Why Your Dreams Can't Wait

In The Dream Highway Podcast episode 9 I identified three different types of motivation that can help you be more urgent about prioritizing your dreams. Each of these stages is what I would call a graduation in maturity. They are all helpful and all have their place, but the ideal stage to be at on a consistent basis would be the third level.

Level 1: The Fear of Remorse *or* Fear of Regret Stage

This stage is characterized by needing a push, a shove or a tow. Often people will feel like they don't want to have regrets when they get old and look back on their lives. Essentially, they're afraid of wasting what they've been given.

Level 2: The Excited Puppy Stage

This stage is characterized by excitement for what you're doing, but the excitement is often fueled by the results you are expecting to get in return.

Level 3: The Stage of Responsibility

This stage is characterized by a deep inner reservoir of gratitude for the gifts you've been given and a deep desire to see them be used for the betterment - not only of mankind - but of all creation. Essentially you feel compelled because you feel like what you have is needed and valuable. At this stage you can pursue your dreams without attachment to the results, and you can simply enjoy the process and the energy you are putting out into the world.

Do you think you fit into anyone or more of these categories right now? If so, which one(s)?

Your Answer:

Without judging yourself, how do you feel about that? Is that something you're okay with, or something you want to see some change in?

Your Answer:

If you want to see some change in this area, what do you think is one step you can take today to move in that direction?

Your Answer:

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What are some reasons we put off going after our dreams?

I identified several factors that could be impeding you from pursuing and accomplishing your dreams. Some of those factors include…

- Perceived lack of resources (time and money)
- Lack of confidence
- Lack of emotional support
- It's hard! uncomfortable! It takes vulnerability. There's uncertainty.
- Risk/Consequences - humiliation, could lose income, relationships and/or opportunities
- You'll actually find out the truth…
    - Maybe you don't have what it takes
    - Maybe you were never really that committed or interested in the first place
- You take yourself too seriously, you're afraid that it won't turn out like you expect

Do any of these resonate with you? If so, which ones? If not, can you think of any other reasons that might apply to you in particular?

Your Answer:

Is there anything you've been putting on the back burner, putting off or saying "no" to? If so, what is it, and why?

Your Answer:

Exercise:

Write down all your dreams - big and small, silly or not - and then be honest with yourself and write down why you've been putting them off. Then, ask yourself if that reason is true, for example, if your reason is, "Well I just don't have the time…" - ask yourself if it's true.

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