

Dream Big & Bloom Podcast Episode #18: You May Be Closer Than You Think *Transcript*

Welcome to the Dream Big & Bloom podcast for creating a life you absolutely love.

Hi, I'm Mardi Lynn, certified DreamBuilder Coach and I believe

1. You are capable of far more than you know
2. You were created to have an amazing and fulfilling life. It's your birthright.
3. You DON'T HAVE TO SETTLE for just "good enough"
4. You are more powerful than any circumstance, situation or condition
5. You absolutely can create the life of your dreams.

And I'm here to show you how.

Today I'm going to show you how you may be closer to living your dream than you think! So if you've been thinking that improving your life will be overwhelming and too much work...listen up!

The Visioning Process

The Visioning process that is the foundation of the DreamBuilder System, gives you so much clarity that often things begin to fall into place quite easily.

So often our discontent is the result of free floating anxiety, a kind of overwhelm generated by allowing the primitive brain that's always searching for hazards, to run amok.

By the way, it's also been called the Ego. But whatever you call it, it operates in the same way and creates the same negative result.

Often, when you get clear about exactly what you want, and create your vision statement and then start taking action, you discover that you are closer than you thought.

For details on how to create your vision statement, see Podcast [Episode #9 Part 3 of my workshop](#) at [DreamBigAndBloom.com](https://dreambigandbloom.com/)

Here's an example of how this works.

I had a client who had more travel with her husband as one of her goals and she thought they were going to need a lot more money than their current retirement income could provide.

She had included travel and having adequate money in her vision statement.

Then I suggested that she start planning a trip -- because in DreamBuilding, we act as if and live as if it's already accomplished as much as possible.

They had already planned one trip and as she started to put more trips on a calendar she realized that, with all the other high priority activities in her life, like visiting grandkids, they weren't going to be able to take a whole lot more trips but that they would get away often enough to have fun and adventure.

She penciled in some trips and then started to research the costs. Then I suggested she check with her financial advisor and see what they actually could comfortably spend. He said that they could spend on the trips without jeopardizing their overall financial security. And so the clarity from this exercise and research showed her that her dream of travel was more possible than she had realized.

She also started researching ideas for part-time work that would be on her ideal schedule, be fulfilling and provide extra income. She talked to some people who were doing what she thought she might like to do and decided on one to pursue. It involved learning some new skills and so she got started on that.

And then Covid hit! But that didn't stop her. After we talked about it, she decided to use the extra free time to work on her business skills.

And she had me as her coach, to remind her that she is more powerful than any circumstance and that there was always a way if you think creatively.

She and her husband have been taking day trips that have provided fun and adventure and has livened up their relationship. So Covid didn't stop them from pursuing their dreams and enjoying life.

When it comes to money, people often overestimate the amount of money they think they need in order to do what they want to do. When they get clarity, they often realize that it's simpler and closer than they originally thought.

Also, they tend to think that more money will make them happy and solve their anxiety, but that isn't necessarily true. When you get your vision clear, you may find out that you can accomplish much of what you want without needing a lot more money.

When you chart how much you think you need and how much you actually have you may be surprised how do-able the goal is.

Shifts In Perception

And also there's a shift in perception as you practice gratitude. When you focus on all the good already in your life, you feel more prosperous in the present moment without needing all your dreams to manifest this red hot minute.

And you can relax in the knowledge that you have the power to manifest more and, at the same time, you can enjoy life to the fullest in the moment.

The Law of Attraction

And as you work with the law of attraction, that what you focus on increases, by being focused on enjoying and appreciating all the good you already have in your life, you effortlessly attract more. That's when you start absolutely loving the life you're living.

The Power of vision is truly amazing. What you take the time to create a vision for the four domains of your life, health, relationships, vocation and time and money freedom and then start taking small action steps, you may be surprised that you are farther along than you thought.

And then when you apply the other DreamBuilder tools, you see progress very quickly.

Freedom

Now let's look at Freedom in your life. What does freedom mean to you?

Financial Freedom? What is financial freedom?

One definition is that passive income is greater than your financial needs. When that's the case, you are free to do whatever you desire with your time. One person described it as like being an artist with a \$50,000 trust fund.

Or perhaps you have a hobby you want to pursue or charity work.

Or perhaps a small business that isn't ever going to be able to meet your financial goals.

Accomplishing this may be a simple matter of just make more fulfilling work or activities a priority.

Maybe you just need to manage your time better?

Maybe you want to start a hobby or side gig business.

You can start by just doing some research and you might find that's it's less daunting that you originally assumed.

More Meaningful Relationships

Now let's consider the area of more meaningful relationships.

Perhaps it's just making a commitment to paying focus your attention and spend more quality time with loved ones. Maybe just making time for conversations about issues

Or committing to investing more time into online dating to find the perfect mate.

Or investing books and/or workshops how or couples therapy to improve your current relationships. Most of us weren't taught these things when we were growing up and didn't have good effective role models or mentors.

All of these solutions start with simply focusing on a clear vision, and committing to taking some kind of action.

Even just setting your intention can make a huge difference because it immediately shifts your focus.

So much of dream building is about taking inventory...inventory of what you actually desire and inventory of what you already have and then appreciating what you do have so you can enjoy the journey to your ultimate goals. You can be grateful for what you have and also desire more.

Gratitude and some shifts in perception raise your attractive energy AND sustain you when you're in the process of creating more.

So...are you starting to see some ways that your life is better than you thought? Are you starting to see some simple things you can do to move in the direction of what you would truly love?

Action Steps You Can Take Right Now

Here's some action steps you can take right now and see results.

1. Write down exactly what you desire as if it has already happened. Start with "I'm so happy and grateful that..." Listen to [podcast Episode #9](#) for details.
2. Take inventory of all the good in your life by making a gratitude list and everyday write down 5 things you are grateful for.
3. Everyday, take an action step -- even if it's only a small one.

Post in the comments and let me know how it works for you.

And, if you have any questions, post them in the comments and I will respond.

Now as you go, remember...you absolutely can do this! Dream big, follow your heart and live with all the joy, purpose, prosperity and fulfillment you deserve.

Thank you for listening, it's my joy and privilege to serve you. If you're enjoying this podcast please review it on iTunes, or wherever you listen to podcasts, and share it. That helps more people discover how to improve their lives.

And, if you have a burning question you'd like me to answer on a future episode let me know in the comments at dreambigandbloom.com

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If you're finding the ideas on this podcast useful and you would love in-depth personalized support for overcoming any challenge and creating a life you absolutely love, I invite you to apply for my DreamBuilder coaching program where we take all the things I talk about here and apply them to you and your life. Just imagine you and me together every week for 12 weeks laser focused on how to feel happy and fulfilled and create your dream life. By the end of our work together you will have the tools and practices so that no matter what happens in your life, you can live with peace and joy.

[Book a complementary Discovery call.](#)

I look forward to talking with you soon.

Here's to living a life you absolutely love!

By for now!