

4 SECRETS TO A HAPPIER LIFE

By Alice Taylor Baker

What's holding you back?

Whatever your worst fear may be, armoring yourself against it creates the very thing you're trying to avoid. So to live your dreams you must remind yourself every day that locking up your dreams isn't protecting them; it's only keeping them from growing. Letting yourself feel your heart's desires will indeed lead to losses and disappointments; life is full of them. But only if you keep your shield down will you experience the wonderful things that balance and eventually overwhelm life's pain. You're safer without your armor.



Step Two: Connect With Your Heart's Desires

If you're afraid after all this time that you're not sure that you have any dreams left, don't worry. Human dreams are within us just ready to come out. Though you can't force this process, you can facilitate it. Dreams grow fastest during undisturbed time in safe, peaceful places. Schedule a meeting between you and your own dreams. Treat this as though it's as important as any other meeting you've ever attended. In fact, it's much more important—what could be as crucial as figuring out what really matters in your life?

To conduct your “meeting”, you'll need a notebook and pen. Start by writing the words “What I Want” on a blank page. List the first five or six things that come to mind. Now turn to a new page. At the top of this one, write “What I REALLY Want”. Write down everything that comes up, no matter how strange it may seem.

All dreams that come from your core are not just acceptable but sacred. Treat them that way.

Step Three: Acknowledge Your Power



Our most common knee-jerk response to our own dreams is “Oh, I couldn’t do that.” By this we may mean anything from “I’m not smart enough” to “I don’t deserve it” to “I’d never get it anyway.” If we think we can’t, we can’t.

The best way to break down such barriers is to change the way you talk. Instead of saying “I can’t...” say “I choose not to...”, “I’ve decided not to...” or “I don’t want to...”.

Instead of saying “I have to...” say “I choose to...”, “I want to...” or “I will...”.

Instead of saying “I don’t have time” say “I’ve decided to do something else during that time”.

Instead of saying “I don’t know how to...” say “I haven’t yet learned to...”.

Step Four: Throw Caution To The Wind

Once you’ve dismantled your armor, reconnected to your dreams, and acknowledged your own power, the only thing between you and your hearts’ desires is the willingness to act. Here, again, fear tends to raise its ugly head.

Some fear is good. But when fear holds us back from our hearts’ desires, it’s overstepping its bounds. To push through our fears complete the following statements:

“If I know I’d succeed, I would.....”

“If I didn’t worry about what people would think, I would...”

“If I had more confidence, I would...”

“If I weren’t so scared, I would...”

Now, whatever you wrote, throw caution to the wind and do it anyway. After all, if fear of failure is keeping you from trying you've already failed. You have nothing to lose and everything to gain. Go ahead, try it. You might just live your dreams!

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