

Title:

Living The Dream --- Yours Or Theirs?

Word Count:

1222

Summary:

I know people in my life who when asked how are things going, will reply, "I'm living the dream."

As far back as Sigmund Freud, psychologists have been saying that there are two major areas in life that affect our happiness.

Now, I ask...

Keywords:

Dream, goals, motivation, relationships, careers, career change, workplace, happiness, success

Article Body:

I know people in my life who when asked how are things going, will reply, "I'm living the dream."

As far back as Sigmund Freud, psychologists have been saying that there are two major areas in life that affect our happiness.

Now, I ask again, "Are you living the dream?" Let's talk about work first. When you wake up in the morning, do you love what you do?

As a parent, I always advised my children to choose a profession that they love because they will be more successful.

So, what can you do if you are one of those people?

Have you discovered your definite purpose in life? We were all placed here on earth with a variety of talents.

I believe mine is to help people learn to lead more satisfying lives and to get along better with others.

Many of us are living the dream but it is someone else's dream. Are you working for the "man" or for yourself?

Your work should be something that motivates you, gives you pleasure, provides something valuable to society.

Now, let's look at your relationships. What is the state of your current relationships with those you love?

Some of us have companionship but we are unhappy in these relationships. How can you live the dream in these relationships?

Creating healthy relationships is a matter of choice. You are not destined to be in a miserable relationship.

Most of us never learn healthy relationship skills. We think it is something we are just supposed to have.

Living the dream is not just for a few select individuals. Every single one of us is entitled to live the dream.

1. You must clearly examine whether or not you are happy and satisfied with your current life.
2. If you are not satisfied, then you must clearly delineate what the problems are and the source of the problems.
3. Next, you must identify a solution over which you, yourself, are in control. That means you must be able to control the solution.
4. If you are unable to think of a solution that is solely up to you, then daydream about what you would like to do.
5. Once you have your ideal picture in your mind, ask yourself what is stopping you? What would you need to do to achieve it?
6. Now you must formulate a plan that has a reasonable chance of success. I'm not suggesting that you should give up on your dream.
7. The final step is to develop the strength to actually take the action you planned in Step 6.

If you are having difficulty with any of these steps, then perhaps coaching would help you. Co

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