



Record My Dream

The way you think can alter your reality.

For instance, if you believe you are tired, you will be. If you think you are going to be nervous doing a presentation it will happen.

It is important you turn negative thoughts into positive statements as you embark on your journey. You may be a positive person already, but when you want to make a dream happen you will have good and bad days and this can instigate negativity. As an example, if you say, "This will be tough ...!" remind yourself this is not helping in any way you are reaching your goal and switch it to "I know this will be challenging but I will do it!" These examples show why I added into the kit your encouraging PowerPoint presentation and suggested scattering affirmations around your home. Make sure you record any changes in how you are approaching any negativity in your Progression Diary as well as the times you experience the negative thoughts. There may well be a pattern to your thought process.

Another way to reverse negative thoughts and to programme positive ideas is to work in reverse. This is where my 'Record Your Dream Exercise' comes from.

For this Exercise you will need to have a voice recording app on your phone. If you don't have one, you can easily download one from the Internet.

Once you have this, look at your Mission Statement and the objectives set out. Imagine these coming true and how it feels you have met your goal in the requirements set-out and how it has changed you as a person. Now write a brief statement describing how your life has changed, what success feels like and who you have become. Write this in the present tense, i.e. as though you are there now, and use positive words.

Once this is done, record your dream. Format it like this: -

Begin with your Mission Statement.

Then ...

"It will change my life because ..."

Followed by the description as to how it will feel to reach your goal.

Once you have recorded it you should play your dream when you wake, as 'My To-Do List For Today' states. Through listening to the future dream in the present will aid success. When you go driving listen to it in the car; if you go for a walk or run plug in your earphones and listen to the monologue as you move. This suggestion is fabulous

as your running will instigate endorphins to make you feel good and you will be living your dream. Now make it happen!!!!

Do you need further support with this? If so, I would be very happy to discuss further. Email me at directactionlifecoach@gmail.com or call me on 07544 899678.