

Ten ways to claim your dreams.

1.

Write them down. Take the time to journal about them and make them as real as you can by describing in detail the dream, the who, the what, the why, the when and the how.

2.

Vision board them. Get a large piece of card and some magazines with pictures that appeal to you. Cut out pictures that appeal to you and to how you want to feel. Glue them on then finish off by adding some glitter. Put the vision board in your workspace so you see it every day. If you are a mother, vision boarding can be shared with your child. This is a fun way of seeing that children are different from adults in that they don't question what they can have. They cut out what they really like, rather than what they think is realistic. Take a leaf out of their book and don't say no to yourself.

3.

Make up 'wildly improbable goals' or WIGs. (Thank you Martha Beck for this idea) On the left side of a piece of paper write the things you are interested in and on the right hand side of the piece of paper write a wildly improbable goal that is connected to this passion. Here's one of mine:

Singing – play the lead role of 'Mary Poppins.'

4.

Don't tell yourself no. For a long time I put off my dream and passion for coaching. 'It's too difficult. It's not a proper job, how will I ever get clients? The Martha Beck training is so expensive.' I let so many limiting beliefs get in my way of getting on with it and doing what I love. Don't let that happen to you please.

5.

Don't let other people tell you no. You get one life and the choice of how to use that life I'd love to be yours. If you don't feel free, why? Some people are not fortunate enough to be free but for some there is a choice if they look as hard as they can for it and make the choice to have power over what they do and how they do it.

6.

Don't share your dreams with everyone. Some people like to stamp all over dreams as though stamping down daisies with a pair of Doc Martin's. You might have an inkling of who those people are in your

life. If so you can choose to use this knowing to protect your dreams the way a young plant is protected in an incubator.

7.

Don't settle. Remember the 'Friends' song where the lyric goes 'and it hasn't been your day, your week, your month or even your year.' If that is happening wake up and smell the Central Perk coffee and think about what you want to change.

8.

Course correct. If you are getting closer and closer to your dream and it is not feeling great or you have achieved your dream and it is not what you thought it's O.K. to change the plans, other seas might be warmer and bluer.

9.

Realise the journey is just as important as the destination. If you just wanted to see the view from the top of a mountain you could get winched down onto it. The path you are on now is part of your life. You'll miss it if you are always looking at the future attractions.

10.

Believing your dreams are possible means that you can live in hope. Either live in that hopefulness or get new dreams.

Bonus

Write down your actual dreams - the ones you have while you are asleep. The book 'Steering By Starlight' by Martha Beck has an amazing way to interpret them. You write out the symbols in the dream, become each of the symbols and describe yourself as that symbol, and then you say what your message is for the dreamer. Have fun!