

## Five Tips for Jump-Starting Your Dreams

By Greg Nelson

September 2007

I imagine you've had the frustrating experience of getting in your car, turning the key, and hearing nothing but a few clicks and then dead silence. Hate it when that happens! But oh the joy when someone comes along with their car, attaches jumper cables, you turn the key this time and are greeted by the roaring to life of your engine! Gotta love it!

Do you ever feel like your life has a dead battery - no roaring engine - no passion, energy, just kind of sitting around with little movement forward? You're using all your energy just trying to survive and keep routine things going. Dreams? Those are just fantasies for people who end up being irresponsible in the end to pursue them at the cost of the rest of their lives. Who can afford dreams?

Maybe it's time to try a jump start. Here are some tips (your jumper cables):

1. **Accept that you are worthy of your dreams.** Working to fulfill dreams isn't just for people who are irresponsible about the rest of their lives. It's possible to live wisely and still pay attention to your hopes and passions of your preferred future. You were designed to experience all of your life, not just some parts of it.
2. **Identify your dreams.** Which part of your life needs more attention, what isn't happening that you'd like to see happen to bring greater meaning and fulfillment to you?
3. **Take the free Life Goals Quiz** on our web site ([www.flyagaincoaching.com](http://www.flyagaincoaching.com)) to help you determine what areas of your life you want to focus on - especially the Wheel of Life section. Where are you out of balance?
4. **Write down specific steps** to accomplishing your Goal. Make them active, measurable, tangible, and doable. What additional information do you need? What necessary resources are required? What people might you talk to about your goal? What is the target date for completing each step? Anticipate obstacles (internal and external) and ways to push through them.
5. **Set up a support structure.** Keep your Goals and Steps visible (Post-It notes, 3X5 cards, Strategic Steps Notebook). Surround yourself with affirming friends, colleagues, partners who will ask you about your progress and encourage you along the way. Hire a personal Life Coach to be a resource for keeping you on track and moving you forward. Structure time into your weekly schedule to evaluate your progress and take your strategic steps.

You were meant to live a life of significant meaning, purpose and fulfillment. Life isn't just about making it to death safely. Your dreams are in your heart on purpose.

So get out those jumper cables and jump start your battery. And email or call if you'd like some help. It's time to hear your engine roaring!