

Realization of Dreams

By Chuck And Sue DeFiore

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Chuck And Sue DeFiore
coaches@homebusinesssolutions.com

Home Business Solutions <http://www.homebusinesssolutions.com>

We all have dreams. Some of us dream about winning the lottery and never having to work again (also the most unrealistic dream). Others dream of going to college, retirement, travel. Still others dream of working from their home. Some even want to run their own business. Whatever your dreams are, the realization of them is extremely important. We need our dreams to keep us going.

For many of us our destiny is based on what dreams we have for ourselves. Think of your dreams as mini goals. There are certain things you want to do over the next month, over the next three months, six months, or the next year.

For those of you who believe your destiny is pre-determined and there is nothing you can do about it, I don't buy it. Yes, bad things happen. We all go through periods where it seems that nothing is going right for us. However, you can't sit there waiting for a miracle to happen. It doesn't work that way. In order to realize your dreams you have to make something happen. You and only you control your destiny and the realization of your dreams. You have to set mini goals for yourself, and if you have trouble realizing those goals, ask for help. We all have something we are good at. Some of us, however, need help developing our skills. So ask for help. Don't just decide you can't do it. Also don't make your goals unrealistic. Start with small goals and work from there.

Your dream might be to run your own business. However, before you can do that you have to become proficient in that area. In order to become proficient, you may have to take classes or work a job related to the business you want to run, to gain insight. Any other number of things might have to occur before you realize that dream.

While we all have our strong areas, and things that we are good at, they don't always mesh with what our dreams are. The skills you need to realize your dreams can be learned, but only if you ask for help. So, if the reason your dreams are not being realized is lack of skills, ask someone for help. You won't know if you are good or bad at something until you try. Yes, sometimes you might have to put aside certain dreams for others, however, that is part of the life process.

One of the best ways to move yourself toward the realization of your dreams is to visualize yourself doing what your dream is about. If it is retirement, visualize yourself during a typical day of your retirement. Visualize the home you live in, getting up, visualize your daily routine.

So, to realize your dreams, remember your destiny is based on what dreams you have for yourself, and you control that destiny.

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