floating in the ether, it's no longer in the unseen realms but it's here. It's here and it's now and I'm really excited for what's possible for you and the happiness and the joy and the excitement that you will experience because you're living what you're meant to be living. You're living something that makes you just so lit up inside. I think that's one of the problems with the world and why there's so much strife and why there's just so much anger. I think a lot of it has to do with people who have unrealized potential, people who have unrealized desires that they've allowed to just push down, push down, push down to the point where the discontent that they feel within themselves just floods out through the rest of their lives and permeates and affects the people that are around them. Well if I can help just one person not be such an ass (excuse my French) to their fellow human being by realizing and being able to step into their beingness, step into their passion, step into something that makes them happy—I would be pretty happy about that. Now did you know that you can feel free to get in touch with me? I'd love to know how the program is working for you. What are your successes and what are your challenges? Let me know by dropping me an email at info@funlifestylefitness.com.¹ Also if you like what you heard in this program but you'd like a little more hand holding through the process of turning your dream from make believe to real, I want you to know that I am available for one on one coaching. Shoot me an email to the same address (info@funlifestylefitness.com) and I'd be more than happy to get started with you. You should also definitely check out the website for tons more information about the Fun Lifestyle Fitness universe. Go to www.funlifestylefitness.com Keep up the good work. This is Paule Valerie signing off.

¹ Please note email address and website are no longer valid.

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Track 10: Bonus Step – How to Handle the Down Periods

Alright I've actually got a bonus step for you. That step is in no particular order. It's kind of like the have faith step. You can just do it throughout your whole process, and this bonus step is to be in service. Volunteer. There's going to be times throughout your process when you may—I don't wish this on anybody but just because life operates in cycles, we have up's and down's. So this may most likely not happen to you as well. There may be times when you are just confused or you just feeling like giving up or you just feel so overwhelmed with everything that's going on, with what you want to do and keeping your obligations of rent of I need to do this and I need to do that in addition to trying to midwife this passion into a reality. And there may be times when you just feel like you're crazy. How do you get out of those moments or how do you ride the wave of those moments? What really helped me was volunteering. And I'm not I didn't volunteer in order to get a personal payoff. I volunteered because I know that when I step outside of myself, when I step outside of my worries and my concerns and my hang-ups and my heartbreaks and everything that happens throughout this process of life, I know that when I can put my stuff aside for long enough and focus on someone else my energy lifts. It just lifts. And I've been able to give my time to a cause that I care about and make an impact on someone else's life. So it gives me a clear head and a clear perspective that when I go back into my world and everything that's going on with me, I'm able to approach it with a different lens than when I was overwhelmed and feeling crazy. So don't forget the power of being in service. There is this website called www.volunteermatch.org and you can basically go online and this site it will allow you to choose your location and to do a search for various organizations that you'd be interested in that you could give of your time, you give your energy, your love your your money, whatever you can give. This website provides an opportunity to match you up with an organization so that you can get outside of your head and give to another while you're down. There is such a power in that. And funny enough, even though you don't go into volunteering in order to get something but rather to give, you will inevitably receive something back. Case in point, while I was volunteering with an organization that I had been volunteering with for the past few years an opportunity opening up for me to actually give a dance class and to do a bit of experimentation with this dance concept that I had had since I did say that one of my passions, one of the things I love to do is dance fitness. Who knew? I didn't go into volunteering with the intention of "well let me see how I can parlay my endeavors into this". No, but an opportunity presented itself and I was able to jump on it and take it, all from stepping outside of myself. You just never know what opens up for you when you take things into perspective and you're able to just put your stuff aside and be there for someone else.