

Title:

Dreaming Big, Living Large

Word Count:

1070

Summary:

"I'm going to be an astronaut." "I'm going to be a movie star." "I'm going to be the President"

What were your childhood dreams?

We still have the ability to dream big, no matter how old or young, no matter where we live, a

Why is dreaming so important anyhow...

Keywords:

Article Body:

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What were your childhood dreams?

We still have the ability to dream big, no matter how old or young, no matter where we live, a

Why is dreaming so important anyway? Dreams play a significant role in determining the grandeur

When that glass ceiling is very low, it often is because we've allowed our dreams to be creat

Think about your own life. How much room do you have until you hit your glass ceiling? What pa

Your imagination needs to be used regularly or it will atrophy. In the same way that you keep

All of us carry limiting beliefs. Some we may be aware of. Others may lie hidden beneath the r

I don't have enough money.

I don't have enough education.

I don't have the credentials.

I'm not smart enough.

It will never pay the bills.

It's never been done before so it probably can't be done.

It's greedy, or selfish.

It's not spiritual enough.

It's too risky.

People will think I'm crazy.

I don't have any extra time.

Some people might be hurt if I do it.

I might mess it up, or do it wrong.

This is just a small sampling of the limiting beliefs available for our use. There are hundred

We'll look more at limiting beliefs in future issues but for at least the next few minutes - a

Take a moment now and enter your dream-world to imagine your life in 5-years? Let go of the ra

If you're stuck, some questions to ask about your life five years from now are: Where am I liv

If you have trouble letting go of the doubts try feeling your dream. In five-years, how do you

Another trick you can try is to imagine someone else's ideal life. You can dream an ideal life.  
Still having trouble dreaming? Here are some other ideas: Make a dream life collage. Ask a good friend for ideas.  
Take some time to write down your five-year dream. Keep the description out and visible so you can see it every day.  
As you start to dream again, your dreams and your ability to dream are fragile. They need to be nurtured.  
Next time we'll look at what you can do once you have some big dreams. Until then, dream on!

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