

Yearning for something more? Not sure what to do?

# How to Live Your Dream

Most people have a dream. For some, it's something they've wanted since childhood but have never told a soul. For others, it may be something they tried once, and it didn't work out so they gave up on it. Perhaps you have a dream that you keep dismissing because it seems risky or impractical.

These dreams make difficult times more bearable. They also bring joy into our lives, and inspire those around us. However, it takes more than a good imagination to make those dreams come true. It's also about taking action and staying motivated.

First, you need a clear idea of what you want. If you're not sure, spend some time remembering your childhood and what you imagined you'd do with your life. The seeds to your dream are often found there.

Once you know what your dream is, get to know it in detail. What does it feel like to be there? Who are you with, how are you dressed, what's happening around you? Get familiar with it so that it's easy to connect to that feeling whenever you need motivation.

What's stopping you from having that in your life right now? Make a list of any challenges or obstacles. The list is intended to give you ideas for actions, not to discourage you from moving forward, so don't get too bogged down by it.

Now take a look at the items on your list. What skills and resources do you have to meet those challenges? Who else can you call on for additional assistance? Talk to **supportive** friends and family members about your dream and see what ideas they have to help you move forward.

Take all of these ideas and resources and put them together into an action plan. This is a list of the steps you can take to make your dream a reality.

Every day, check your list and pick one action you can take. Each time you take a step, celebrate, knowing that you're that much closer to the life of your dreams.

## Five Steps to Live Your Dream

- 1. Identify your dream*
- 2. Make a list of your challenges*
- 3. Develop a list of skills and resources to meet those challenges*
- 4. Create an action plan*
- 5. Take one action each day toward the life of your dreams!*

*Dream BIGGER: Reclaiming a Life of Joy and Ease is available at Amazon.com.*

*Book a personal coaching session at [www.juliewiseconsulting.com](http://www.juliewiseconsulting.com)*

**Live Your Dream!**

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