

Holistic Business & Life Coaching

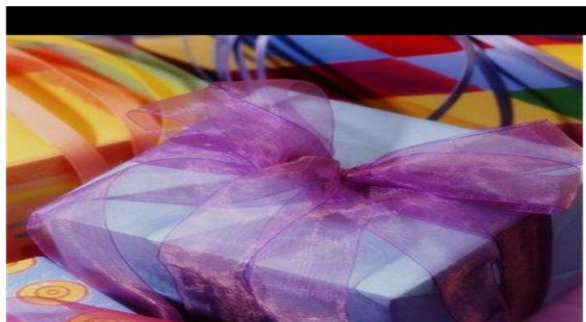
Grow Your Business, Grow Your Life

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Live the life of your dreams

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.” Marianne Williamson, from her book “A return to love.”

Does the statement “live the life of your dreams” strike fear into your heart? Some of us won’t let ourselves live the life of our dreams. To paraphrase Marianne Williamson, we fear our own success. Why is that? Why do we limit ourselves? Often it has just become a habit, or for people living in New Zealand we fear the “tall poppy” syndrome. We would rather live mundane, dull, boring lives than risk being bigger than we are. At the first possibility of success or of coming close to achieving a big dream, we are already listing all the reasons why it won’t work! It definitely won’t work if you don’t think it will.



Remember the present is a present – each day is a gift.

The other fear around living the life of your dreams, is what are your dreams? So often, we can’t even answer that question. Do we know anymore what we truly want? Pursuing the big house, the flash car and designer furniture and clothes is not the answer. Have you noticed yourself saying, “I’ll be happy when I have earned \$100,000” or “I’ll be happy when I’ve bought the big new boat”, or even “I’ll be happy when I win Big Wednesday.” How about you just be happy now? Be thankful for what you have and live in the moment, cherishing each day. Each day is a gift, the present is a present, so treat it that way. Start to allow yourself to dream. One way to start is to write your dream life. You may be surprised what you find out! Set the scene for this, by playing meditational music, have low lighting and do some deep breathing exercises to allow the mind to be still and so the answers will come from deep inside you. Then just write it out, no second guessing....just write. That will start the process of letting yourself dream the dreams that will help you reach your true potential. Have a dreamy month!

Regards
Jann

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