

Start Fulfilling Your Dreams Today!

By Dr Angus McLeod – Champion, Personal Growth

Sometimes we may feel out-of-step or out-of-control over the course of our lives. One day leads to another just like it. And birthdays come and go like autumn leaves. When such feelings about your life feature regularly – then you know it is time to make a change!



Now if change is a risky word then better stop here – you are probably not ready – you may need more pain before you will act? But what if we didn't have to suffer any more? What if the anxiety about changing was better than the daily pain of being on the treadmill? What if you might enjoy the change, at your own pace?

Well we get nowhere if we do not know where we are going. But first take a look around at where you really are. To do this, it is best to take a leap of imagination and leave your body exactly where it is now and spin your mind through space to a distant location where you see that body of yours. And you can see that life and how it really appears from this distance¹..... Take some time to study that life. Where did things go wrong? What should that person there have learned? What can they learn now? If they knew what to do and what to change, what would they be doing, now? From your remote space ask all these questions and find answers.

Having done this, spin your mind back to your body and take on-board the observations and answers. What action if any can you now take? What research might you have to do? Who else will the actions affect? Who else needs to know? Who else can support you?

¹ The purpose of this is to detach from the emotion/feeling that caused you to be stuck.

These are all questions that skilled life-coaches can help you with – exploring choices, gaining new perceptions and finding motivated steps to a new life. But before you lift off and rocket to success, countdown to launch:

- 10 What is my vision and is it realistic or just a dream?
- 9 What is it like to imagine having that dream, now/
- 8 Will anyone be badly affected by my decision and what can I do to heal that?
- 7 What choices can I find for achieving my goal?
- 6 Which one do I now concentrate on?
- 5 What are the steps (mini-goals) on the path to my goal?
- 4 Can I find any weak points and obstacles and deal with them?
- 3 Is each mini-goal time-framed and realistic?
- 2 Are there people I can share my goal with – make it real for me and them?
- 1 What is my first step?

Now for lift-off!

Remember to include reviewing your progress as mini-goals as you may need to adjust elements or time-scales (quicker or slower). These should be part of the plan, with their own rewards for seeing them through, not sabotage points for self-criticism!

And remember that each mini-goal must be successful. You are learning that you are only ever successful and with each success comes more self-confidence, more self-worth and esteem. And that means that you will continue to rocket towards other realistic dreams!

© **Angus McLeod 2005**