

Live Your Dreams

Week 6 – Get Started

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Where the Road Meets Spirit



Visioning Exercise



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Week 6 – Get Started

Step 1 – Get your Bearings (Weeks 1-3)

Step 2 – Commit & Prepare

Step 3 – Plan your Route

Step 4 – **Get Started**

Step 5 - Plan for Sustainability & Growth



Week 5

Objectives:

- Plan from a place of empowerment
- Alternatives
- Communicating effectively



Now you're underway!



Week 6 – Get Started

Objectives:

- Take control
- Focus on how to reach your destination/goal/dream
- Embrace change



Take Control

- New shoots need
 - Earth
 - Sunlight
 - Water
 - Nutrients



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Staying in Balance

- Caring for self:
 - Physical
 - Spiritual
 - Emotional
 - Mental



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Staying in Balance

- We are spiritual beings in a human body
- Sending mixed messages to self when trying to live your dream but not looking after your being



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Staying in Balance

- Challenge your beliefs
- Fledgling – thought I needed a business partner
- Partners are OK – but not when you give up your own dream for theirs



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Staying in Balance

- Revisit your priorities
- Assess your activities
- Leave a buffer
- Play to your strengths
- Use the right resources
- Avoid impulsive actions
- Expect emotional ups and downs



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Focus

- Change takes:
 - Time
 - Persistence
 - Practice
- Avoid distractions
- Losing Focus
 - Teaching at 2 colleges
 - Consulting
 - Writing
 - Tours
 - Etc.



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Watch for the signs

- Intuition
- Messenger in parking lot
- Speeding ticket
- Ladder across highway

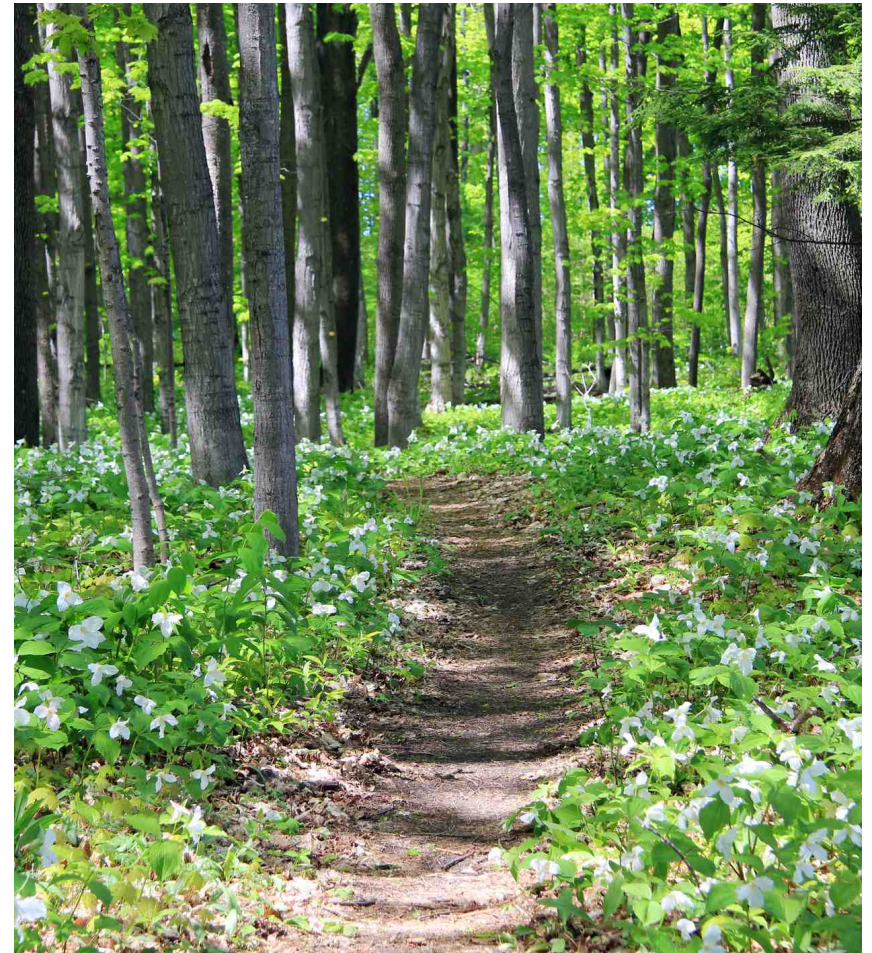


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Embrace Change

- Pivotal lesson
- Time to stop, assess and recalculate
- It can look dark, but from darkness comes life



Change Happens

- People come and go from your life
- Technicolor world
- Look at the gains
- Choose your thoughts
- Minimize the volume of change
- Keep moving



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Homework

- List the actions you've taken so far and confirm they're on target with your dream. Are there any that were out of scope? Recalculate if necessary
- What has changed so far?
- What else is changing?
- What do you need to change to be successful? How will you do that?

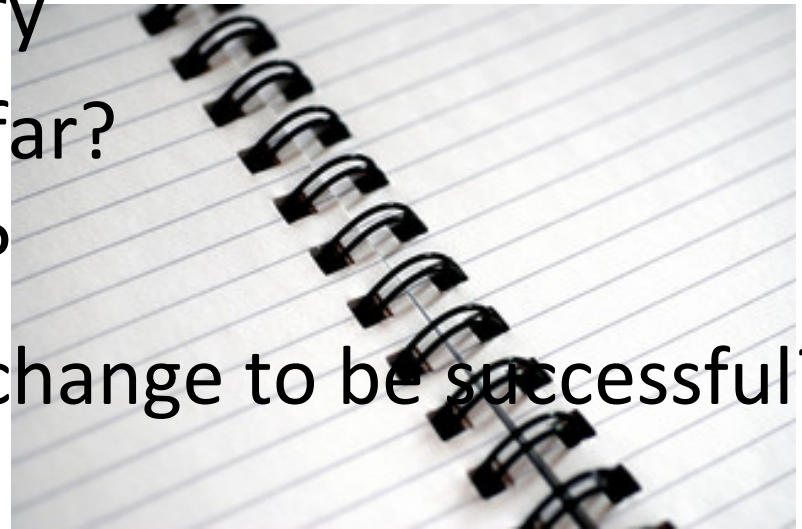


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