

There Are Four (4) Common Reasons Why People Have Trouble Identifying Their Dreams.

- 1) Some people have been discouraged from dreaming by other people.
 - They have allowed other people's voices to speak louder than their dream

- 2) Some people are hindered by past disappointments and hurts.
 - Disappointment is the gap between expectation and reality. They believe inaction will minimize the disappointment, when in fact it just keeps you being disappointed over and over again.

- 3) Some people get in the habit of settling for average.
 - Columnist Maureen Dowd states, "The minute you settle for less than you deserve, you get even less than you settled for."

- 4) Some people lack the confidence needed to pursue their dreams.
 - Erma Bombeck said, "It takes a lot of courage to show your dreams to some else."

Did you see yourself in any of these? Awareness is the first step towards change.

Clarity Is Key To Realizing Our Dreams

A clear dream makes a general idea very specific. This gives our mind a target to shoot for, without clarity the target is fuzzy. We all know it is hard to hit a fuzzy target.

“Deciding what you want requires you to be specific and make your goals measurable.”

-Ben Stein-

Example:

Vague Idea	Specific Goal
I want to lose weight	I will weigh 185 by October 1
I need to treat employees better	I will honor someone at every Monday staff meeting
I want to get out of debt	I will pay off all credit card balances by December 31
I'd like to learn a language	I will study Chinese 1 hour a day this year
I out to get into shape	I will swim 1 hour a day every day
I need to improve my leadership	I will read one leadership book every month.

Your turn:

What has been your vague goal? _____

Specific goal: _____