

## Motivation

Ever intellection of decent a magistrate, inaugural a soft furnishings shop, training as a counsellor, planting a show garden, composition for the topical paper? All of us hit dreams, ease likewise whatever pursue them. Going after the envisage crapper feel so discouraging it's often easier to hit the vision than to live it. Here's my basic philosophy. I don't want to intend to 80, look back at my chronicle and think "Oops! I wish I had..."; I want to undergo I've lived all the chronicle I've been given, whatever that means. So what are your dreams?

### What's Holding You Back?

I strength change (public humiliation)  
 I strength follow (other people's high expectations)  
 It's likewise arduous at my age  
 I'll never encounter the time  
 People module think I'm too bounteous for my boots;  
 I don't undergo how to begin  
 Who am I? There are other grouping far more qualified  
 I don't hit enough self-confidence

### It's All Right To Be Frightened

Fear, concern, anxiety are natural feelings so don't wait to be incoming a newborn venture without whatever pretty intense emotions. You hit to modify whether you're going to give them more room in your head than the excitement, anticipation and undergo that are equally present. If you center likewise such to the anxious feelings, they'll verify you to kibosh before you begin. Get an image in your head of you at your most flourishing and permit her hit more room than the "little" you that module ready you diminutive if you permit her. Draw a self-portrait of your flourishing self. Start a scrapbook and put her on tender one. One of my scrapbooks is filled with cartoons, my possess drawings (really intense ones I strength add!), poetry (mine and others), clippings from magazines and newspapers, anything that helped me define my dream.

### Identify The Skills You Already Have

Being a homemaker requires courage, tenacity, planning, determination and flexibility. All those qualities are also required for some newborn venture. For digit month ready a journal in your scrapbook of everything you do in your lawful chronicle and the qualities and skills you use to do them. Then envisage yourself in your newborn activity and itemize the skills you'll need, rating a stitch incoming to the ones you already have. In whatever cases you haw requirement retraining (studying to be a counsellor, for instance), but in most cases I hit found that grouping already hit the skills and qualities they'll requirement for a newborn vocation.

### Get A Support Structure In Place Before You Begin

Two is a hold group. Get more if you crapper and schedule lawful weekly meetings. They requirement only terminal an hour. Part of their purpose is to help ready you on track. At the beginning verify your hold assemble your long-term aspirations and at least digit short-term goal per week. Other people's jobs are to encourage, understanding newborn ideas and verify you are wonderful. This is no joke. When the going gets difficult, you requirement to hit grouping on your side whatever happens. A whatever good words from someone you consortium crapper alter anyone's day. Make sure you do not include anyone who module verify you ground your ideas won't work. It's fine to hit someone point out whatever of the pitfalls, but you do not requirement negativity &ndash; it meet feeds the little you.

### Dream With Your Feet On The Ground

Be realistic. You haw envisage of being a choreography dancer at 45, but it's mighty implausible to happen. However, you could intend involved in set design, costume-making or some number of related areas. One of the problems that grouping with impracticable dreams encounter is that they attain them so big, that not only is it implausible they'll be able to attain them, it is equally likely that they module be the best excuse never to begin. I'm a great believer in impracticable dreams (I hit them myself!), but attain sure they crapper be broken downbound into "bite-size" chunks, so that you crapper wager a beginning, region and modify to apiece chunk. If my envisage is to be a Booker prize winner I crapper meet in my head autographing first editions and never start the first page. Or I crapper ready a journal every day, beam a brief piece into the parish account and write letters to the editor of my favourite entrepot as a artefact of practising my skills as a writer.

### Start Networking &ndash; You Know More People Than You Think

Go through your come book and wager if there's anyone amongst your underway friends, relatives and acquaintances who knows something most the area you are interested in. Don't think in terms of what they crapper do, rather what or who they know. Identify who's already doing what you want to do and ask to pick their brains. It haw seem quite a bold thing to ask but, in my experience, grouping are usually quite generous most informing others what they undergo (good for their ego too) and module give not only multipurpose pointers but module signal you of pitfalls as well.

### Learn To Sell Yourself

If you don't think you hit something to offer, ground should anyone else? You don't hit to gesture a flag to sell yourself, but self-deprecation won't do it either. An training to do with your hold assemble is to envisage yourself as a product. What's special most you the product? Why would someone want to buy this product? Who are your customers? How module you accomplish them? Odd questions to ask yourself, but they module put a newborn bias on looking at yourself more objectively. Then you requirement to create a Marketing Plan to launch this newborn creation onto the world.

### Create Your Marketing Plan: Back To The Future

I undergo this sounds obvious, but the number of grouping I've met who hit Brobdingnagian dreams and no plans astonishes me. The best artefact to attain a organisation that I undergo is to start with your modify point and impact backwards. solon with your goal and think of what would hit happened meet before you reached it, then what would hit happened meet before that, and so on dirt you accomplish the present day. Draw a graph of what needs to hap when and be clear most the milestones — those key elements that must be in locate for your organisation to impact well. Put people's names incoming to the milestones. And most important of all, attain sure you create a budget so you undergo what resources you'll hit to call upon at apiece stage.

A organisation should attain you feel supported, secure and freed up. If it feels like a burden, you've got the wrong plan.

### Celebrate Small Wins

Small steps advance to bounteous accomplishments. But sometimes we crapper be so fixated on the modify termination that we don't savor the diminutive triumphs that hap along the way. Every phone call, every letter, every newborn idea, (however far-fetched) I look upon as a win. I suppose digit definition of a intend is that it something I haven't done before — whether it's flourishing or not. The mere fact of me giving it a essay is my success. Set small, cushy short-term goals, and give yourself breathing room. Double the turn of instance you think it module verify to attain some of your goals.

### Be Willing To Change Your Dream

Few intend it right the first time. Ask some bank manager and they module verify you that the majority of newborn ventures change in the first year. That's as genuine for newborn businesses as it is for a diminutive home industry. It's actually the travelling that counts as such as the modify result. If the goal is everything then it's implausible you'll verify pleasure in how you intend there. The genuine accomplishment is in the trying. You haw encounter that half artefact through environment up your soft furnishing class you don't rattling hit the temperament to impact with the open all period long. You could look on that as a failure. However, at the same instance you strength hit realised that your real passion is for interior design. Changing you mind does not mean you are a failure. It effectuation you've changed your mind!

In my possess case, I look at digit of the scrapbooks I created fourteen years ago, and I ease encounter it inspiring, modify though such of what I desired to accomplish didn't happen. What did hap is that I created a realizable forum for my dreams and aspirations that helped me intend clear most what I wanted. I ease live my dreams; I'm meet more willing to permit them change.