

The Great American Dream Challenge – Part III

By Marcia Wieder

It's exciting to read the responses to the Great American Dream Challenge as people post their dreams on www.mydreamcoach.com. I invite you to do the same. As an incentive for taking this step, you will automatically be entered into a drawing for my book "Making Your Dreams Come True" and its companion tapes.

I've been speaking about achieving personal dreams and professional goals for almost 20 years, and there is one thing I know for sure: Shortcuts emerge and amazing resources present themselves when you share your dream. My intention in the Great American Dream Challenge is two-fold. First is to demonstrate that we are still a nation of dreamers that has faith and courage to act on what is important. And second is to provide a forum in which we can declare an intention to act on those dreams.

Use the Dream Challenge for simple dreams such as getting fit, taking a vacation or remodeling your home. Or if you're feeling audacious, a more complicated dream such as finding a new job, entering into a new relationship or embarking on the great adventure of retirement. Perhaps you'll even become inspired to create a new dream.

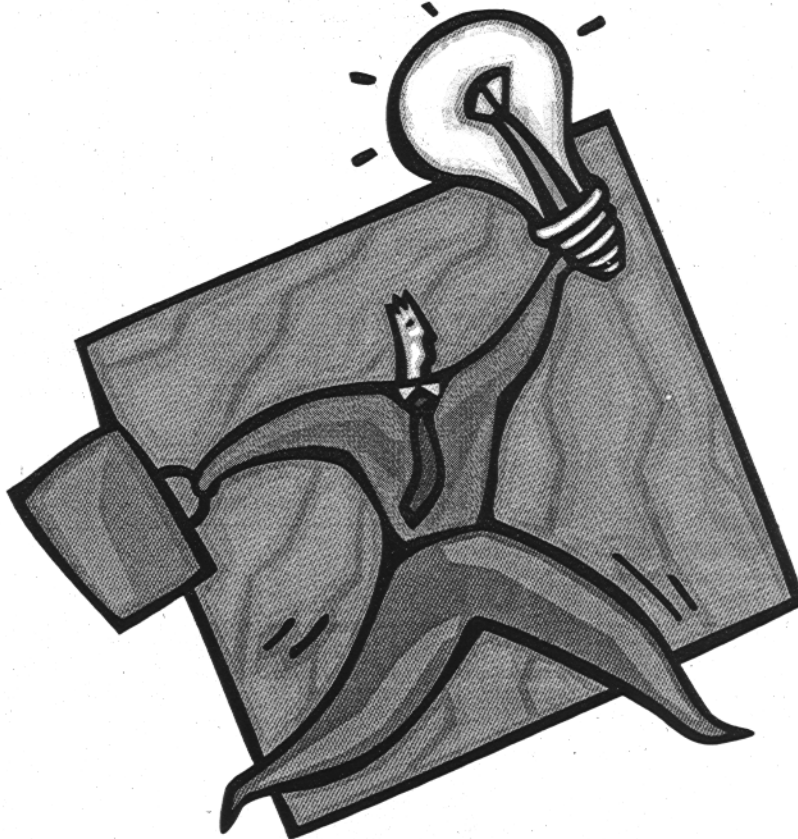
A Dream in Progress

Kristi wants a job advising students at Cal State. She knows she's qualified, but being told there are 100 applicants for every job makes her efforts seem futile. She said, "I'll keep trying. What else can I do? I need to pay rent. I'm also trying other outlets — USF, SF State, even the Academy of Art. Positions are posted, I write a letter, I call."

I encouraged her to believe that the perfect job was waiting for her and to go find it. Since she has to get noticed before she can be considered, we talked about the idea of trying something different, perhaps outrageous. A friend of hers "opened a door" in which the recruiter, at least, offered to move her to the "maybe" pile. Kristi agreed to take a risk this week and to let us know what happens. If you can help in any way, please email me.

Two Dreams in One

Dottie recently found, hidden away in her mother's bureau, a handwritten letter her mother had penned to a dear friend some time ago. It said many things, including, "It's been six months since we lost our Joey. Things are tight, but we get social security for Dottie Jo, \$44.90 and we got a check for \$200, a lump sum payment for the death." The letter was an account of the day her father died written by her mother back in 1954. Dottie's mom, a farm girl from Fresno who is still alive, always wanted to do something with that letter but didn't know what. Once



Dottie posted her own dream to publish the letter, she re-typed the smudged carbon copy and is about to enter it in a writing contest. Both mother and daughter are able to share in a dream, and together, make it possible.

Dreams That Call You

Some dreams come from a place of lighthearted desire. Approaching her "second half" of life (and to many the "better half"), Mary Jean decided to take up a fun sport. After much research and a few demos, she became the proud owner of her own kayak. Being out on the water at dawn and witnessing the breathtaking beauty of nature as the day unfolds has added a new dimension to her life. She said, "I cannot tell you what a thrill this is for me. My life has so much passion again!" Fueled by the profound experience of taking those first steps, she is now training for a three day, 50-mile paddle traversing the beautiful Laguna Madre in Texas.

Some dreams come from our concerns. Cheryl is a nutritional counselor and mother who is worried about what kids eat in school. Concerned about the rising cases of childhood obesity and heart disease afflicting children and teens, she is rallying her community to make changes to the school lunch program and policies. Her dream is to make sure the kids have access to healthier meals at school. In

addition to the physical benefits, she also wants to raise awareness of how making better food choices affects children's cognitive development. She will present initiatives to the Virginia School Board this fall.

What's Your Dream?

If your passion has waned, if you feel mired in reality, if fear and futility are part of your daily conversation, you are in need of a new dream. Without our dreams, all we have is reality. Now don't get me wrong, reality is our starting point. It's essential to know where we're at before we can even begin to design a strategy for getting where we want to be. Yet if we are overly realistic it can kill our passion, joy, drive, hope and aspirations. And those ideals make up the essence of what dreams are all about.

One of the greatest contributions you can make to yourself, your loved ones, community and country is to have a dream that matters. To support you, I invite you to come as my guest to a "My Dream Circle" workshop on Sept. 11 in San Francisco, where I promise to help you achieve your dreams. For details, email info@mydreamcircle.com.

America's Dream Coach, Marcia Wieder is an internationally recognized speaker and best-selling author. For more info or to join her community of dreamers, visit www.mydreamcoach.com.