



## Take a Tiny Leap: Building Your Dream One Step at a Time

### **Leverage Your Desire**

So often our desires feel more like an absence of the thing we want than a compass pointing us in the right direction. But the difference between your desire pulling you forward and your apparent "lack" of what you want dragging you down is very, very subtle. To switch from being bummed you're "not there yet" (as if there were really a "THERE" to get to!) to feeling elevated by your clarity, put yourself into the experience of having what you want. Then, when you've got the taste, touch, smell, and emotion of being with, experiencing, and enjoying that which you desire... ask yourself "Now that I'm here, what ideas do I have about how to create more of this experience?" Your desire can bring you the inspired ideas and the resources to move you toward that material experience of that which you seek.

***Clarity is magnetic.***

*- Mariette Durack Edwards, performance and creativity coach*

### **Win Early, Win Often**

We are pleasure-seeking and pain-avoiding machines. In times of discipline, we can withdraw our senses from these innate drives and elevate ourselves, but when it comes to pursuing a goal, I find we all respond best to an acknowledgment of this basic nature. Why fight it? To embrace our need for pleasure, I ask that you employ the strategy of "setting yourself up to win" by designing ways to win early and win often. Have you ever said to yourself, "I'll be satisfied when I've got \$X,XXX coming in each month from this venture." Or "When I get a show at Bellevue Art Museum, I'll know I'm a successful artist." Those wins are so far off, it would take a Herculean determination to keep going that long with no way of winning. I say, let's not delay the gratification that long! What, if you did it today, could constitute a win? Winning early means a short time frame. And to ensure you win often, you must frame your "rules for winning" in such a way that YOU control whether the winning point is scored or not. For example, "I have a great date with that new person I met." That's probably NOT under your control. But what is? "I spend 20 minutes sitting with myself and enjoying ME before the date, then check in with myself every time I take a drink of water throughout the evening, so I'm really authentic and relaxed." Yes! A win you can guarantee!

***"Every time you win, it diminishes the fear a little bit.  
You never really cancel the fear of losing; you keep challenging  
it."***

*- Arthur Ashe, African-American Tennis Player*

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!



## **Create Safe Risks**

Why haven't you moved forward on that great idea you had sometime late last century and have been coddling ever since? I'm pretty intuitive, but I don't have to read your mind to guess that if you're like

everyone else with un-lived dreams, you've been thinking the risks and changes required by this idea are more than you can afford right now.

You may be right - if we make the same assumptions you've been making. But what if you assumed there WAS a low-risk step forward you could take RIGHT NOW? You may not see it yet, but if you assume it's there and begin to talk to others about it, it's sure to pop up!

## **Be Impeccable With Your Commitments**

Don Miguel Ruiz' fabulous book "The Four Agreements" has become a bestseller with its four simple rules for peace and spiritual growth. "Be Impeccable With Your Word" is one of them, and this really applies to dreams - but perhaps in a different way than you might expect. I often see frustrated dreamers getting stuck with commitments that don't serve them -- not commitments to other people, but commitments to THEMSELVES! Every new idea can become a promise, and therefore the more creative one is, the more broken promises she may have! It's crucial that you renegotiate all these "broken" agreements with yourself. Let yourself off the hook for actualizing sixteen lifetimes worth of projects! You can jot them all down in an incubation journal and say "these are lovely possibilities! Some may come to pass. But for now, I'm working on other things!" Then, those "other things" will be projects of your choosing AND you can dedicate ALL your energies to them, rather than leaking energy feeling guilty about all your false starts, half-finished projects, and good ideas that went nowhere. It's OKAY!

***"Creative new ideas can lead to your dreams or your downfall.  
You decide which when you choose to focus your creativity  
in a consistent direction... or not."***

*- Michele Lisenbury Christensen, Success and Spirit Coach*

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!



## **Make Room for Leaping**

Brilliance takes space. Walking through fear takes space. Making phone calls, writing articles, connecting with new clients, creating works of art... these all take time, and more! They take mental and emotional *reserves*. Until you have more than enough room for YOU in your world, you'll always feel like you're scrambling for snippets of energy to dedicate to your magnificent plan. What do you need for YOU right now? An extra hour in the morning to write? Time for a walk after dinner? A solid schedule during the day that creates structure so you can move forward on 5 different things each week? Create the habits and systems that will serve you, and watch how far you move!

***In order to accomplish anything truly worthwhile,  
it is necessary to be seriously underemployed.***

*- James Watson, Nobel Laureate, discoverer, with Francis Crick, of the  
double-helix*

Blessings to you and your dreams! - MLC

## **Recommended Reading for Selling Without Selling Out:**

**"It's Only Too Late if You Don't Start Now"** *by Barbara Sher*

**"Creating Your Future"** *by Dave Ellis*

**"Simple Steps to Impossible Dreams"** *by Steven K. Scott*

*Visit [www.successandspirit.com](http://www.successandspirit.com) or call 206.729.8497 for more resources.*

These strategies © 2002 Michele Lisenbury Christensen and SuccessandSpirit.com.  
May be freely distributed with this copyright and contact information attached. Enjoy!