

# Dream Big & Bloom Podcast Episode #17: How To Regain Your Youth

## *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 want to talk to you about a challenge of aging that you may not have considered and how to overcome it.

The challenge of aging is that we have accumulated so much history... and our histories may include many disappointments -- things that didn't work out the way we had hoped. These memories can taint your thinking, and sap your energy and even affect your health, so that you start to feel old.

Negative thinking also prevents you from having new, creative ideas, or trying new things.

The longer we live, the more failures and disappointments we are likely to have accumulated and this can hinder our ability to live our best lives.

Do you ever look at young children or young adults and envy them because of their energy, and optimism?

Do you ever find yourself raining on their parade because of your past experiences?

Did your parents ever do that to you? I know mine did. I realize now that they were just trying to help me and protect me because they loved me but it really got in the way of my realizing my dreams.

One thing I notice when I hang out with my adult children and my granddaughter who is a toddler is they just forge ahead. They don't overthink things. For the most part, they have confidence in their ability to achieve what they desire and they go for it. They keep trying things until they achieve their goals.

On the other hand there are young adults whose upbringing has been so negative that they don't have this approach to life. I saw this when I was a preschool teacher and Child Development Center Director and it made me so sad to not be able to fix their home environment. But even in these cases, it's amazing how resilient children are. They don't hold grudges, they just avoid uncomfortable situations and get busy making themselves happy...even if that means playing by themselves.

When they get older, they will need psychotherapy before they will be ready for life coaching. I hope they will be made aware of opportunities to get the help they need. Especially now that there are so many books, and movies, and YouTube channels that teach about mental health and personal growth.

So where are you at this stage in your life? Are you longing for more but being held back by frustrations or disappointments from the past? Are you starting to feel old and tired? Or do you feel young at heart and ready to learn new things and take on new challenges? Ultimately, that's what will keep you young.

Imagine if you could overcome your history and regain that pro-active energy and enthusiasm that younger people have?

The first thing you need is a little education.

## **The Solution**

### **1. Education**

There are tons of books, classes, study groups at spiritual centers, movies and YouTube channels. I think this is how people first get an inkling that there is a better way to live.

How about you? Do you know all about the Law of Attractions and the spiritual laws of success?

There is so much information available! It almost seems like too much information available these days.

However, if you study it for long, you will realize that much of it is re-hashing of the same concepts, but with different vocabulary and different emphasis. That's what I've concluded after more than 40 years of study and practice.

So the challenge becomes, how to know exactly what you need to do to get results?

And for me, the challenge was how can I share all the information I'd learned in a way that made it understandable, do-able and produced results. And that's why I'm so passionate about the DreamBuilder System. It meets all those goals for me and my clients.

## **2. The Solution**

So many people read, study and buy programs but don't get the results they desire. Has that been an issue for you? It was for me.

Why is that? I think it was a matter of not focusing on one program long enough to get results. In the beginning you explore lots of possibilities but at some point you have to settle on one that you have confidence in and do the work. For me, the challenge was finding a teacher and program that I trusted and had effective practices to follow.

And then, if you do find the program you want to commit to, how do you stay motivated to do it consistently? You need to manage your paradigms, the programming in your brain that controls your life. The brain resists change and our paradigms, our programming and our history can sabotage our results. That's when you need specific tools and practices.

### **Daily Practice**

Clearing up old patterns of thinking, requires daily practice. It's like cleansing your mind of gunk. It's like taking a shower -- you wash off the accumulated soil from the environment and your body's waste products.

You use your daily practice to cleanse your mind of the negativity so prevalent in society and the negative thoughts from your history - that can affect your behaviour, your stress levels and the health of your body.

Whatever your story, you have the opportunity to change. It's a choice. And it will be difficult or easy depending on your commitment to doing the daily practice.

Reprogramming our subconscious mind can actually be easy and fun. It just takes repetition. It just requires establishment of a new habit of focusing on your vision and affirmations daily. You get to daydream! How fun is that!!

But then, even though you've learned the principles, are doing the practices consistently, you've increased your self-esteem, self-love and self confidence... "shit happens" and our sense of self-worth and empowerment can be shaken.

And that's where mentoring and coaching come into play.

## **3. Support**

I've invested in many courses and coaching programs over the years.

One of the things I've learned from that, is the importance of having a mentor who is available. Especially these days when there are so many online courses and group programs. Many of them don't offer adequate access to the teacher.

I consider the authors of my favorite books to be mentors even though I've never met them. I even find it helpful to re-read my favorite books. But this works for me because I've been studying and practicing for so many years.

I also have colleagues who I chat with when challenges come up for me. Even mentors and coaches have partners in believing that they check in with.

## **Summary**

### **1. The Principles**

So to review...here's how you can overcome your history and live the remainder of your life with joy, and enthusiasm.

You need the foundational information. Do you have a good understanding of the Law of Attraction and the Spiritual Laws of Success?

Or do you know about them but don't truly believe in them? That was my issue for a long long time. I had parental messages in my head that these concepts were dangerous, that it was just putting on "rosie colored glasses and not realistic. I wanted to believe in it but I didn't arrive at complete confidence in it until I met a few people who were living by these principles and proving that they worked by their example.

And even then, it was a matter of consistent practice, of reprogramming my habitual thinking, or my subconscious mind, or as they say in Dream Building, repatterning our paradigms. And honestly, I still work on it. There are so many messages and situations in our culture that can challenge our faith. You have to be vigilant.

And when you ARE vigilant about monitoring your thinking and doing the practices, you see results...that strengthens your faith and that accelerates your results. You are then living in an upward spiral.

So are you good with the principles? Do understand them and have faith in them?

### **2. The Practices**

And then, how are you doing with the practices? Do you know what they are? Do you have a routine for doing them consistently? Are you seeing results and moving forward as quickly as you'd like?

### **3. Support**

And what about support...where do you get encouragement when you have doubts, answers to your questions and validation for your efforts? Do you have a mentor, or coach or friends who are on the same path - who are partners in believing?

The DreamBuilder System has the Principles, Practices and Support that are the Keys to living a life you love at any age, but they're especially important as you get older because you have all that history and negative thinking patterns to overcome.

### **The good news**

The good news is that it's never too late. It's never hopeless. You're never too old. You can change your thinking and your life at any time. And you will even look and feel younger as you clear up your thinking and start acting with more confidence and trust - like a young person.

Youth is more of an energetic thing than physical appearance. People will notice your enthusiasm, the sparkle in your eyes and rather than your wrinkles.

And here's a bonus tip for you to consider...The only people that notice wrinkles are the people who are worried about having wrinkles. In fact, people focus on the things they are concerned about. So whatever they are noticing or making judgements about is all about them and has nothing to do with you.

Think about that for a minute. Isn't that liberating? Other people's judgements are projections of their own issues and have very little to do with you.

Wouldn't you love to have the light-hearted, care-free energy that children have?

Living a life you love with joy and positive energy is what will keep you young.

I fervently hope you will make your happiness a priority and do whatever it takes to get there, and I'm here to support you whenever you're ready.

If you have a burning question you'd like me to answer, just post it in the comments under the show notes at [DreamBigAndBloom.com](http://DreamBigAndBloom.com)

If you'd like to be a guest on the podcast and receive free coaching, click on the link in the show notes to schedule a time to talk. Just so you know, it's not a live call, it's a recorded session that can be edited before it's posted, and you don't have to use your real name if you want to protect your privacy.

If you're finding the ideas on this podcast useful and you would love in-depth personalized support to accelerate your results, 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 the life you would absolutely love. By the end of our work together you will have all the tools and practices so that no matter what happens in your life, you can live with peace and joy.

Go to Dream Big and Bloom.com and book a complementary Discovery call.

Now as you go, remember...you absolutely can do this! Dream big, follow your heart and live with all the joy, and enthusiasm of youth.

Thank you for listening, it's my joy and privilege to serve you.

If you're enjoying this podcast please review and share it. That helps more people discover this work.

Much love to you and bye for now.

### **Here are the next steps you can take:**

1. Join the conversation in the comments and and post any questions you may have.
2. Listen to my other podcasts, especially #7, 8 & 9
3. Be a guest on the show and get free coaching? [Click here](#)
4. Get [the full DreamBuilder Program](#) with coaching support? [Book a complimentary Discovery Session on my calendar](#). We'll get clarity on exactly where you are now, where you would love to be, and decide if we're a good match to work together.