

Dream On.....

How often do you take time to *really* think about what you want for yourself and your life? Until I became immersed in the field of coaching as my profession (which is primarily focused on helping others manifest what they want in their life) I hadn't done much thinking about what I wanted.... Instead I often focused on what I didn't want and how I was going to change those situations. Little did I realize at the time that what we focus on grows bigger. So I was inviting all these situations into my life that I didn't want. Finally, the light bulb went on and I realized what was happening so I decided it was time to start focusing on the things I DID want and putting energy into the Universe to invite these things into my life. Now, I know this may sound hokey but the truth is, it really works! The other truth to this is that without a vision of what you want, it's hard to know where you're going. For example, you probably wouldn't drive across the country without a map to show you where to go, right? So, why is your life any different?

As we're coming to a close with 2006, it seems like a perfect time to start looking at the next year and setting some intentions for yourself. Here are some questions you might ponder: How much money do I want to make this year? If I could do something new and different this year, what would it be? What kind of house would I REALLY like to be living in? These are great questions to use in the exercise below. The point of these questions is for you to start thinking big picture. Stretch your mind to think outside of the box and off the hamster wheel and rather, step into the mindset of anything is possible. Below I've given some simple steps to starting the visionary process with the ultimate goal of this exercise being to create a dream board (otherwise known as a treasure map). This is a powerful tool in staying connected to your vision and reminding you what you really want in your life. It's also a wonderful structure to staying accountable with your goals that you set for yourself, whether it's to take more vacations or stay motivated to workout, your dream board is a visual of all the qualities and values that are most important to you. The most important part of this process is to have fun and think BIG!

What's your dream?

Of course, the first thing that must be done is to decide what exactly it is that you want. Here's an exercise to help you get started in discovering what it is you truly want:

1. Take some pieces of paper and head them.
 - a. Your headings might be: financial, spiritual, physical, emotional, mental, and social.
2. Then spend at least 10 minutes with each category writing all the dreams you have in that area.
3. Let the lists set awhile.
4. When you revisit the pages, take some time to refine your dreams.

Creating your dream

Now, choose one of the areas in which you feel the greatest need. Gather a huge stack of old magazines, a pair of scissors, and some glue. Put on some inspiring music and sit down where you'll be comfortable. Start flipping through the magazines looking for any pictures, words, or phrases that illustrate your dreams and goals in that area. For example, if I chose "social" I would find a picture of people having a picnic together. I'd

cut out words like "laughter" or "friendship." Maybe I'd cut out a picture of a birthday party, or a calendar with a date circled.

Once you have a wide variety of things cut out you can start to put together your dream board. Now I've read differing opinions on how to form a "proper" dream board. Some folks urge people to get a large piece of poster board and section it off with all the different life areas, putting pictures and words in each section. Others teach that each dream board should only contain one area, such as "financial." Still others suggest that you make your dream board small enough to carry around with you. I've also read that the color of the poster board is important. I've listened to admonitions to put real photos of yourself within the dream board.

The important thing is to make your dream board so that it pleases you. When you look at it, you should get a warm happy conviction that you're looking at a slice of life that you would be happy to experience. Include something that indicates service to your fellow man. Remember, your dream board must harmonize with your integrity and values.

Making your dreams real

After you've arranged and glued all your pictures onto your dream board, it's time to put it up. Personally, I've mounted my dream board right in front of my desk in my office so I look at it every day. You may want to put dream boards up around the house – in your bedroom, office, bathroom, and even on the fridge. Have fun choosing a spot where you know you'll see your dream board every day. Look at it with pleasure. Visualize it becoming a reality.

Then, hang on! It's sometimes surprising how quickly our desires manifest once we've spent time making a dream board. And once you see this one coming true, get busy on your next one. You'll want to have a constant cycle of dream boards circling through your house!

Many blessings to you and yours . . .

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