

5 Steps to Quicken your Dreams!

We all have dreams we want to accomplish, but somewhere along the way they are overtaken by the hustle and bustle of life and the dreams we once believed we would accomplish lose their rank and seem to fade away until we don't even give them much thought anymore.

Sound familiar?

If you feel like your dreams are long gone, it's never too late to revive them and bring them back to life! It's common for people to give up on their dreams because we are imperfect human beings. We let our dreams die for many reasons and sometimes it's seemingly good reasons, but the truth is there is never anything that should cause you to give up on what you know you were born for as long as you're breathing. So, if you have dreams that you need to make alive again, here are 5 steps to help you make it happen.

5 Steps to Quicken your Dreams!

1. Give yourself constant reminders of what your dreams are –

Don't ever let your dreams out of your sight again. Put out reminders everywhere of what you want to accomplish. One great way of doing that is to create a vision board and keep it front and center so you can see it often. You can put sticky notes out and/or reminders on your phone. It is so important to write down why you want to achieve your goals and dreams in the first place. Once you are clear about your why, be sure you have it out as

a daily reminder so that you don't lose your motivation to keep working towards success. Constant reminders are a must to keep your dreams alive!

2. Schedule time to work on your dreams –

Achieving your dream takes intention and determination. Unless you have the time scheduled into your daily routine, you will get to the end of each day and realize you haven't spent any time working towards the things you desire. Everything else in life will take priority and before you know it a week goes by and you haven't applied any effort towards accomplishing your goals and dreams. The key is to treat the appointment in your calendar for working on your dreams just like if it were a doctor's appointment. You wouldn't just cancel or replace your doctor's appointment with something else. Show your goals the same respect.

3. Focus on the work not the result –

You don't get results by focusing on the results. You get results by focusing on the work that needs to be done to get the results you desire. What is the work you need to do to get the outcome you desire? Start with small steps that will move you closer to your goals and dreams.

4. Make sure you have accountability –

Accountability is king. Someone must know what your dreams are to help you stay on track. Accountability can come from a financial investment in yourself, a coach, or a close family member or friend who love you enough to tell you the truth. Dreams are never accomplished alone; we need the help of others, and we need to make sure we have the accountability needed for success.

5. Review your results often –

Journaling is a great way to track your results. No matter how you decide to review your results, the most important thing is to do it on a regular basis. You can review your results with a coach or a trusted advisor. It's important to compare your goals to the results you are experiencing. Reviewing your results will keep your goals and dreams at the forefront of your mind and help you stay on track.

No matter what your dreams are, the common denominator for success is how to follow through on them and keep them alive. Life can get in the way of the things you desire to achieve which can make success difficult, but it does not make it impossible. You just need to be steadfast and keep the fire burning!

Article Written By:

Kim Martin, Founder of I've Decided, INC.

www.ivedecided.org

www.ivedecided.org

