

# 5 Tips for Daring to Dream

by Karen Colligan

Dreaming is one of the most underrated pastimes in the world. When was the last time you allowed yourself to sit still, let your mind run wild and dream about the possibilities? In our world, who has time? In reality, who couldn't make time? Let's look at a pathway to dreaming and focusing on what you want for your future:

## 1. Taking Inventory

Who am I today? What do I stand for and how do I show up in the world? Take some time to review your values and really pay attention to where you are with them today. Take stock of your natural talents. Those are the innate skills that evoke such comments as: "you make that look so easy," "you're a natural." Once you combine your values with your natural talents and recognize who you are at this point in time you can begin dreaming about the possibilities. It is no longer about what you "should" do it is about what you "want" to do. It is about having a clear sense of self. Dare to create a life outside of anyone's approval.

## 2. Creating You

You are a different person today. Bask in your journey so far, and continue to think about the road ahead. When describing yourself and dreaming about the future, rework how you portray yourself. Start speaking in the future tone of "I want..." Keep the possibilities ahead of you. Do not allow "no" to enter into your vocabulary. Keep the nay-sayers at a distance.

## 3. Designing Your Future

Write down all the possibilities. Keep a Dream Journal and continue to add to it. What are the things you want to do and accomplish? Rank them. Take the number-one dream and begin to imagine it coming true. Capture ways to attain it. Keep adding to it. Keep imagining it. It's essential to have clarity, focus, and stay on target. Don't lose sight of your dream.

## 4. Tell Everyone

Don't be shy. Share your dream with people who will support you in your quest to attain your dream. Imagine it... picture it...draw it...feel it. The more you talk about and visualize your dream the more it will become reality. Start a Dream Club where you meet once a month to share and encourage each other to strive and move toward your dream. There is power and momentum in having a support structure.

## 5. Don't Stop Now

Think about how fantastic it is to be creating the life that is right for you, today—not yesterday, today. You need to believe that your dream can truly become reality. Continue to add to your Dream Journal. Be bold and you will discover your own genius.

Remember...if you don't take care of yourself, no one else will. Dream about your possibilities and then take action to make them reality.

Karen Colligan, the founder and president of PeopleThink, Inc., specializes in developing high-performance individuals, teams and leaders. As a consultant, facilitator and coach, Karen's work is focused on inspiring people to discover and apply their natural talents, skills and interests to create the career they want. Karen's full-service career-planning program, *The Get Real Guide to Your Career*, is a proven system that directs individuals on the path to a career that will be more fulfilling, make better use of their skills and allow them to do what they love. For more information, visit [www.TheGetRealGuide.com](http://www.TheGetRealGuide.com).