



There are people who put their dreams in a box and say, "Yes, I've got dreams, of course I've got dreams." Then, they put the box away and bring it out once in a while to look into it, and yep, they're still there." Erma Bombeck

Stop Dreaming and Start Doing!!!

You are not alone if you have dreams that you've kept inside of you for awhile. Many of us do, for whatever reason. You may feel afraid to start moving towards your dream, afraid of what might lie ahead, afraid of what others might say or think or perhaps you don't know how to take the first step.

Do you currently find yourself saying things such as "I'd love to.....*insert your dream here* but I can't because.....*insert all the reasons why you think you can't here*....."? ex. I'd love to start my own business but I can't because of my financial situation.

Here are some steps you can take to start moving you in the direction of your dream:

1. Write it down. What's your dream? What's your passion? Whatever it is, whether it's to start a business, travel, run a marathon, whatever it is, put it down on a piece of paper in front of you. This is the dream that you've been keeping inside of you, the one that gives you goosebumps of excitement just thinking about achieving it. What is important to you about your dream?
2. Now, say the words "I'd love to....*insert your dream here*...." and listen for your "buts". Write all of your "buts" down. Write down the list of reasons you're currently allowing yourself to hold onto and believe that are stopping you from beginning to realize your dream. What story are you telling yourself about your dream?
3. Get your "but" out of the way. To get your "but" out of the way begin by examining your values, attitude, beliefs and possibility mindset. By remaining where you are, what values are you honouring for yourself? What values would you prefer to honour by working towards your dream? Ask yourself whether your current attitude is positive or negative? Are your current beliefs hindering or helping you and are they really true? And finally, ask yourself whether you are open to possibilities for yourself and whether you're open to how your dream may unfold in the future? Spend a good deal of time examining all of these questions for yourself as that will begin to help unlock any blockages you may be experiencing.

4. Now, say the words “I’d love to.....*insert your dream here* and.....I can.....”. Now, write down all the things you can do to begin to help bring your dream closer to becoming a reality. Here’s an example:

I had one woman in one of my workshops whose dream was to start a sustainable organic farm which would include offering educational programs for school children. Some of her “buts” included: “I don’t have the knowledge and training. I don’t know anyone who can help me. I have limited time and resources. I don’t have any property on which to farm.”

Her next list looked something like this. “I’d love to start an organic farm and programs for children and I can.....”

- ✓ I can look for resources in the local community that might offer resources and training.
 - ✓ I can ask people that I know in my network for help, advice and information I might need to get started.
 - ✓ I can prioritize my time and commit allocating an hour or two each day to my goals.
 - ✓ I can create an action plan for myself.
 - ✓ I can speak to other local organic farmers about their experience and expertise.
 - ✓ I can research other options for property that might be available.
 - ✓ I can seek support and a mentor to help keep my motivated and on track.
5. Great!! Now you’ve turned things around!! You’ve gone from dreaming about your dream and have begun to create a list of steps, people and resources that are available to help make it happen! You’ve begun to change your mindset from one of “I can’t...” to one of “I can....”
6. Now start working your way through your “I can.....” list of items and begin to see yourself moving closer and closer to your dream.

For more tips, inspired reading, books, workshops and more to help you on your way, visit

www.wilddaisy.ca Most of all, enjoy your journey!!!

