



Worldly accomplishment and spiritual fulfillment are complementary aims. Each enriches the other when they are explored in tandem with mindfulness and commitment. The Soul of Business Success is my system for pursuing business success and spiritual fulfillment through one integrated path. This article addresses one dimension of SBS: pursuing your dreams with vigor NOW, from right where you are.

No More Delayed Dreams *by Michele Lisenbury Christensen*

What dream have you been putting off? What goal are you pining for, but not moving toward? What do you hope you'll be able to do someday that no one in the world knows you want? We each came into these lifetimes to love, to play, and to serve the world in ways that are outrageously fun for us. How do you know how you're meant to serve? What thrills you? What appeals? What seems fun?

We stop ourselves, delay our dreams, and hold ourselves back when we tell stories that don't serve us. We create limiting assumptions that stop us from taking the actions that would get our dreams rolling. This article includes some steps from Nancy Kline's wonderful process called "The Thinking Session." Check out www.thinkingenvironments.com for more information about Nancy.

There are six steps to the process outlined below. You can follow these steps to achieve just about anything, and they're tremendously powerful for un-sticking a goal you've been putting off. When you find yourself wanting something but not doing what it takes to realize your desire, you can bet there's a limiting assumption blocking your mind from committing. These six simple steps will help you clarify your dream, identify the next step, discern your limiting beliefs, create a positive new belief, craft an incisive question that folds the new belief into the plan, and take empowered action. Enjoy!

STEP ONE TO STOP DELAYING YOUR DREAM: DEFINE THE DREAM

What is it you really want to create? A new home? A career change? Growth in your business? A relationship?

Example: My dream is to go back to school to get a degree that will lead to the career of my dreams.

STEP TWO TO STOP DELAYING YOUR DREAM: IDENTIFY YOUR NEXT STEP

What would be the very first step - no matter how small - toward this dream?

Example: My next step toward my dream is to enroll in pre-requisite classes.

STEP THREE TO STOP DELAYING YOUR DREAM: DISCERN WHAT ASSUMPTIONS ARE STOPPING YOU

You've had some very good reasons for delaying this dream: you're assuming it'll cause something bad to happen, or that it won't work out in some way. Haul those assumptions out of the dark recesses of your mind and look them in the eye. What are they?

Example: I'm assuming that enrolling in school will mean I'm neglecting my kids and being a bad parent.

STEP FOUR TO STOP DELAYING YOUR DREAM: IDENTIFY THE POSITIVE OPPOSITE(S) OF YOUR LIMITING ASSUMPTIONS

Every limiting assumption has an opposite assumption that will free you. When I recognize a positive opposite that really fits, it feels like the top of my head has been lifted off! Look for that freeing feeling. What would you have to assume in order to be able to move forward with this next step?

Example: I assume that the best thing I can do for my kids' happiness is to live my dreams.

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STEP FIVE TO STOP DELAYING YOUR DREAM: CREATE AN INCISIVE QUESTION AND ANSWER IT

Your next step (from step two) and your positive assumption (from step four) combine in a special way to create an incisive question that will FREE you to move forward. There's a sort of formula for this:

If I knew that <insert positive assumption here>, what ideas would I have about <insert next step here>?

OR

If I knew that <insert positive assumption here>, what would I do to <insert next step here>?

Example: If I knew that the best thing I can do for my kids' happiness is to live my dreams, what would I do to go back to school?

Example answers: Call and visit 3 schools around town to explore registering. Talk with friends about what I'm doing and see if anyone knows anyone who could help. Look into education benefits from my employer. Start saving money for tuition and books. Talk to my kids about my dream. Ask my mom about babysitting while I'm at class.

(Step 5A: repeat steps 4-5 for each cluster of assumptions that seem to really stop you. Be patient with yourself, and thorough. You'll know you've eliminated enough limiting assumptions when you feel clear-headed and easily move into action!)

STEP SIX TO STOP DELAYING YOUR DREAM: TAKE ACTION AND KEEP FINDING MORE ACTIONS

Take the actions that came to you during step five. Ask the question every morning and every evening. Keep the dream alive! What can you do next? Where can you carve out 5 minutes to move toward your dream? Get going!

Example: I'll talk with my mom this weekend and my kids at next Wednesday's family dinner. I'll check school's websites tomorrow, and ask for them to mail me information. I'll go visit 3 schools by the end of the month. I'll enroll for the next available classes as soon as they're offered.

Follow these six steps and your dreams will slowly but surely come into material form. If you don't feel at peace with the pace of your forward movement, use this same process with that dynamic. Look at what you WANT, and the limiting belief that stops you from having it -- whether what you really want is a faster pace or an unshakable belief in your ability to go the distance. Walk right through the steps and bask in the peace that's waiting for you on the other side.

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Recommended Reading for Dropping the Prerequisites to Your Dreams:

Wishcraft

It's Only Too Late if You Don't Start Now

Or any other book by Barbara Sher

Crappy to Happy *by Randy Peyser*

Callings *by Gregg Levoy*

Taking Care of Me *by Mary Kay Mueller*

Time to Think *by Nancy Kline*

Your Heart's Desire *by Sonia Choquette*

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