



DREAM BIG, WORK HARD,
STAY FOCUSED, AND
SURROUND YOURSELF
WITH GOOD PEOPLE.

IF IT DOESN'T SCARE YOU... DREAM BIGGER

The strange thing about life is that most of us die with our dreams still in us. Our dreams are buried in the ground along with the body. Sorry to be so morbid but it's frustrating to know that most of us never make our dreams come true. The weird thing is that most of our dreams are achievable. It might be starting your own business, getting a college degree, going on a crazy, fantastic vacation, or I don't know, you tell me, "What is your dream?"

My dream is to get on stage and compete in a bikini fitness contest. It sounds crazy because I'm over 100 pounds overweight. That's why I have the best trainer in the world to help me make that dream come true. I was told once that if your dreams don't scare you, then your dream is not big enough. When I visualize myself standing on the stage, it excites me, motivates me and it scares me.

As important as it is to dream, it's even more important to manage your emotions so that you can stay focused, consistent and remain on track. My theory on why people give up on their dreams is that they don't know how to manage their emotions. Life happens and you get frustrated and disillusioned. Then you give up. I have a few tips that may help us.

#1: Make sure it's your dream

Many desires are the product of friends, family and social perspectives. When your dreams do not align with your true belief, consistency can decrease over time.

#2 Remind yourself of why you started

Keep your dream visible. Write it down and post it in a place where you see it daily. Give yourself daily reminders of why this dream is important to you.

#3 You Can't Control Everything

Life happens. Things don't always go according to plan, but that doesn't mean that we shouldn't have a plan. We should do everything that we can to stay consistent.

The most important reminder is, do your best. Each day, do the best that you can. Each day will look different. Some days you can do more, some days you'll do less. The most important thing is do what you can and do your best.

#4 Keep Your Eye on The Prize

I'm reminded of a story that I heard many, many years ago. It goes something like this. A lady was walking home with items in her basket to sell. She was visualizing all the things that she was going to buy with the money that she would make from her sales. She was so focused on what was happening in her mind that she didn't see the rock that tripped her. She fell and the items in her basket were destroyed.

Point of the story... don't let the small stuff trip you up.

#5 Surround yourself with positive people

Positive energy is contagious. It lifts you up and encourages you. People can have positive energy that can help you feed your dreams. There are some Debbie-downers out there also. They can suck the positive vibes right out of the room. It's important to identify both types of people and stay close to the positive people, especially if you are emotionally vulnerable.

I hope that helps. I'll be using these tips as well. Do your best because that's all you can do. Stay focused and don't trip up on the small stuff. Lastly, cheer loudly for me when you see me on the stage.