

EASY LIFE ADJUSTMENTS THAT KEEP YOU ON THE PATH TO YOUR DREAMS

Too often your dreams get pushed off to the side, simply because they seem unrealistic. However, dreams are supposed to be lofty. They usually require extra effort to achieve them.

Are you feeling a little discouraged because your dreams seem to elude you? Avoid letting that feeling last too long! You possess the drive it takes to achieve greatness!

You probably just need a little help with staying on the path to your dreams. Sometimes bumps in the road can put a damper on your spirit. But if you know the steps to take to get back on track, you'll avoid being conquered by those obstacles.

LEARN HOW TO STAY ON THE PATH TO YOUR DREAMS BY MAKING THESE SIMPLE ADJUSTMENTS:

1. **Recommit each day.** *Each morning is a new opportunity to recommit to your dreams and goals.* The rising sun is a symbol of a fresh start. Use that symbol as encouragement to keep pushing on.
 - Choose a mirror in your house and call it "The Truth." Make an oath that anything you say to your reflection in that mirror is the truth.
 - Tell yourself each morning that you're committed to making your dreams come true. If you believe it, you'll commit to it.
2. **Set smaller goals.** Sometimes dreams seem intimidating, don't they? That's because you're looking at the big picture and feeling like it's impossible to get there. Instead, try to set smaller objectives that lead up to the ultimate prize. *Achieve one small goal at a time, and you'll start to get closer to the dream of a lifetime.*

- Avoid making your objectives so small that they feel trivial. You still want to make them challenging enough that you'll put in a good amount of effort to achieve them.
 - Ask your family and friends to hold you accountable. Share your smaller goals with them. Urge them to be honest and let you know when you're losing track.
3. **Identify varying solutions.** The saying "there's more than one way to skin a cat" is very relevant when you encounter challenges! It means identifying different paths toward your goal. ***How else can you make your dream come true aside from the method you've been trying all along?***
- Get a pen and a sheet of paper. Start to write down ways you think you can achieve your dreams. Some may even seem far-fetched. But remember, it becomes a lot more attainable when you break your eventual goal into smaller objectives.
 - ***Avoid becoming disappointed and discouraged when one solution doesn't***

yield the results you want. Simply pick yourself up and move on to the next best option.

4. **Adopt positive thinking.** Tell yourself that you can do whatever you need to do to realize your dreams. You'd be surprised at how many things you can accomplish simply by changing your mindset.
 - When you change your thought patterns and make them positive, you'll start to convince yourself that you need to get the prize at all costs. That kind of determination brings out your creative side and helps you achieve, regardless of your obstacles.

Staying on the path to your dreams is certainly worthwhile, and the benefits of turning them into reality are many. ***If you want something bad enough, you'll put in the extra effort to attain it.*** Remember that you get what you give, so put forth your best effort today!