



how to be your own dream coach

The most compelling dreams are those that your heart longs for. Having a dream gives your life purpose. Without purpose, many climb to the top of the mountain only to realize it's the wrong mountain! But connected to your life's purpose, you will create dreams that are in alignment with who you really are. Once you do, you can turn them into projects and schedule activities that will move you forward. But first, let's dream.

wd dare to dream

by Marcia Wieder

WHAT ARE YOUR DREAMS? ARE YOU READY TO MAKE THEM A REALITY? IN THIS YEAR-LONG SERIES, WOMAN'S DAY WILL HELP YOU DO JUST THAT. IN EACH ISSUE, YOU'LL FIND NEW, INNOVATIVE IDEAS AND SOLUTIONS AND HEAR FROM WOMEN WHO HAVE FACED THE SAME CHALLENGES YOU DO AND SURMOUNTED THEM. IN "LIVE YOUR DREAMS," YOU WILL MEET WOMEN WHO HAVE REALIZED THOSE BIG, LIFE-CHANGING DREAMS THAT OFTEN SEEM BEYOND OUR REACH.

As America's Dream Coach,

I have worked with thousands of women and corporate executives to help them transform their lives and realize their dreams. Whether you're just beginning to zero in on what you want, jumping in midstream—say, expanding your crafts business—or perhaps suffering from a little adhesion problem (we all get “stuck” once in awhile!), you can take your dreams and life to the next level.

There's no better way to get motivated than to work with a coach...a Dream Coach. If funds

are tight, jumpstart any dream today by becoming your own Dream Coach. Use this map to ignite your passion, create or clarify dreams, overcome fears and doubts and, most importantly, take the necessary steps to get what you want. With the mindset of a Dream Coach, you will

Marcia Wieder

1 The Dream Coach

process is as basic as C-B-A. Get Clear about what you want (often the hardest step) by getting ideas out of your head and down on paper. Believe in yourself and your dreams, and Act on what you believe. This works for all kinds of dreams, whether you want to revamp the educational system in your school district or just need a new car. It's effective on personal dreams, such as spending more quality time with your family or getting fit, or professional dreams, like being paid well for doing what you love.

Successful dreamers ask great questions to explore and tap into their imagination. Write your answers to these: ● “What would make me feel more passionate and fulfilled?” ● “How can I bring more of what I love into my everyday life?” ● “If I really believed in myself and my dreams, what would I do or change?” ● “If time and money weren't obstacles and if I had the support of the people around me, what would I do?”

Describe your dream in detail. _____

_____ Go for it!

Many of us seek a life of greater meaning. To live a purposeful life involves aspects of self-discovery—finding your unique talent, and offering it to others. What you have may seem small or insignificant to you, but by passing it along, the potential to grow exponentially can explode.

Meaningful purpose statements are often profound in their simplicity, such as “An Adventurous Spirit” or “A Student of Life.” Create a short purpose statement that expresses who you choose to be in the world. If you lived with this as your guiding force, would you feel more passionate?

My gift or purpose is _____

EXAMPLE:

“The purpose of life is to live a life of purpose.” Robert Byrne

3 Use passion as the barometer to assess your life. If there is something you don't have to do or don't want to do, consider quitting to make room for new dreams. In our culture of time urgency we're always reacting to clocks and calendars. We leave ourselves little time for doing what truly makes us happy. Saying “No more” allows you to ask “Now what?” What would you love to quit? Is it a committee, a relationship, a bad habit or attitude?

This week, I quit _____!

4 The secret to living a fulfilling life is to schedule more of what you love every day. The Passion Pyramid (Graphic) is designed to bring more passion into your life through your dreams. Most of us live from the top down. Asked to do something, you probably open your calendar to jam one more thing into an already over-scheduled life. Turn your life right-side-up by living from the bottom up.

For example, if your (passion and) purpose is “to inspire,” consider a career such as writing, speaking or acting. Design projects that inspire you and others, then schedule the required steps to accomplish them.



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dream REALITY

5 If you feel confused or indecisive, this exercise will help you regain clarity.

Draw a line across the center of a paper. On the top, write your dream in as much detail as possible. On the bottom, write out your reality, including your fears, doubts and concerns. Are you more committed to your dream or to your reality, i.e. your fear and doubt?

We often sabotage our dreams by imagining the worst and saying “but what if?” So every time you move toward your dream, you'll also move toward your fears, and most of us won't do that. Instead, we give up or never begin.

Sometimes there is also no evidence that this is the right time to pursue your dream. But where are you looking? Don't look in your checkbook, the stock market or in the approval of others. The place to look is in your heart. Can you believe in something because it matters to you and demonstrate that by taking action? This is where powerful breakthroughs occur.

6 When you summon your “Dreamer” at different intervals along the path, you'll often run into its counterpart, your “Doubter.” She tells you everything that might go wrong. Left unattended, this voice can disrupt or destroy your dreams. But turn the Doubter upside down and it becomes the voice of the “Realist,” who primarily wants to know where you're going to get the time and money.

Interview your Doubter. Capture its needs, insights and wisdom by completing these sentences. Do this each time you hit a new impasse.

“The way I sabotage _____ (YOUR NAME) 's dream is _____.”

EXAMPLE: “The way I sabotage Jenny's dream is by having her doubt herself and quit.”

“When I am running _____ (YOUR NAME) 's life, I _____.”

EXAMPLE: “When I am running Jenny's life, I keep her too busy to focus on what's important.”

“What I need from _____ is _____.”

EXAMPLE: “What I need from Jenny is for her to have faith, to get help, to breathe.”

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7 The Doubter provides a list of obstacles based on its fears and concerns, which are either limiting beliefs (an internal job) or require a plan (an external job). Some obstacles may be both and they can be real or imagined.

The Dream Coach rule is wherever there's an obstacle, design a strategy to manage it. Make a list of your obstacles and identify which ones are negative self-perceptions or beliefs, and which ones require strategies.

EXAMPLE: Obstacles List
(for my dream of growing my business)

1. I don't know how.	belief	strategy
2. I'm afraid I will fail.	belief	
3. I don't have the money.		strategy
4. I'm too tired.	belief	strategy

Just (Don't) Do It

What personal habits stop you from being successful? Find the behavior that trips you up and design a practice to overcome it. For example, if you tend to have difficulty completing projects, practice staying focused for one hour a day on the task-at-hand until it's done, or until the hour is up. Structure allows for greater creativity. You'll be amazed at what this will develop.

“This week I will (DO THIS) (NUMBER OF TIMES) to break my habit of _____.”

(EXAMPLES: quitting, over-committing, procrastinating)

Are you aware of what typically gets in your way?

For most of us, it's having to do something we hate, we're not good at, or that we have no idea how to tackle. When that task is essential to the success of your venture, ignoring it or doing it badly could be your demise.

If your dream is to write a book, but you can't type or are computer-phobic, this doesn't have to stop you. Learn a new skill or hire someone. If you can't afford that, explore bartering. If you are branching out into a new area and lack knowledge or experience, educating yourself is essential. Does it make more sense to take a class or would it be faster and easier to find a mentor? Get creative and get going.

- Identify the block or area of concern.
- Decide if you are going to tackle it yourself.
- If not, find someone who can do it with or for you.
- Hire them or trade for something they need.
- Get back into action on the areas where you excel.

Box Title

A dream without a plan is a fantasy. **Action and accountability make it real. Commit to a WOW* (Within One Week) action step. Use this Dream Bank Deposit Slip to make a written agreement with yourself.**

My Dream is: _____ (date)
WOW (within one week) _____
The step I will take is: _____
One person I will share my dream with is: _____ (name)

Overcome obstacles (even time and money issues) by enrolling others into your vision. Master this skill and you'll accomplish bigger dreams with less effort. The steps include building rapport and value in what you're doing, and managing objections and negotiating. Your goal is to secure an agreement.

Making specific requests makes it easy for others to say yes. If someone says no, be courageous and ask why. Build a community of fellow big dreamers or join one that already exists by going to www.mydreamcircle.com.

Use this template to prepare to make clear requests.

- "Where do I need help?" _____
- "Who am I going to ask?" _____
- "What am I going to say?" _____

10 Life will rush in, systems will fall apart and you may have meltdowns. Being a big dreamer doesn't mean you won't have setbacks or disappointments. Quite the contrary. It's incredibly freeing to fail without considering yourself a failure. Rebound, and the sooner the better. Build an arsenal of winning behaviors and people who you can reach out to in a pinch. There's nothing worse than feeling desperate and having no place to turn. Build a robust database of brilliant resources that you can access at any given moment.

GIVEAWAY

To request Marcia Wieder's free e-book, **Dream Moments: 52 Simple Ways to Get What You Want**, go to: www.dreamcoach.com/ebook



*Win a Dream Week in Hawaii

Recharge your spirit while learning a powerful process for achieving any dream. Sponsored by Woman's Day and Marcia Wieder, America's Dream Coach, one lucky reader will join Marcia for a seven-day Dream Retreat at the Maui Prince Hotel, on November 2 to 8, 2005. You'll learn how to uncover your passion, clarify your heartfelt dreams and overcome obstacles. Accommodations, meals and round-trip airfare included. Log onto www.womansday.com/dreams between August 2 and September 13 for your chance to win. No purchase necessary.

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Dare to Dream! **Share Your Dreams with Woman's Day. Join our Dare to Dream Club online.** Register what you want to achieve and get advice from other members on the steps you need to take. For more information, go to www.womansday.com/dreams.

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