

Formulating Your Fantasy

What is your deepest dream for yourself—the one you almost don't dare to think about? Are you ready for a change in your life? Whether you're questioning what to do to make that change, or you're already passionate about the product or service you offer, formulating your fantasy can help clarify where you stand right now!

Knowing and truly understanding what you want is critical to changing your life, not in the future, but right now. You must think about it very deliberately. Give yourself the task of identifying your own life fantasy—something that's within your power to create even if it seems like a stretch! Believe me; if it isn't written down, it is not likely to happen. Just writing it down breathes power into the idea.

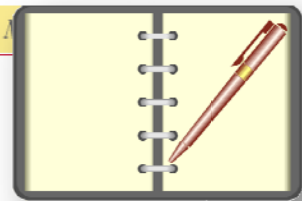
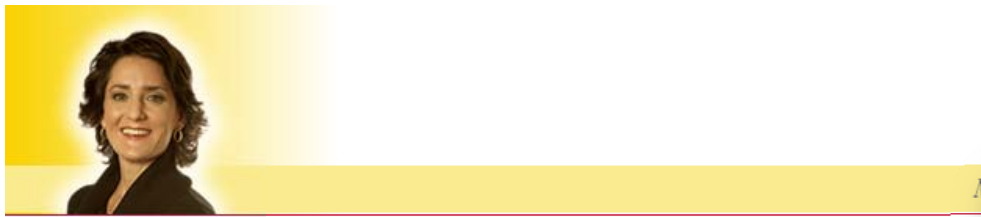
Specifically, how should you do this? This exercise is twofold:

First, ask yourself, "What is my life's fantasy? What is my big-picture wish?" Maybe it's to be rid of financial fear, to have financial independence, to set your own hours, to give money to your family, to travel, or as is often the case with entrepreneurs, to start something that has not before been created. Whatever it may be, write it down and say it out loud. Writing it is important, but speaking it with intention (i.e., "I intend to...") is the only way to breathe power and life into your fantasy.

As women, our tendency is to give to others... leaving our own needs until the very end, if at all. This time should not be seen as selfish—rather, you are allowing yourself a few moments to dream and articulate what you want. If you are able to create something meaningful to *you*, the result of this has the potential to benefit the lives of those you care about the most.

What is my life's fantasy? _____

My big-picture wish for myself without consideration of anyone else is _____



Now, imagine yourself in your favorite seat in the movie theater watching a film of your fantasy life. You are the star and the film begins at your *current age* and in your *current status*.

Allow yourself to let go of any negative "beliefs" you have about yourself (i.e., all the reasons why you can't succeed).

Remember that you are not only the star, but also the director, which means you can edit this film completely. If you hear negative talk entering your mind, write it down, under the heading "Beliefs, Untruths, or Things I'd Like to Change..." and deal with it later!

Name of YOUR Movie	
What are YOU doing in the film?	
What surprises you about YOURSELF?	
What aspects do you LIKE?	
What aspects do you DISLIKE?	
What would you CHANGE?	
Beliefs, Untruths, or Things I'd like to change. Write down any NEGATIVE TALK about yourself.	

While it's important to write it down, be aware that the negative chatter can change its form and sneak in very subtly. Don't be lured in. This is the saboteur of our own inspiration. A wise person once said to me, "When you want to change a pattern, observe it in all its manifestations." So, become almost obsessive in pinpointing it and say, "there it goes again" every time it turns up.

Ideally you will write it down each time. By answering these questions, you are, in essence, shaping your vision of yourself. At this point, you are your own skeptic (or cynic).

Once you've invested enough effort to have a clear vision of what the fantasy looks like, your own internal investor will be convinced that you are credible enough to move from formulated fantasy to inspired reality.