

Turn your dreams into reality

Lifecoach Victoria Mills shows you how in seven easy steps

We live in a time of great choice with many options in front of us, and sometimes we become distracted from what our hearts truly desire.

Living life the way you want instead of being on the society treadmill can be a daunting task and few of us really take the time to ask 'What is it that I want in my life?'

The problem is that so many of us strive for success and often find it but feel unfulfilled when we get there; or we feel fulfilled but never reach our vision of success.

But what is it that you want to create for your life? There is no universal version of success. What we often do is judge one another based on our definition of success, which is limiting for ourselves as well as to those we judge.

One person might feel successful if they have a husband, two kids, a job and own their own home. Another person might feel that success is making \$2 million dollars a year; to someone else it might be to have a balanced life or to be a loving and generous person.

Regardless of what you desire, it's important to understand what your dream is and then identify how you can make it a reality. But remember, spend as much time on the 'doing' as on the 'being' – find time to create peace and fulfillment inside of yourself as you embark on this journey of creating success and happiness.

Change for growth

Do you often wonder why some people are successful yet others seems to struggle each day? Perhaps

it's because those who are living their version of success and happiness were committed to finding it. Creating change and letting go of negative patterns that may hinder you living your dreams can be tough to let go of without inner reflection on why you hold onto these toxic patterns.

Most people who reach all-time high points in life have embarked on an intense process of self discovery and change to make their dreams a reality. If you stay stuck in the same routines and patterns, it's most likely that life will stay the same. If you embark upon change and take consistent action toward your dreams, it's more than likely they will become reality. Even just writing your dreams and goals down gives you more of a chance to succeed than not doing anything.

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Getting clear on what you want, taking consistent action, developing and having faith, and also continuing to grow and develop in most cases will create a successful life. But pretending to create change by doing an array of courses, lots of reading and finding wonderful ways to mask your growth will not create success – it will help you feel like you're getting there but you won't create it.

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The bottom line

You must want to change to succeed. Life doesn't have to be a struggle. The journey is to define ourselves and recognise all of who we are and find our version of truth in our lives. If it's not working, then let it fall away and step into the unknown, as scary as this can be.

A person who wants to create abundance or have a successful life is a person who gives of themselves, is full of love, thinks abundantly, believes there is always more than enough for us all, likes to share and gives and receives freely.

Getting started

The main place to start is to ask yourself, 'Am I living from an impoverished mindset? Am I worthy of this job (or whatever your goal is)? Is my heart full of fear and limitation?' Watch how your thoughts give you the answers to how you create your version of success and happiness and enjoy the ebb and flow that life brings.

Plan of attack

Below is a monthly guide focusing on specific actions each week to help you come closer to your dreams, goals and desires.

The more you focus on what you want (and not on what you don't want), your intentions and goals will manifest effortlessly by the more energy you put into this.

Spare a few minutes to read the lists below and commit to doing one action a day, then observe what happens!

Weekly plan for success

Week One

- * Write down your intention or desire every day for at least 21 days out of 30 or 31 and commit your goals to paper – you're more likely to achieve them quickly and easily.
- * Memorise your favourite ongoing intentions and chant them everyday such as: "I create effortlessly, I am more confident, I have my dream partner in my life now, I am working in my ideal job, I have a new, healthy body," etc.
- * Write a vision of how your desires would look in your life and use positive language when you think, speak and write about them. Remember that what you think about is what you bring about.
- * Remove negative statements such as 'In the past...' or 'Up until now...'
- * Write in your diary what you would like to happen within four weeks and check back with what you wrote after that time.

Week Two

- * Before you start your day, close your eyes and imagine your dreams have manifested in your life and see yourself enjoying the new job, relationship, peace, happiness, etc.
- * Check your energy level each evening and make sure that you are energised enough.
- * Record your intention or desire and listen to it everyday.
- * Remember that fear is just an acronym for 'Forgetting Everything's All Right'.
- * Before you close your eyes at night, write down one thing you're grateful for in your life.
- * To multiply your manifestations and blessings, keep track of all the tiny miracles occurring.



Week Three

- * What do you admire about your role models? How did they achieve those things?
- * Before you get out of bed, visualise your goals actually happening in your life.
- * Make a point to hang out with positive role models.
- * Appreciate what you have – write a gratitude list each day of things you are grateful for.
- * Identify any reoccurring patterns you continually face that may be preventing you from manifesting your desires. Tell people your goals and ask them to help you reach them.

Fear is just an acronym for 'Forgetting Everything's All Right'

Week Four

- * Before you get out of bed, think about your goals and visualise them becoming real.
- * Create a desire collage and collect pictures, words, etc., and stick them onto a piece of cardboard – this will represent all the things, people and experiences you wish to have in your life. Look at it daily and know that you will create it all.
- * Tell people your dreams and ask them to help you reach them.
- * Stay focused on what you want.
- * Get rid of what you don't want – this will make room for what you do want in your life and create the space for it to come in.
- * Check your intention and goals list – is there anything else you could be doing differently to help you achieve them?
- * Make a commitment to find solutions whenever you feel challenged.
- * Relax and enjoy what you're creating.

And finally, check back in your diary and re-visit what you wrote in Week One and see how much closer you've come to living your dreams – or maybe you're already there!

Victoria Mills is a life coach, working with individuals and teams, inspiring and igniting the human spirit in work and life. Victoria can be contacted at victoria@victoriamills.com NH



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