

Celebrate the Dream inside of you!



As a child you were full of dreams. We adults teach kids to “get real” and stop being a “dreamer”. Over time the tremendous power of our brain to dream shuts down and goes unutilized. I’m not talking about the dreams you have while sleeping. That’s your subconscious sorting through things. The dreams I am talking about is your conscious beliefs about what you can strive for and do. It’s the vision of a compelling future that invigorates your spirit and motivates your actions toward it.

Dreams are positive visions for the future. A vision can also be negative. We all have a vision of our future even if you are not aware of it. Your vision is your belief in your future. Most people have lives that are stuck because they have visions for their future that are the same vision as they have presently. **A Dream is a positive improved vision for the future.** A dream differs from a positive thought about the future in that a dream is seen as possible. A dream sticks with you and reoccurs. Positive and negative thoughts about the future come and go. One day you really want to get back on track and fit back into your “skinny jeans” and the next day you are just glad you’re not as big as your sister-in-law.

A dream is a vision of a better future that doesn’t let go. A dream of a country where the color of one’s skin didn’t make a difference motivated Dr. Martin Luther King. A dream that man could build a machine to fly motivated the Wright brothers. A dream that computers could be a part of every person’s life and not just large businesses motivated Bill Gates. A dream that women deserved the right to vote brought about the 19th amendment to the United States Constitution in 1920.

Dreams are the POWER BEHIND CHANGE. The power comes from the vision of what the change would mean. What would be different after the change? With a dream, “what would be different” after the change is massive, beautiful, significant, and incredible! This motivates the dreamer to keep dreaming and keep moving toward the realization of the dream!



YOUR dream YOU!

Let’s get your dreams back up and running your life! You know the ones I’m talking about. The ones you’ve put away time and time again. The dreams you’ve almost given up on, but still have deep inside you otherwise you wouldn’t be listening to this right now.

Let’s build your dream you:

To build your dream you, let’s brainstorm and make a list. Create a computer list that you can go back to and add to as ideas pop in your head later. For an example of what a “DREAM ME” sheet can look like, click here: <http://www.not-your-fault-weight-loss.net/pdf/mydreamme.pdf>

What kind of a body would you like to have? (describe it in detail so you can “see” it)

What kind of health would you like to have? (describe it in detail so you can “see” it)

What kind of energy and attitude would you like to have? (describe it in detail so you can “see” it)

What abilities in regard to eating and exercise would you like to have?

Examples: She/he enjoys eating healthy and feeding her/his body for a purpose rather than pleasure
She enjoys how exercise makes her feel
She enjoys exercise daily
She enjoys going to the gym and lifting weights

What kind of behaviors would you like to have in regard to other people?

Examples: She likes to discuss things with people but doesn't need to win the argument.
She likes to make people feel good rather than be right.
She loves her family, but knows she must love herself first to have love to give.
She takes time to respond rather than react

What kind of beliefs would you like to have?

Examples: She believes living healthy is enjoyable and rewarding
She believes failures are God's gifts to help us learn and become better!
She believes through gratitude good things come into her life

What kind of habits would you like to have?

Examples: She reads personal development books every night
She meditates daily
She says “hi” or smiles at strangers to feel love by giving it.

Answer these questions:

Which is better, to have NO dream or pursue a dream and take risks?

Is it possible to pursue a dream unsuccessfully?

How would life be better for you if you pursued this dream?

How would life be better for others in your life?

Your spouse

Your kids

Your friends & co-workers

Your family