



# JOIN THE DREAM MOVEMENT!

DREAM COACH MARCIA WIEDER  
IS GETTING PEOPLE TO STOP  
THINKING AND TALKING  
ABOUT THEIR DREAMS AND DO  
SOMETHING ABOUT THEM.

**I**magine living the life you've always dreamed about. Renowned Dream Coach® Marcia Wieder, author of *Making Your Dreams Come True*, has a proven process to overcome whatever is standing between you and your dreams, and will help you rediscover the passion that might have been hidden for years.

*Empowering Women* recently sat down with Marcia to learn more about how women from all walks of life can define and realize their dreams.

## EW: WHAT IS THE DIFFERENCE BETWEEN A DREAM, A GOAL AND A FANTASY?

**MW:** A dream is simply something you want that you can design a strategy for attaining. This is different than a fantasy, like winning the lottery, where you can't do anything to ensure it happens.

Dreams are associated with your heart. What do you really want? What really matters to you? What are you passionate about? Goals are sometimes described as dreams with a due date, and we need goals to move our dreams forward.

I teach how to be clear about what you want and the practical steps to achieve it, as well as some shortcuts to make it happen faster or with greater ease. You see, some of us are good at dreaming but not so great in the strategy department. Or, we might be great at strategy but we need to wake our "dreamer" up. Some people are surprised to hear this. It's not that we don't get to the strategy part, but rather that we tend to get there too soon.

If you need to have all the answers about time and money, you might kill off or compromise on your dream before you explore all the possibilities. Dreaming allows us to be creative, to explore new options and to swing outside of what we imagine to be realistic.

Reality is an important part of the mix. We have to know where we are so we can design the strategy or plan for getting to where we want to be. But the question is, What has being realistic cost you? If you are overly realistic, it can cost you your passion and your dreams.

## EW: WHY IS IT ESSENTIAL TO HAVE DREAMS, ESPECIALLY IN BUSINESS?

**MW:** In business, dreaming is serious business and the driving force for transformation. Without vision, companies fail, and without our personal dreams, aspirations and goals, life can become redundant, mundane or stagnant.

In business "passions sells." When people are connected to something they believe in, they are excited about it. All of us would prefer to do business with someone who loves what they are doing, as opposed to someone who is just doing a job.

It's also been medically proven that people with passion and dreams actually live longer, healthier lives. There is even a medical term for it: apoptosis. When people feel they have outgrown their usefulness, which can happen when they retire, get laid off, experience an empty nest or stop dreaming, the brain sends a message to the body that it is no longer needed and people begin to mentally or physically self-destruct.

What's the cure or antidote for this syndrome? It's passion and dreams! Doing what you love, you will live a longer and healthier life. The secret to a fulfilling life is to schedule more of what you love into your everyday routine. The challenge for most of us is that, in order to make room for our dreams, we have to quit something, perhaps something that is no longer true for us. Think about those times when you've said "yes" when what you really wanted to say was "no thank you."

Consider using your passion as a barometer for when you choose to say yes or no to something. When someone asks you to do something, if you don't have to do it and you don't want to do it, consider passing on it. Clear away some clutter and schedule more things that you love to do, so you're living more of your dream-come-true life.

Dreams are life-giving. People—especially women—sometimes say to me, "Isn't it selfish to focus on my dreams?" Not only is it not selfish to dream, but it's an act of generosity. As you get in touch with what you love and creatively express it, you're going to have more energy, enthusiasm and creativity, and more to share with people you care about the most.

## EW: CAN YOU TELL US A LITTLE ABOUT YOUR DREAM MOVEMENT?

**MW:** I'm a woman with a mission. The Dream Movement is designed to help people shift from just thinking or talking about their hopes and dreams to acting on them. That's why I call it a movement. The moment we take one step forward we are acting on our dreams. With that step, a whole world becomes available, with new perspectives and potential resources.

For most of us, our feet are so firmly planted in reality and doubt that we can't even think about what our dreams are, much less act on them.

Metaphorically, most of us stand with our right foot firmly planted in reality and our left rooted in our doubt. My role is to empower people to lift their right foot to step into their dream and slide their left foot over into reality. This is a very balanced position. For most of us, our feet are so planted in reality and doubt that we can't even think about what our dreams are, much less act on them. The Dream Movement is designed to help people make this essential shift.

I'll tell you how this came to be. I was in China giving a speech to a business on the topic of passion and productivity. At the end of my talk, a young woman asked for the microphone. She was crying as she said that no one ever told her that she could dream. "People told



Without dreams, without our goals, hopes and aspirations, all we have is reality.

me to be a good person; they told me to be quiet, to get good grades and to work hard, but no one ever told me that I could dream. But Marcia, now that you have told me, I'm going to go and tell everyone I know."

When I came back to my beloved USA and home to California, I saw a nation where many people had stopped dreaming. I met people who were afraid to leave their home or to invest \$100 to start their own business. My voice got louder as I encouraged people to demonstrate that their dreams were important.

Many say, "My dream is to have a dream." That's because we're so mired in reality, so busy living by our clocks and calendars, that some might think that dreams are frivolous. I promise you, they are essential and life-giving.

If you lost your passion, your energy and your enthusiasm, perhaps you've primarily become a problem solver. Solving problems is a very useful skill. But if that is all we do, sometimes life can seem to lose its meaning and joy.

We go through life checking things off our to-do list, but at the end of the day, most of us are frustrated that there is still so much left on that list. The secret to changing this is to make time for what you love and what brings you joy. If you will do that, you'll not only live a longer life, but a healthier and happier one.

## THE DREAM COACH® PROCESS

**1. Set an Intention**—Understand the power and importance of intention and set an intention for your program, such as growing your business or getting healthier.

**2. Maintain Integrity**—Learn how to live with integrity by completing projects and keeping agreements with yourself and others. It's essential that you remove or clear up anything from your past that might stand in the way of you getting what you want.

**3. Live On Purpose**—Appreciate the meaning and importance of your purpose in order to live more aligned with it. Dreams without purpose, even a job out of alignment with your purpose, can be unfulfilling.

**4. Access Your Dreamer**—Create a dynamic relationship with the Dreamer inside of you, and the dream you're passionate about. No matter how realistic you may be, there is part of you that knows what will make you happy and what you want. You can uncover this and become extremely clear about what you want.

**5. Learn from Your Doubter**—Create a powerful relationship with the Doubter inside of you, and learn the lessons this part of you offers. Left unattended, this part of us often sabotages our dreams. This does not need to happen.

**6. Believe in Your Dreams**—Choose a belief that will serve as a foundation for making your dreams come true. If you don't believe in yourself or your dream, no one else will either. This is a life-changing step.

**7. Personal Practices for Growth**—Use all of life's lessons as powerful tools, and create daily practices to deepen what you learn. Look at what you learned and design practices for strengthening your Achilles' heel.

**8. Take Serious Steps Forward**—Plan the essential action steps to ensure your dreams come true. In the end, it all comes down to taking action and the practical steps to make your dream real.

## EW: YOU TALK A LOT ABOUT PURPOSE AND MISSION. WHY IS THAT?

**MW:** To know your purpose requires three things:

1. Have a spiritual practice so you can get quiet and receptive to deeper wisdom.
2. Know what is unique and special about you.
3. Be of service.

Where do dreams come from? You make them up. Some of them are based on need, your need to put food on the table, for example. Some of them are based on desire. Maybe it's a dream of writing a great book or owning a business. The dreams that tend to be the most profound are those connected to a purpose or mission.

## DO YOU KNOW AN AMAZING DREAMER?

Share your “story” and win a personal dream coaching session with America’s Dream Coach, Marcia Wieder.

We are seeking people who are doing amazing, fun and interesting things with their lives. Who do you know who is following their heart, taking risks or doing interesting, fun or cool things? Go to: [www.amazingdreamers.com](http://www.amazingdreamers.com) to enter

Marcia also wants to give you two gifts to inspire you and help grow your business. To receive the mp3 audio downloads, visit [www.amazingdreamers.com/mlm](http://www.amazingdreamers.com/mlm).



We go through life checking things off our to-do list, but at the end of the day, most of us are frustrated that there is still so much left on that list.

I find that, in direct selling (or any business), what builds loyalty and retention in team members or employees is feeling like they’re part of an organization that has a mission. It’s also crucial that they feel they can use their unique gifts and make a contribution in a way that will make a difference.

Purpose has to do with knowing who you are, and dreams are the expression of your purpose. Some people find it difficult to understand their purpose, or have forgotten to look in their heart. Your purpose could simply be to learn or to teach, or maybe it’s to be of service or make a contribution. It’s the essence of who you are and why you are here.

## Q: TELL US A LITTLE BIT ABOUT YOUR DREAM UNIVERSITY®.

Dream University is where people learn to achieve their personal or professional dreams, or even how to dream again. I help people find their purpose, trust themselves, and inspire others to join them.

Whether we’re in San Francisco or Maui, at a beautiful spa or on a cruise, I feel blessed to travel the world helping people create or discover their dreams. People gain greater clarity, overcome obstacles and take action to make those dreams real. I am extremely proud that I have also certified hundreds of Dream Coaches worldwide, many in direct selling, who have successfully taken these powerful skills back to their teams. Let’s face it: If you are committed to helping others achieve their dreams, you have the heart of a Dream Coach. **EW**

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*Marcia Wieder, America’s Dream Coach®, is leading a Dream Movement. Her inspiring message has touched audiences at the largest network marketing companies, as well as at the DSA’s and DSWA’s National Conventions. The author of several books, Marcia has appeared on The Oprah Winfrey Show, The Today Show and in her own PBS-TV special. Her live events include the Dream Coach Certification Program, Inspiring Speaker Workshop, Maui Dream Retreat, and Women’s Spa Program. Her online global community, MyDreamCircle.com, features world-class resources. Contact her at [www.dreamcoach.com](http://www.dreamcoach.com).*

