

# GET A DREAM AND GET IT DONE



It is Sunday night, as I am writing this, and I am sitting on a plane heading back to Melbourne after an incredible weekend conference in Canberra. Whilst it was a business conference there was a very strong theme throughout the whole weekend. It was simple, powerful and inspiring; if you want to create a better life for yourself and people important to you then you need to get a dream that makes you cry!

Dreaming is something that we are discouraged from doing even as children. You may have been told at some stage; 'You are such a dreamer', 'get your head out of the clouds', 'get realistic', 'quit day dreaming' and/or many other statements. These are not compliments, by the way! We are conditioned to be serious, to be conservative, to not take risks and to 'keep both feet on the ground'. The great challenge with this thinking is that, as I heard a speaker over the weekend say, nothing great is ever achieved by a realistic person! This may sound harsh, but is true.

The great Walt Disney died before the opening of his dream Disneyland. At the grand opening his wife was interviewed by a reporter who commented that it was a shame that he wasn't alive to see the finished magnificence. She responded; 'He did see it, long before it was ever finished'. Walt Disney was a dreamer who achieved great things. He left a legacy that will live for many more generations and give joy to millions.



## **The dream provides the fuel**

We don't need a dream as big as Disneyland. It may just be something like running a 5km fun run, buying a new pair of Louis Vuitton shoes or spending more time with our family. The reality is that unless we have something that is a deep desire, a compelling dream and something that will bring tears to our eyes we won't have the staying power to do what we need to do irrespective of circumstances to get the job done.

I have spoken about my mum many times as she inspires me every day. She survived and thrived with liver cancer for over 15 years when all statistics were saying that 5 years was the most she could reasonably expect. The difference was that my mum had a burning desire and a powerful dream to

live and be with her family. She overcame incredible adversity to live a life of abundance, shortened though it was. Logic couldn't explain what she achieved and neither could the medical profession. What it came down to was simple... **the power of the dream!**

### **Find it, focus on it and feel it**

One of the hardest things to do in life is to not just find the dream, but to hold onto it. Often life can take it from us and society today certainly doesn't openly welcome and encourage big dreamers. It will take courage to get a dream and to hold onto it while others around are trying to steal it from us. The people closest to us think they are helping when they make suggestions, comments and reasons as to why we should be more realistic in our approach to life. They don't want to see us hurt and think they are protecting us, but they don't know what is inside of us.



One of the amazing speakers during the weekend outlined a simple plan for what he did to create and focus on his dreams to achieve extraordinary success in his life. It looked like this:

1. Write down 1 to 5 dreams you would like to have in your life. This can be quite non specific for example; spend more time with family, increase income, be healthier etc.
2. For each dream write a description by answering the following three questions;
  - a. What does that mean to me?
  - b. What will it look like when ...?
  - c. What about that inspires me?
3. Read the questions and answers everyday and feel how it will feel when the dreams are reality.

### **When things get tough go to the dream**

There are times that we just wish life could be easier and that it wasn't such a struggle to achieve the things in our life that we desire. All great achievement takes effort applied over time and in the face of all manner of circumstances. It has been said that when we make a decision to achieve something better in our lives, whether with our wellbeing, our financial situation, career, relationship or other, there are two possible outcomes; assuming that what we are aspiring for is humanly possible then we will either succeed or quit!

The people that will succeed in spite of the obstacles and what others are saying are the people who go to dream and stay firmly focused on it every day until it becomes reality. **Get a dream and get it done!**