



Dare to Dream

Ten Inspirational tips for to you dare and
live your dream





All our dreams can come true if we have the courage to pursue them

Walt Disney

What makes your soul sing?



Find something that is so important for you to do.

Find the thing that amuses and motivates you and propels you forward so that the momentum is so great you can feel yourself there in the dream.

It is so real you can almost touch it.

Then take action and do it. Do it with purpose and do it with passion. There are endless possibilities, sit with your note pad and pen and write down all of the things that come to your mind.

Be curious and explore each and every one of them to see which one makes your soul sing at the top of its voice.

Dare to Dream

Now you have found what it is that makes your soul sing and is so important that you just have to have it and live this dream.

Whether it is getting your dream job, writing the book you know you have in you. Being in a beautiful loving relationship. Having your own successful business or travelling, whatever it is reach out to live your dream life, you deserve it.



Look into the future and imagine your future self, living this dream. Step into this future and see and feel yourself living the dream life you desire. Make the dream as big and as real as you can and then own the dream it is yours.

Sit down with a coffee and get your note pad and pen write it down every last little detail, draw pictures make it colourful create your dream. Be outrageous, be as daring as you can. Remember this is your dream so nothing is impossible and throw everything you have got at it. Nothing is impossible if you can dream it you can have it. Put it where you can see it at every possible moment, on a vision board, as a big bold statement pinned to your fridge, and as the wallpaper on your phone, tablet and computer. See it everywhere you look.



Show up and step up

Take steps every day and show up in your dream.

Set goals and keep the end game in sight. Every journey starts with just one step, every dream starts with just one thought, build on these.

Don't give up even when the going is tough, do something each day even just one little step moving you forward.

Ask yourself this question what is the one thing I can/need to do today to take me closer to my dream? Then do it.

Celebrate your wins no matter how small and get into that feeling of joy and bliss and really feel the excitement that you have moved a step closer to living the dream life you have imagined.

Believe

BELIEVE, TRUST, DANCE SING, and LAUGH, BE JOYFUL, BE THANKFUL, BE INSPIRED and take inspiration in everything you do.

Don't isolate yourself, share your dream with the people around you. Let them see the joy your dream is bringing to you. You will inspire them and in turn be inspired by them.

Believe in the magic.





Seek and you will find

Research, seek and read everything you can that will help you to get there.

If you want to write a book and don't know where to start, is there a creative writing workshop you could attend? These are a great way to start writing.

Connect and ask for help when you need it. You will be surprised at how much support and help you will get.

Be Happy and stand in your power

Give yourself permission to be happy and live your dream. Sometimes you will need to put your needs before everyone else. It can be very liberating to do your own thing.

You will find you have more energy and be more creative because you are not worrying about anyone else.

So be spontaneous, be vivacious and expressive. Stand in your own unique power. It is okay to be a bit selfish in pursuit of you dream.





Leave your Comfort Zone and start to live

Change it up – change your routine, jump out of your comfort zone. Do it a bit differently today.

Look around you and see what the world has to offer you. This could give you the turning point you have been searching for.

If you want something you have never had, then you've got to do something you've never done. It may not be easy but the end results will be worth it

Don't let fear of the unknown stop you – Eleanor Roosevelt said "Do one thing every day that scares you". Take action, reach through and get past the fear. Go past the end of your comfort zone and start to live.

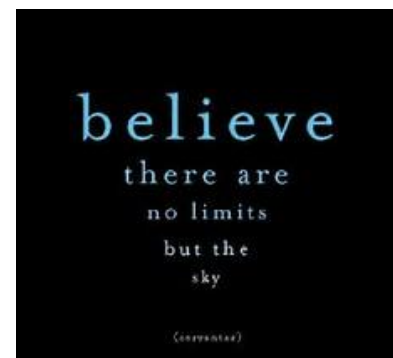
You can be, do and have anything and everything you desire

Ask yourself what am I holding on to that I no longer need? What is holding me back? What are my limiting beliefs? What are my fears? All very deep questions go within to find the answers.

Sit quietly and examine these, use a journal to write down your thoughts so that you can examine them. They are just beliefs and thoughts that have been imposed on you and not the truth of who your truly are.

If you cannot find an answer or if nothing comes to mind. Centre yourself put your hand on your heart take few deep breaths and ask the question again. The first thought that comes to mind is often the answer you are looking for.

Then release these negative thoughts, change the energy of them into positive energy. Don't let these beliefs stop you from taking action to make your dream a reality. Your dreams are limitless, as are you. There are no limits on what you can accomplish. Yes you will reach plateaus but this is where you push on a little bit harder. Use your passion for your dream to move through these and reach even higher.





Turn up the volume on your gratitude

Practice gratitude every day be thankful for what you have and take pleasure and joy in everything you have.

Focus on what you have in your life and you will always have more. Being thankful and practicing gratitude will shift your energy, raise your vibration and bring more of what you want in your life.

Every day for 30 days write down 3 things that you are grateful for in your life, no repeats they need to be 3 different things each day. The look over them at the end of the 30 days and see how much you have to be thankful for.

The Universe has your back

Always remember that the Universe has your back.

There is always enough for everyone. There isn't any lack for anyone. By wanting your dream you are not taking anything away from anyone else.

Using the Law of Attraction, you will attract to you what you are thinking about. Therefore if you are thinking about not having enough that is what you will get - more of not enough because that is what the Universe is hearing.

The key to deliberately creating your dream is to get happy, and be happy knowing that all good things will come to you. All you have to do is believe in yourself and the universe will believe in you.

Then with the Law of Attraction you will get what it is you desire. If you want to read more about the Law of Attraction a good start is *The Law of Attraction: The Basic of the Teachings of Abraham* by Esther and Jerry Hicks.

Are you stuck in doing the same thing and the same routine every day? Do you need help to define and realise your dream life? New job, writing a book, creating your own business, travelling whatever your dream is, email or call me to book a free 45 minutes session so that you can define the life you want to live. At the end of the call you will have an action plan to your happiness. I would love to work with you in creating your dream life marion@yourlifesoulcoach.co.uk or call 07814 927677

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