

Top 10 obstacles standing between you and your dream life:

- 1) You do not believe that your life can be amazing
- 2) You think you do not deserve it or that you are not enough to make it happen
- 3) You are not clear on what you want
- 4) You do not take action to create what you want
- 5) You want to be perfect and have a clear plan all the way through before you start going for what you want
- 6) You give up when you meet an obstacle
- 7) You think you will not make money doing what you are passionate about
- 8) You are not focused on and committed to creating what you want
- 9) You feel like you are failing when life unfolds differently than you planned it
- 10) You are too hard on yourself

If any of the above applies to you, are you ready to turn it around? If so, read on!

10 ways to make a quantum leap towards what you want:

1. Give yourself permission to dream.

Give yourself permission to start envisioning and creating your ideal life. Really believe that it is possible for you! To strengthen your belief, read inspiring life stories of successful people who created something great for the world out of nothing. If they can, you can too! Have you created room for your desires to awaken? Have you accepted that what you want is possible for you?

2. Replace limiting beliefs with more empowering ones.

Ask yourself: what belief(s) do I have about myself or the world that is holding me back? For example, do you believe you are not smart enough? Not talented enough? Once you identify a limiting belief, ask yourself: where did it come from? What experience made me believe this about myself? Perhaps something told to you as a child? Was there an alternative conclusion you could have made instead of the belief you now have about yourself? Through this process, you will see that the beliefs you have about yourself are not an objective truth but just interpretation you created out of that situation. You had a reason for it, but you made it up! If any difficult emotions come up as you go through this process, allow yourself to feel them in acceptance. By allowing yourself to feel them, you will liberate them and create space for other emotions to come in. Realize that you can choose to let go of

any limiting belief and create a more empowering belief in its place. For example: “I have everything I need to create what I want” or any other variation that works for you. There are lots of materials, books, workshops on influence of our beliefs on our life and letting go of limiting beliefs and replacing them with more empowering ones (“Excuse Me, Your Life Is Waiting” by Lynn Grabhorn is a good one to start with). You can use affirmations, or simply make a conscious choice to negate a limiting belief every time it comes up with a more empowering belief.

3. Get clear on what you want!

Simple exercise: if you had a magic wand, what would you manifest? If you had the fabled three wishes, what would you ask for? If you could have your life be any way you choose immediately and effortlessly, what would it be like in all areas? Envision the life that you want to create like a movie, feel every little detail! If you can have a clear picture of the perfect life you’d like to create, you are already half done!

4. Face what’s holding you back from taking action!

If you have any difficulties coming up with the life that excites you or on acting on your desires, ask yourself: do I have a fear that I am setting myself up for painful disappointment? Am I keeping myself away from knowing because once I know I will need to act on it, or admit that I am consciously choosing to stay where I am? Once you identify the reason that is holding you back, the way forward will start to become clear. If any fear comes up (failure, success, wrong choices etc.), I highly

recommend the book “Feel the Fear and Do It Anyway” by Susan Jeffers, very empowering and liberating! If you still find yourself hesitant or uninspired to act ask yourself this: “do I really want what I wish for?” If it does not excite you enough to take action, then maybe it is a false desire and not truly what your soul wants.

5. Define the first step (or set of steps) and direction, and take it!

There is always room for improvement, so if you wait until everything is perfect, you will wait forever. Sometimes you cannot see the second step until you take the first one! You will adjust and gain more clarity as you go! A journey of a thousand miles begins with one step!

6. If you face an obstacle, stay committed until you find a solution, no matter how impossible it seems to be.

There is always a way to get ahead! If you believe it’s possible, take an inspired action on everything that you see as a possibility and stay open to the things coming to you in unexpected ways, you will find it. It may also be helpful to find a more empowering perspective when you face an obstacle. For example: “the obstacle is here to test my willingness and desire to have what I said I want” Or: “obstacles are opportunities for me to grow” etc.

7. Pursue what you are passionate about even if it does not seem financially promising!

I know, this may sound unwise or like a luxury you cannot afford. However, realize that if you do what you are passionate about you will be better at it than many others who don't have the passion for it. You will be inspired to spend extra time on it when needed, and do what you need to be exceptional! Even if the average income in the area you love doesn't look as promising, top performers always make a lot more. If you feel really worried, look for a way to do both: something to support your living, and something to fulfill you, or find a hybrid of both!

8. Stay committed to your goals, adjust if needed.

Commitment is a moment to moment choice. You choose once you start, and then you choose over and over again during your journey. If you catch your commitment weakening, you can choose to re-affirm it again right then. If at some point you do not feel inspired enough to stay committed to what you defined as what you wanted, re-evaluate it: maybe it is not what you want any more, and it's time to adjust your direction!

9. Get clear on what you want, but allow flexibility in how you get there.

If you rigidly expect what you want to come in a certain way, you may not recognize it when the universe gives it to you in a different package! If you are open to different ways, you can

find a more effective way that you didn't see before. There is room for miracles that you could never plan for! Do your best and then surrender. The Universe works in mysterious ways!

10. Be kind to yourself and acknowledge the progress you create.

If you wanted to create a level 10 result this week, and created an 8, give yourself credit for how much you moved forward instead on putting all the attention on the 2 that you didn't create. Also show kindness and gratitude towards the people in your life. Be grateful for what you already have. Energy flows where attention goes. You get more of what you choose to put your attention to. If you are feeling and expressing gratitude and acknowledgement, you will continue to attract more reasons to be grateful into your life and move forward faster and with less effort.

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