



What It Takes to Create the Life You Want

Greetings!

Thank you for taking advantage of this giveaway and for being committed to your happiness and well-being. This PDF contains 3 topics¹ written by one of my mentors and Creator of the Dream Coach® Certification Program, Marcia Wieder.

Those topics are:

- Making Your Dreams Real
- Take Action to Make Your Dreams Come True
- Trusting, Timing and You

I believe that the synthesis of what she's written demonstrates what it takes to create the life you want. But you have to do the work. You have to be willing to let the information sink in and become wisdom in your own being. Then you have to choose to take action on that information.

Always know that I am here to support you. Happy reading and enjoy!



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¹ As a Certified Dream Coach®, Marcia has given me permission to share these articles.

Making Your Dreams Real by Marcia Wieder

Most people think of dreams as some kind of unattainable fantasy, or as something they do in their sleep. Neither of those definitions are what I mean when I speak of dreams. Dreams are the aspirations, goals, and hopes that you most want for yourself, your family, friends and business associates. I invite you to have dreams in the areas of personal, professional, relationship, health, finance and fun. In other words, use your dreams to create the kind of life you want.

Often we are so mired in reality, living from our clocks and calendars, that dreaming can seem frivolous. But keep this important point in mind. Without our dreams, all we have is reality. Reality is not a bad thing. You have to know where you are, so you can design the appropriate strategy for getting to where you want to be. But if you have become overly realistic, you might be squelching your passion, effectiveness and creativity.

My formula for Making Your Dreams Real is simple and applies not only to personal dreams, but to the mission and vision for your business as well. First, get clear about what you want. Often, this is the hardest step. Second, remove the obstacles to achieving it, especially your limiting beliefs. Third, share your dream and build Dream Teams. It's just that simple. This is the formula for getting what you want. The word "dream" has long been misinterpreted. Don't confuse this with a fantasy like winning the lottery. The difference is, in a fantasy you cannot design a strategy to attain it. In a dream, you surely can create a plan for success.

Here's the actual dictionary definition: Dream, a fond hope or desire; to conceive of, to devise or to plan. So Making Your Dreams Real is planning how to get what you want. Be clear about what that is and you will get your dreams out of your head and into your life. Sometimes just getting out of the way, not controlling every single detail, will allow your dreams to happen. Your beliefs will either move you forward or hold you back. They are never neutral. When you can recognize your beliefs, you can transform your life. Are your beliefs empowering or impeding you? Utilize beliefs that will support you in taking action. You can start Making Your Dreams Real—right now—by being clear about what you want, by believing in your ideas, and by acting on them.

What Is Your Dream?

In talking to people about what they want, I find that many characterize "dreams" in the same way they perceive "fantasy." That is, most people don't believe their dreams will come true unless something miraculous happens. This is a limiting belief. Your dream can be anything from spending more time with the family, to doubling your business. Dreams can range from the mundane to the esoteric, and sometimes what you truly want, can come as a complete surprise to you, once you start to look.

To begin the process of achieving your dream, start with Step One, clarifying what you want. Put into a single sentence the essence of what you're committed to having. Don't worry that you can't define all the details, they'll come as you move forward. The key is to get in touch with what you feel passionate about, what excites and motivates you. Write down what you want. If you can't formulate your dream yet, make something up. Start someplace. Although it may seem ridiculous now, it will often work to lead you down the right path. And the shortcut technique is to share your dream with others. Think about a time in your life when you spoke to someone about an idea, and quickly your idea turned into something more concrete.

What Are Your Expectations?

Perhaps you're looking for a blueprint to get you from where you are, to where you want to be. Maybe you're seeking a strategy or tactic that will divide the work of reaching your dreams into specific areas of concentration. You can develop an action plan for Making Your Dreams Real by deciding now what you want and what you are willing to do about it.

Here's a simple technique. Split a piece of paper in half. On the top half, define your vision. With as much detail as possible, clarify your dream. On the bottom half, spell out your reality about your dream. Where are you, as opposed to where you want to be? Include any doubts or concerns as part of your reality. Now, here's the defining moment. Which one are you more committed to, your dream or your reality? The evidence will be in the action you are, or are not, taking on a daily basis. Demonstrate that your dream matters and that you believe in it, by acting on it every day. Don't just sit back to see how it unfolds; it won't happen unless you interact with the process. Start now. It's time to wake up and dream.

Take Action to Make Your Dreams Come True

I define dreams as the aspirations, desires, goals, and hopes that you most want for yourself. To simplify the process of developing projects to make your dreams come true, ask, "What dream do I have that I can turn into an exciting project?" Then look for ways to make your project a part of your life, to get it scheduled into your calendar—a date, a person, and a number.

Now that you know what your project is, all you have to do is figure out how you're going to make it happen! There are multiple ways of completing any project or achieving any end result. To make your project part of your reality, you need strategies and tactics to guide you toward your dream. A strategy is the approach you take to achieve your dream. Tactics are the specific step-by-step items to accomplish the strategy. Sometimes, when an entire project is put on a "To Do" list, the project is actually composed of four or five separate tactics; if the specific tasks aren't tackled individually, the project may never happen. When you are clear about the project, you can explore the strategies and tactics you will need to accomplish it.

For example, I decided to create a project called, "Go On A Free and Fun Cruise To An Exotic Place Within The Next Three Months." Then I listed the ways I could make it happen. It's important to be clear about the language you use. In this case, I couldn't have chosen to purchase a ticket for a cruise, because my project was to go on a free cruise. To go on a fun cruise, you might need one set of strategies, while a different set is required to go on a free and fun cruise. Other strategies I could have included are finding someone to pay for my trip, or entering a contest to win a free cruise. I chose to create a bartering relationship by booking my workshop on a cruise ship in return for a free trip.

The tactics to accomplish the strategy were clear: list and describe some topics about which I could speak, prepare a biography; get the name and number of several cruise ship lines which might be interested in such an arrangement. I decided not to mass-mail my proposal; I wanted the best cruise I could find, so I committed to getting booked by Cunard Lines, which owns the luxury liner, Queen Elizabeth II.

Because I was passionate about what I was doing, I was in action, and I was feeling powerful about accomplishing the results. In a period of three weeks, I developed promotional materials, had a photo made, sent out a package, and scheduled a date by which I wanted to set sail. Before I had a chance to make a follow-up call to see if they were interested, they called me. I was quickly booked to go on the cruise, all expenses paid for two, in exchange for presenting three twenty minute talks on how to make your dreams come true. At the end of this article is a form you can use to develop the strategies and tactics you need to create your own projects and make your dreams come true.

Being Resourceful

A crucial component of creating successful strategies and tactics is making use of the resources in all the areas of your life. One of the forms at the end of this article will assist you to list who and what are your resources. Think about the people you know in the different aspects of your life; consider what's available to you in the way of technology and information. There's nothing that's not a potential resource. Your list may not be long, but it will be a way for you to leverage what you already have.

I'm an advocate of simplification and short cuts. If you can find a faster way of getting something done, do it. One of your strategies might be to accomplish something that you don't know how to do, and one of your tactics might be to learn it. Alternatively, your tactic might be to hire or partner with somebody who already has that knowledge. By getting clear about your resources, you can cross reference them with your dreams and projects, and determine how things might come together.

Be sure you understand clearly the difference between a project and a specific tactic. It's a lot easier to be in action on a tactic—one component of the whole—than it is on an entire project. You know that old joke, "How do you eat an elephant?" "A bite at a time." That's how you want to accomplish your project, one manageable bite at a time.

Strategies and Tactics: A Road Map for Getting There

Strategies: Your Approach to Achieving Your Dream

- 1.
- 2.
- 3.
- 4.

Tactics: Your “To Do” List

Date	Item	Resource
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My Resources

People and Organizations Who Can Help Me:

Friends:

Friends of Friends:

Family Members:

Organizations/Associations:

Business Associates Who Will Support Me

Who Can Advise Me?

Who Can Really Help Me?

People I Don't Know Who Can Help Me

The One Person Who Won't Help Me:

How Can I Use Even The Person Who Won't Help?

Things I Can Do To Make My Dream Come True:

Places I Can Go:

Things I Can Read:

New Things I Can Try:

Old Things I Can Reference:

The One Place I Know I Can't Get Any Help:

How Can I Use This?

Trust, Timing and You

On your way down the path to making your dreams come true, you're going to meet up with an issue called trust. Trust is an element that's at the core of everything; trust either allows your dream to happen, or keeps it from happening in your life. When you don't trust, things get difficult, blocked, stuck or even fall apart. You start to doubt—first your decisions, and eventually everything. You may start to compromise on your dream. In your best attempt to control the outcome, you may be the very one who unknowingly sabotages your own vision.

The key here is to notice what's going on. When you are aware of the doubts, fears and second thoughts, you can stop for a moment and regain some clarity. Start by asking yourself "What Is So" .. Better yet, write it out, and delineate what you're thinking or telling yourself about "What Is So." What stories are you making up that may be disempowering your dream? What are you not trusting, and why? How can you move this obstacle, this mistrust out of your way? Get clear about what you don't trust and get to the core of it. Failing to do so can cost you your dream.

Letting Go of Mistrust

"Letting go" happens when you have clarity about what you want, you've done everything there is to do, and you can relax. Stop controlling, holding back, fretting or worrying. Just Trust. Two simpler words may never have been spoken; when it comes to your dream, there is nothing more profound. Practice letting go by being more committed to your dream and creating empowering beliefs. Ask yourself what you can do to learn trust, or to help you let go of your lack of trust. Practice "Just Trust." It's a critical component for letting your dreams happen.

Do you trust yourself and others? Do you trust the process, your environment, the universe, the timing? Do you trust that your dream will come true? Trust is a giant obstacle for many people. If you don't have it, you'll have to find it, and you'll have to practice trusting yourself above all. Trust the decisions you make, and believe that you're entitled to want your dream and to realize it. Trust comes first; that's what allows dreams and extraordinary results to show up in your life. An effective exercise is to list on a piece of paper the things that you do trust and the things that you don't.

When it comes to making dreams come true, I don't know any other way to build self-confidence and self-trust, other than to give your dream all you've got and see where you land. Sometimes we fail or fall short, but then, at a certain level, what we need to do is explore what went wrong, learn from our mistakes and get back in the game.

Being Balanced

Another way to develop trust in yourself and in life, is to keep yourself healthy by being centered and balanced. Feeling good about yourself leads to greater self-confidence, which is one of the places that trust comes from. You are a product of what you eat, how you live, how you rest and recreate, and what you think. All of these things filter into how you feel about yourself and, ultimately, what you allow yourself to trust.

By "being here and now" you will be in touch with life, and you will be feeling your passion all the time. This is not about designing a five-year plan for yourself, and then spending another five years figuring

out how to control your life and make it happen. It's not about having it all happen right now. It's giving yourself some flow and leeway about what you want, trusting the timing and the process, and being in action in some way each day on the things you love to do.

The element that's critical to making the timing work in your life is to be present. To be here, right now, enjoying and living your life. Take a look at what matters to you that you're not doing, that you're not being or having.

What could you change or create right now that would make a difference? You don't have to restructure your entire life this minute; maybe just breathing deeply is all you need right now. Decide what you can do that will keep you centered and balanced.

In the Flow

Being in the flow means that the timing of your life is working for you, that things just seem to happen at the right time, that they flow together easily and work interchangeably. This is called synchronicity. When you're living in the flow, you are in sync with life and not trying or needing to control and manipulate everything. Slow down and relax, let go of some of your resistance and things will seem to happen naturally. Let life catch up with you.

Brian, who was starting a new foundation, devised as one of his projects, to get contributions of \$25,000 each from ten corporations. While he was working on his strategic plan, he got his first \$25,000 from an organization with which he had spoken a long time before. Now he was one-tenth of the way to his goal. Jean decided that it was important for her business that she travel to Florida once a month, but she didn't know how she could work it into her budget. The next day a travel agency called to say that her name had been selected out of a random drawing, and that she'd won six round-trip tickets to Florida.

When Life Hands You More and More

When life and your dreams bring you surprises, as they inevitably will, you might begin to be concerned that you'll have too many things coming at you too fast. As more and more possibilities show up, how will you know when to say yes and when to say no?

There are some simple questions you can ask yourself to determine whether or not this is right for you: Is this what I want to do now? Is this part of my dream? Is this something I'm passionate or excited about? You'll know the right answer; it generally comes automatically. You'll know when you're excited about something, or when it seems like a duty. Don't be afraid to affix labels: "This is something I feel compelled to do." If that's how you feel, it's clear that you can let that project go. Other, more passion-provoking, opportunities are available. In fact, the possibilities are unlimited as long as you honor yourself. Follow what has heart and meaning for you. Be willing to say yes; be willing to say, "I'll think about it"; and be willing to say no thank you.



Starting today, I will do the following to deepen my self-trust:

At

home:

At work:

With

others:

Alone:

About the author, Marcia Wieder:

As the CEO and Founder of Dream University® Marcia Wieder has been researching and speaking solely on this topic for over twenty years and is the renowned author of several books dedicated to achieving your dreams. Appearing several times on Oprah and The Today Show, she's shared her message of a "passion-filled life" with millions of viewers. Equally exciting, was her PBS national television special, Making Your Dreams Come True®, the namesake of her popular selling book, which has also been translated into numerous languages. For more information, visit www.DreamUniversity.com or www.MarciaWieder.com.