

4 Keys to Being a Million Dollar Dreamer

by

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There is something important for you to know – the “someday” you have been waiting for is here! It is not too late to Dream. It is not too late to make your Dreams come true.

But, it is time to get started!

Key #1 Name it

Find a quiet place, a block of time when you will not be disturbed, paper and pen. Answer the following questions, using this technique:

1. Ask yourself the following questions out loud.
2. Think, say, and SEE the answer. Use your visualization skills.
3. Write down any “aha’s” – any insights that you get.
 1. If I knew I couldn’t fail, what would I do?
 2. What have I always wanted to do, but haven’t?
 3. What are the benefits of reaching my Dream? To myself? To others?
 4. What has it cost me so far to put off my Dream?
 5. What will it cost me to put off my Dream even longer?
 6. What makes my life meaningful?
 7. What do I want to do the next (10, 20, 30) ____ years?
 8. What legacy do I want to leave?

**Hold fast to Dreams,
For if dreams die
Life is a broken-winged bird
That cannot fly.**

Langston Hughes

OK, so much for the warm-up. Now are you ready to really get going?

Decide where to start

Prioritize your Dreams. Circle your top 10 or so (you pick the number, somewhere between 3 and 49). Write them on a separate sheet of paper and put them where you can read them daily.

Determine what resources you need to make your Dreams happen. (Note: These may be people, money, things.....)

Did you know?

Yale University Study proves the value of writing your Dreams/Goals

A survey of a graduating class in the 1950's revealed that only 3% of the group had written goals. A follow-up 20 years later found that those 3% had a net worth greater than the other 97% combined!

Writing your Dreams down is the first step toward manifesting them.

My Dream

Resources I will need to make
my Dream happen

Example:

go sailing 2 times a month

sailboat

access to a sailboat (friends, sailing club)

meeting people who sail, etc.

Key # 2 fill Your Dream Team with Balcony People

It is difficult – or impossible – to reach our Dreams alone. You will need positive support, encouragement and understanding to reach your Dreams easily and quickly. A therapist friend told me years ago about Balcony People and Basement People. We all have some of both types in our lives.

To succeed, you want Balcony People – those who will encourage you, who set examples for you – who help pull you up to their level. (Limit your contacts as much as possible with those people who would pull you down into the “Basement” with them!)

I suggest you get a Dream Journal (a notebook or journal that inspires you) and write the following in it. It will help you keep track of your progress in it, too.

My Dream is _____.

- **My Balcony People, mentors and coaches are**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Key # 3 P.A.C.E. Yourself

Do you ever get excited and start something, but have problems sticking with it all the way to Success? P.A.C.E. yourself for great results!

Plan

Plan and list your Action Steps (Note: Some people plan best by starting where they are and listing the steps necessary to get where they want to go. Sometimes though it is helpful to plan backwards. Start with the goal or Dream, then write what the step just before that would be, and the step before that.... until you get to the present. Use whichever method works best for you. If you get stuck with one method, switch to the other.)

My Dream _____

Steps to get me there

Dates I will complete each step

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Act

Take DAILY action steps. Doing something every day, no matter how large or small, keeps you moving in the direction of your Dream. Here's a secret to keep you on target: every night, write 3 things you will do the next day on an index card. While you sleep, your brain may actually be solving problems for you. Then, in the morning, remind yourself of your Dream and why it is important to you. And do the things you wrote down.

Remember: Daily Consistent Action = Success

Celebrate!

Sometimes we forget just how important this is! Celebrate all the small steps, all the accomplishments along the way.

I will celebrate by

_____	_____
_____	_____
_____	_____

This will help you.....

Energize!

Take the necessary breaks to re-energize yourself. Often just celebrating will do this. It reminds you of where you are and what your Dream is.

Key # 4 Prepare for the FEAR obstacles

Fear stops many Dreams cold. When you understand the purpose of fear and are prepared for it, you can reach your Dreams quicker, easier – and Successfully!

The purpose of fear is to alert you, not to paralyze you. Fear may be telling you there is a potential problem to be looked at and solved or a particular situation to be avoided. But all too often fear is just an old familiar pattern. What are your fear patterns?

Your first job is to figure out if the fear is a real threat or if it is that old familiar pattern. Here, it is helpful to list your fear patterns so you can be prepared for them. Do you get afraid every time you start a new project? What does that go back to? (Usually it's from early childhood or your teens and early twenties.) What form do your fears take? Is it physical? A voice in your head telling you that you can't do something?

Here are some common fears. Which ones do you relate to?

- Fear of failure. (Most of us have this one.)
- Fear of success. (This may sound strange, but many of us also have this. Success may mean moving into different areas than we are used to.)
- Fear of change.
- Fear that it will be “too hard”. (But how hard is it to never reach what you want? To never even try?)
- Fear that you won’t do it perfectly.

What are some of your fears?

When are they strongest? (i.e what are the patterns?)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

(Example:

that I can’t do it by myself

when I’m tired and lonely

that I won’t do it perfectly

when I start a big, serious project

Often fears (and doubts) are stronger when you are tired, hungry, lonely, sick, etc.

When you reach for the stars, you may not quite get one, but you won't come up with a handful of mud either

Leo Burnett

The better you anticipate any fears that come up – and prepare for them, the easier it will be for you to stay on the path to your Dreams. My clients have found it helpful to write it out, or to even make a list of what they might do to counteract common fears.

You may find this helpful:

Fear

Antidote

(Example:

that I won't do it "right"

Affirm and temporal tap something like this : "I am capable and I trust that if I start things will happen to make it turn out alright."

Times I did it right: _____

Times I didn't do it perfectly but it turned out okay anyway _____

Remember –

- Visualize your Dream every day.
- Feel it.
- See it.
- Use all your senses to make it real!
- Stay in touch with your Balcony People
- P.A.C.E. yourself
- Be prepared for the Fear and keep going

By using these steps, you are unstoppable! You are standing on the threshold of your Dreams!

4 Keys to Being a Million Dollar Dreamer

1. Name it. The clearer you are about your Dream, the better chance you have of reaching it. Say it out loud. Say it out loud to yourself. Say it out loud to people who will be supportive and encouraging.
2. Fill your Dream Team with Balcony People. Stay away from Basement People.
3. Practice Daily Consistent Action. Pace yourself.
 - Plan
 - Action
 - Celebrate
 - Energize
4. Recognize, be prepared for and overcome FEAR.

Your Dreams are so important!
And my passion is to help you reach your Dreams!
So, I want to offer you this Special Bonus!

If you need help with one (or all) of the 4 Keys to Being a Million Dollar Dreamer, I will give you a free 30 minute coaching session to help you overcome your obstacles and make the progress toward your Dream that you deserve!

Simply email me at coach@findingYourselfAfter50.com .
Then we will set a time for your phone coaching session

You can also subscribe to my free ezines:

“Finding Yourself After 50”
at
www.findingYourselfAfter50.com

and
“Dust Off Your Dreams!”
at
www.BreakthroughtoYes.com.

Remember to keep believing in the beauty and truth of your Dreams!
Encourage others.
Your heart will be happier and this world will be better for it.

This material was adapted from:
Life After 50 – Your Design Manual! and Life After 50 – Design the Life of Your Dreams!

If you would like more information, you can email me at
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