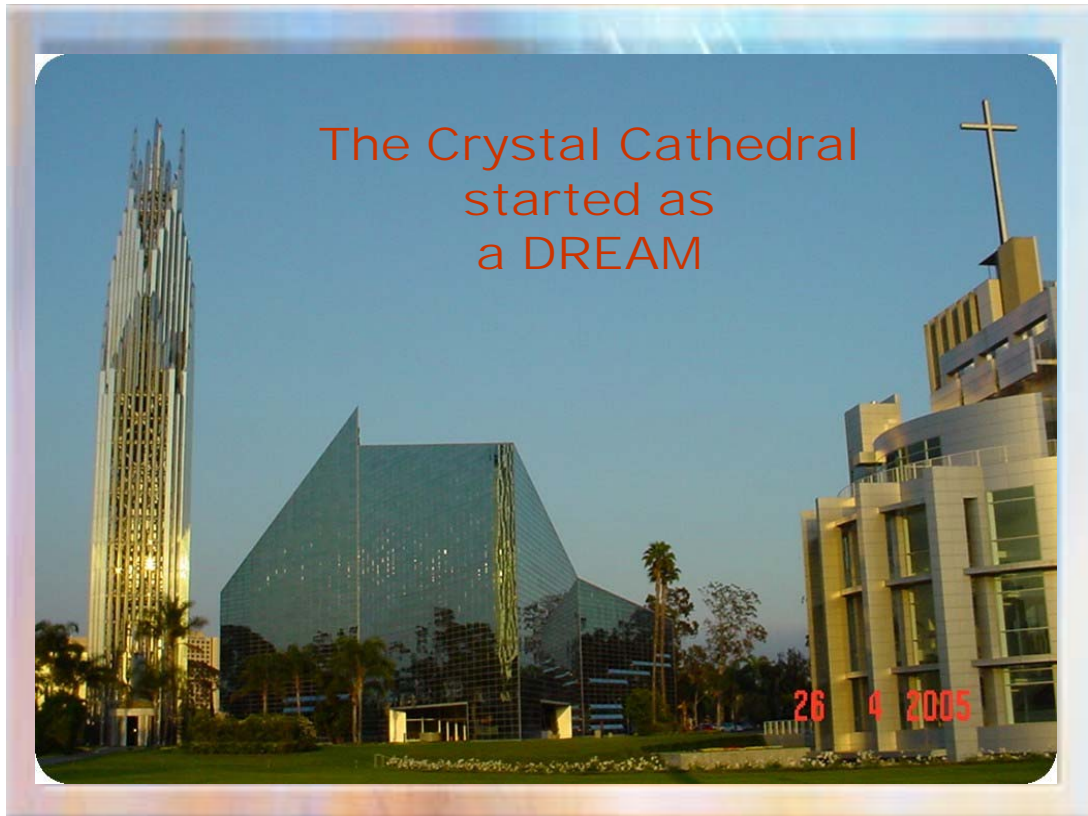


Turn your dreams into Reality

By Barbara Hofmeister, DTM Spain

I am glad so many of you enjoyed my Amsterdam presentation and actually started to seriously think about their dreams again. That was the goal.

Do you still have dreams? I hope you do and if you are interested to make them real start by writing them down - the clearer the better and please don't judge, just write. Remember, what the human mind can conceive it can achieve!



Be outrageous! Think big! You can do it - if you really want to.

"Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light not our darkness, that most frightens us.

We ask ourselves WHO AM I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be!

Our playing small does not save the world.

There's nothing enlightened about shrinking,

so that other people won't feel insecure around you.

You are born to make manifest to the glory of God that is within us;

It is not just in some of us; it is in everyone.

And as we let our own light shine,

we unconsciously give other's permission to do the same.
As we are liberated from our own fears,
our presence automatically liberates others."

Part of **Nelson Mandela's** Inauguration speech - Poem written by Marianne Williamson from [A Return To Love: Reflections on the Principles of A Course in Miracles](#)

These are very powerful words, aren't they? Let them inspire you to really go all out and reach whatever it is that you dream of. You deserve to reach it - we all do but during the course of our life we seem to forget all the big dreams we had when we were young and believed we could do anything. The question is why does life get in the way? Why do so many of us arrive at a stage where there seem to be more obligations than motivations?

The main reason is that most of us have let ourselves be "programmed" for mediocrity. We have not been told or taught that we can be powerful beyond measure. Since early childhood we are conditioned to swim with the swarm, to stay in the crab basket we call humanity and there will always be enough people around us who will remind us of it - but in spite of all this, **we have a choice** at any one moment of our life.

We really can do what we are here to do - if only we do!

And exactly here is our next challenge. To dare something new we must move out of our comfort zone and believe me, that is not easy. We feel comfortable in what we know, we feel safe and secure even if we are in a miserable situation because the devil we know... I am sure you know the proverb. But if we continue to do...

Einstein put this very nicely: "The definition of insanity is doing the same things over and over again and expecting different results."

To help you move out of your comfort zone **visualize** what it would be like when you have reached your big dream. Open your boundaries and dream in 3D. Visualize in every little detail, with all 5 senses what life could be like when you are actually there. Close your eyes and daydream and only when you can "see" yourself in your perfect day and have a wide grin on your face and a nice and warm feeling inside, open your eyes and write it all down. Every little bit of it. Where you are, what you feel, who is around you, what you do, is it warm or cold, are you in a city or in the country, is it a special day of celebration...

Make it a **very vivid Vision** of your perfect day. Imagination is the root of everything that we do and by far the most powerful tool to success. Unless you can imagine yourself being richer, happier, thinner, fitter, or anything else you want to achieve, the chances of you ever getting there are slim.

Your **brain needs to 'see'** the results of your actions before it will allow you to apply your time and effort on striving for them. But unfortunately, although we are all blessed with imaginative powers as children, those powers very often fade as we enter adulthood. Remember the 95 % confidence we have as children and only 5 % as adolescents.

Regaining your ability to imagine, to picture something in your mind so complete that all your senses can experience it, IS possible. It just takes a little bit of practice. The more detailed your written "vision" it is the more it will draw you towards actually getting there. Mine gets longer and longer and I feel great when I read it - which you should do frequently.

Jim Rohn says: "If the why is strong enough, the how becomes easy." It is up to you to create your WHY. Get yourself into the feeling. **This is the strongest technique to create belief in yourself!!!** My clients say it is like giving birth and it really is incredibly motivating. If you want help with it, send me an e-mail to barbara@trainingvisions.com.

Give yourself an honest answer to how much time you give to your dreams every day? For most of us it is NONE so how can we expect to ever reach them?

It is only when your vision is clear that you should ask yourself: What do I have to do to get there? **Always start with the end result in mind!** That is what most of us do wrong. We start walking before we know exactly where we want to go. In consequence it is no surprise that we stray off and get discouraged.

Work with the secrets of those who have done the "impossible". Change your programming from "What if I fail?" to "What if I succeed? Then what?" Would that scare you? It shouldn't! You are the Best in whatever field you are passionately involved in. But you must **know exactly what you want**. Your vision has to be crystal clear to you.

Sorry, if I get carried away but I really want you to get this.

Dr. Schuler, Edison, Mandela, Trump and a lot of other extremely successful people all have these 3 things in common.

1. They know exactly what they want and **start with the end in mind**.
2. **The second key is BELIEF**. People who do the impossible believe they can do it and eventually they do!
3. **They act in spite of their fears**; in spite of their doubts and in spite of what their family and friends might tell them.

Always remember: These are your dreams not theirs. This is your life not theirs!

Dare to go further, dare to create new experiences, implant greater ideas. Act in spite of your fears and doubts - again and again. Move on even if you feel uncomfortable. It is in those moments that you grow.

I wish you to be ALL YOU CAN BE and that is anything you want to be!

To your success!

Barbara Hofmeister

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