

PIPE DREAMS

What is one of your Pipe Dreams?

Close your eyes and imagine it. Describe how you feel and what you envision.

What is the first/next step you need to take to obtain it?

What, if anything, prevents you from taking this next step?

Have you been honest with your feelings or responses? YES NO

If NO, what is really stopping you?

Close your eyes. Imagine whatever is stopping you.

Compare that image to your dream/vision? Which is larger and stronger?

With the power of your mind, shrink the obstacle until it is equal in size to your vision.

How does that feel? _____

If you are ready to proceed, shrink the obstacle even further, down to the size of a grain of sand.

Compare the images again. Do you notice the power shifting?

Hold the dream/vision in your mind and enlarge it so you feel its strength and motivating energy.

What is the next step to achieve it? _____

When you open your eyes, write down the next step and commit to acting on it within the next 24 hours. The first is sometimes the hardest and once you've given it power you have the momentum to continue forward. JUST DO IT!