

5 Tips to Get You Living the Dream!



Need Some New Direction?

Are you tired of the same old same old? Do you feel your life needs new lift and you know it? Thing is, how do you go about creating a strategy to implement a new idea or goal and stick to it?

We often know exactly what we want but have no idea how to get there. If you don't already know what you want to see change in your life, then read this related article: [Dr Wayne Dyer: Your Purpose Will Find You](#)

Now for those of you who are ready to revamp and remodel your life, here are some tips to get you started on a fresh game-plan and it's really easy to follow:

1. Plot and Plan

Once you have an idea/dream/goal you'll need something that will be in your face every day reminding you of where you're heading and this is where a vision board or whiteboard comes

in to save the day! If you're compiling a vision board (which is the best tool to keep you in alignment with your goal), then make sure the end game is on there – don't fuss too much over how you're going to get there. As long as you have direction, synchronicity will guide the way ([read more about SYNCHRONICITY here: Why Synchronicity Can Change Your Life](#)). Using synchronicity and your innate wisdom will guide you to take the appropriate action at the right time and get you into that slipstream in the quickest way possible. The best place to have your vision board is on your fridge, office space or the back of your bathroom door, where you are guaranteed to visit daily and have the plan etched into the back of your eyeballs. Or be lazy like me and create a vision board on your computer then use it as a desktop background – another guarantee that you will see it every day.

2. Plausibility

The quickest way to fall off that goal bandwagon is by setting unrealistic goals. Start with small, baby steps to your destination. Draw up a list and if there is too much on the list, narrow it down to the top 3 achievable goals for this day/month/year. You can always put the leftovers on your next list of goals. Mapping this out should be fun not exhausting – don't tire yourself out before you've even begun. So, for example, you want to manifest a farm in the country but you're still staying with your parents. Instead of drawing sweat-beads in the effort of manifesting a smallholding, try first to manifest a stepping stone – perhaps a comfortable apartment? I'm not saying you shouldn't reach for the stars, what I'm saying is that manifesting your dreams takes believability and that is unique to every individual. So if you're new at this or things haven't worked out in the past, try to set your goals within a realistic framework and you can always work your way up that ladder! Goals are not set in stone, they are mutable and if you change your mind – there is nothing wrong with changing tracks. Keep that list well

dusted!

3. Inject it with Zest

Make your new desire map fun. If you want to change your eating habits and get slim and healthy, find a way to make it a stimulating change by jazzing up your menu/grocery list and looking forward to your meal instead of planning a drab and monotonous repast plan. Dance in the kitchen while you cook! If you want to find a fresh, purposeful and electrifying job, have fun reinventing yourself and what you stand for – if you want an exciting job, excite yourself first. Make damn sure you're as exciting as the job you're after. Savvy?

4. Feel It, Baby!

There's no way to bypass this one – you really do have to feel what you're trying to bring into your experience. If you want to be lighter – you've got to feel it within first. Do you want an inspiring job? Set fire to your sense of self – ignite and burn bright! If you feel like you can't then pretend. Pretend until it becomes second nature to feel it. You'll begin to rewire your brain to think differently through repetition. Remember: Doubt = drought. Water your seeds and you'll see the shoots soon enough but you've got to stick with the *feeling* program. It's one thing to think and affirm your desires but what truly sparks the ignition is feeling.

5. Kid Around

Everyone has an inner child that wants to play and get dirty in the mud. There is a part of you that still thinks a flower is the most awesome miracle of nature, that swinging on an old tyre tied to a tree is sheer bliss or that blowing bubbles is as mesmerizing as your Playstation. Tap into that part of you when you are trying to visualize your goals. Your inner child will help you make-believe a whole new world for yourself if you only let him/her out to play.

Just remember that a tedious, monotonous strategy will reap boredom and inertia whereas an adventurous, exciting plan will have you hopping, jumping and skipping to where you want to be with a smile on your face. Ultimately, joy is your purpose so have fun on your way to dream manifestation!



Cherie Roe Dirksen is a self-empowerment author and multi-media artist from South Africa.

To date, she has published 3 self-help and motivational books and brings out weekly inspirational blogs at her site www.cherieroedirksen.com. Get stuck into finding your passion, purpose and joy by downloading some of those books gratis when you click [HERE](#).

Her ambition is to help you to connect with your innate gift of creativity and living the life you came here to experience by taking responsibility for your actions and becoming the co-creator of your reality. You can also follow Cherie on [Facebook](#) (The Art of Empowerment).

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