



Whether you think you can,
or you think you can't...
YOU'RE RIGHT!
Henry Ford



How To Achieve Your Dream

We all have dreams which keep us going, reaching for higher ground and creating daily plans of action that will allow us to achieve those dreams. No? oh dear then there is clearly a problem.

**The future
belongs to those
who believe in the
beauty of their
dreams.**

-Eleanor Roosevelt

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Look at it this way, almost anything worth bragging about that you have achieved in life, more than likely started with a dream. If that is the case then think back to what you did to achieve that dream. In a lot of cases you would have looked for what you dreamed about (a holiday abroad), worked out what you needed to do to achieve that dream (save) and then took action (booked).

The best way to achieve a dream is to create a plan of action. Start off by writing down your dream then (in no particular order) write down everything that needs to happen for that dream to be achieved. Let's use the holiday as an example.

Let's say you wanted to go on a boat cruise with your family of 4. You search the Internet (or visit travel agents) to find out what cruises are available and how much they cost. Once you have decided which of the cruises you looked at fit your dream, you know how much it will cost. You can now work out how much you have to save per month until the date of the cruise and.....you start saving (taking action).

**“You must
find the place
inside yourself
where nothing
is impossible.”**

Deepak Chopra

So now that we have established that creating a plan gives you a chance at realizing your dream, why do we still not achieve our dreams? In my view it is because we live our dream in our heads and do not plan on paper.

Let's go back to the exercise. You have now made a list of everything that needs to happen for you to achieve that dream. Now take that list and put it in order from the first action you need to take until you get to the realization of the dream.

What you have effectively done is broken your dream down into smaller goals which will one by one bring you closer to your dream.

Question: *How do you eat an elephant?*

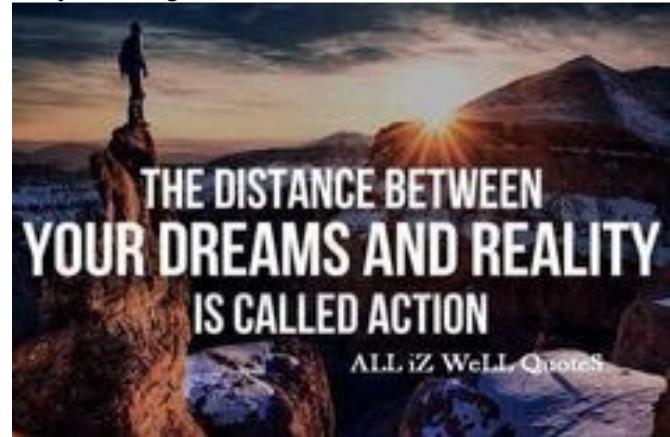
Answer: *One bite at a time.*

You have just created a list of smaller goals which are achievable and although on their own they do not realise your dream, they take you one step closer.



Did you know that it is better to write something down than to type it out on your computer? The reason for this is the link between your hand, your eyes and your brain. Writing something down on paper is almost like inscribing it in your brain as your hand makes the shapes for the words whereas, typing it on a computer, not only do your loose the action of your hand forming the words

but, you don't read everything you type as you are not always looking at the screen.



Believe in your dreams, write out your plan of action then...TAKE ACTION every day and soon your dream will be within reach.

