

How to maintain the dream

I am still thinking about living your dream.

You have clarified your goals, defined success, collected your resources, developed an Action Plan, and now you are ready to move ahead and write that novel, learn how to ride a horse, or build a library in Tibet. How do you actually nurture the dream? How do you keep the passion alive and burning in your heart and soul?



- **Remind yourself every day what your goal is.** Sometimes, we lose the melody amidst all of the noise! I leave myself notes on the fridge door (“Yahoo! 5 lbs!”) or notes from my action plan in the pocket of my coat. I keep the dream in front of me – in words, illustrations, actions, and deeds.
- **Share your dream.** Talk to your friends and family about your dream; describe what it looks like, how you are measuring success, and your time line. You will quickly learn who your supporters are and who they aren’t. Then, you can surround yourself with those folks who truly buy into and support your dream!
- **Look for other folks who have the same dream.** The internet is a rich resource to find fellow dreamers who are writing that novel, learning to ride, or building a library. You will learn much from your fellow travelers.
- **Keep an inspiration board.** A collage of ideas and pictures will feed the dream and keep it alive in your mind. As simple as some magazine photos or as complex as a digital scrapbook, it will provide the visual inspiration needed to live any dream and the ability to modify the dream as you grow and change.
- **Take baby steps!** The most sustainable and life-altering changes are the smallest (e.g. moving from 1 teaspoon of sugar to a ½).
- **Celebrate your small successes along the way.** Small celebrations along the way (like a cup of great coffee) will help you support and nurture your dream.

Life is all about what you make of it, so live your dream!

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