

Dream Creation

One way to create the motivation and energy you'll need to begin the amazing Quest of self-actualization is to have a powerful dream that captivates your attention. Such a dream will act as a magnet compelling you to continually move forward on your journey. When your heart and mind are captivated by a dream it is as if you have harnessed the power of the universe. It no longer matters what your circumstances are because your mind is focused on your dream and you have the power of the universe propelling you forward. In this way you transcend your circumstances and lead an incredibly rewarding life.

Choosing to go after your dream is one way to break free from the chains that bind you to "life as usual" and embark on the Great Quest. It has been said that a dream is planted in everyone's heart to provide us with a way to fulfill our amazing potential. But so many of us choose not to go after our dreams and so end up feeling that life is empty and meaningless. Don't let that be your fate. Something incredible is waiting to be born through you, seize the chance to make it a reality.

In the last series of questions number twelve asked, "What would you do with your life if you knew you couldn't fail?" Your answer to that question in combination with the others will guide you to your heart's dream.

1. Review all your answers from each part (parts one, two, and three). Now get a separate piece of paper and "brain-storm" dream ideas for ten minutes. Write down every dream idea you have no matter how silly it seems. This opens your mind up giving you access to your sub-conscious hopes and dreams. Begin now.

2. Review your brain-storming work. Which dreams truly capture your heart? Which ones would you be willing to work toward no matter what obstacles got in your way? Choose three dream ideas and write them in the spaces provided.

1. _____

2. _____
3. _____

3. This next part will require you to use your imagination so make sure you have set aside some quiet time to complete it.

Close your eyes and imagine yourself living out each of your dreams. Do one at a time and imagine all the work it would take to make each dream come true. What obstacles would you face? What would you have to give up in order to be successful at each of your dreams? Now imagine what it would be like to be a great success at each of your dreams. What kind of life would you have? What kind of friends would you have? How would all this feel?

Do this for each of your dreams, even if you think you already know which one is your true dream. Then pick the dream that speaks to you, which one is your dream?

4. My dream is _____

5. The final step is to get a rough idea of what it will take to make your dream a reality. Of course your plan is subject to change as you work toward fulfilling it, but you will need some direction to get started.

On a separate piece of paper write down the parts of your life that will have to change to make your dream a reality. Create a loose plan, and figure out what you can start doing now to be successful at your dream.

To maintain your motivation take time everyday to imagine the life you would have if you were successful. Also, imagine what life will be like if you don't work toward your dream. How would that feel? How would your life turn out then?

Finally, make sure you do at least one thing every day toward making your dream a reality - even if it's just visualizing the life you want.

Pay close attention how your life begins to change as you work toward your dream, and keep in mind that the journey is what makes it all worthwhile. Don't get hung up on making everything happen at once. Enjoy how your life changes as you pursue your

dream. Enjoy your newfound enthusiasm, enjoy the excitement, take time to enjoy the small wonders of life, and to appreciate the work you are doing. Not many people go after their dreams. Expect failures and see them as challenges to conquer and lessons to learn from. Those who are successful are the ones that tried just one more time after they wanted to quit (then just one more time again until they succeed). You must be willing to spend your entire being in the pursuit of your dream. Allow it to consume you, yet don't forget to enjoy the journey, for it is in the journey that one lives as a true Hero.

If the life described above is something you want for yourself then now is the time to make the decision that you will stop at nothing to make it a reality. Helen Keller once wrote, "Life is either a daring adventure, or nothing at all."

Don't waste your life waiting for your circumstances to improve, for people to smarten up, or for the world to become fair before you start living. Choose instead to create your own destiny.

This is the path of the Hero on the Great Quest of Life, this is how life was meant to be lived. Good luck!

Summary

- * Your roles are only a small portion of who you are, and by over-identifying with them your life can feel empty and meaningless.
- * Learn to recognize your roles by reviewing your answers to the "I am" exercise, paying attention to how you typically react to common negative situations you experience (look for patterns of thought, emotion, and behavior), and paying attention to how you act differently around different people.
- * Learn to respond to situations in a way that reflects who you truly are rather than reflecting your roles.
- * Reconnecting with and recovering your "innocent core" is a key step in healing yourself back to wholeness.
- * To begin your Quest for personal transformation create a dream for yourself and commit yourself to your dream. Your dream can be grand or it can be down to earth like living a sober, enjoyable life and finding a career you like.

* Expect obstacles. See them as lessons to learn from or challenges to be overcome. Like any great Quest, the Hero must overcome many obstacles and slay a few monsters along the way.