

I BRING MY DREAMS TO LIFE

I dare to dream big. I take worthwhile risks and maximize my opportunities. I look for places where I can add value and make a difference.

I limit distractions. I am selective about watching TV and browsing online. I simplify my lifestyle by clearing away clutter and cutting down on possessions. I free up more time and energy to devote to my passion projects.

I live according to my own expectations instead of trying to please others. I am honest with myself about what I want and what I can achieve. I strive to be authentic.

I believe in myself and my abilities. I challenge doubts and assumptions that make me underestimate my potential. I reflect on my accomplishments. Each experience proves that I am capable and talented.

I team up with others. I find partners who share my vision.

I tolerate discomfort. I am willing to adjust my lifestyle and make tradeoffs that bring me closer to reaching my goals.

I take concrete action. I translate my dreams into specific steps and timelines. I make progress each day.

I choose happiness. I adopt habits that bring me satisfaction and success. I enjoy the journey. I am content with what I have while I continue to learn and grow.

Today, I connect with my highest ambitions and deepest desires. I am living out my dreams.

REFLECTION QUESTIONS

1

How can I limit distractions and focus on what truly brings me joy?

2

What actions can I take to live according to my own expectations and not others'?

3

How do I balance taking worthwhile risks with maintaining stability in my life?