

THE BRIGHTER SIDE

How to Set goals that Don't Scare You

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You know the phrases.

Dream Big!

If you're dreams don't scare you, they're not big enough!

Go Big or Go Home!

Yup. I totally used to ascribe to all of that. But guess what? I could never make my "BIG" dreams come true. And that can seriously put a ginormous wrinkle in the coat of self-confidence.

And let me tell ya, I had some pretty big dreams, but the truth is that they scared the bejeezus out of me. And if you live in a perpetual state of fear, no giant sized, beautifully decorated vision board is going to make it any easier to get where you want to go.

So how about this? How about creating dreams that don't scare you?

Here's how I handle it. I have a clearly crafted list of what I want for my life. I have it written down and I recorded it. I listen to it every morning right after my short at-home yoga session.

But these dreams are a step-back from the "million dollar" ones I used to have. They are personal and business goals that stretch me without freaking me out. In other words what feels attainable, but also inspires me to do more, to create more and to be more.

The trick is to envision yourself in a fish bowl. You're trying to move into a bigger bowl and then a bigger bowl and then a bigger bowl until you land in that giant-sized ocean. It's more about leveling up than it is going for broke.

So, if you look at your vision board and feel sick to your stomach, you are NOT in a place of alignment. You've got to set goals that give you that slightly tingly feeling all over. It's the tingly feeling that's the combination of excitement and uncertainty. Uncertainty is not the same as fear.

If you fear something, you'll end up in the natural human state of fight or flight. And that is no place for a creative to be. We want to be aligned and in the flow, paddling downstream with the wind at our backs.

Excitement and a little bit of uncertainty, that's the ticket.

So, now, if you've been feeling fearful of your big dream, take a minute and step it back until you feel a shift.

Now, reply to this email and let me know what's your new, smaller dream? And how does it make you feel now?

Xoxo

Gwen

P.S. Have you [filled out this form](#) to join the best and brightest community on Facebook yet? The Brighter Side Tribe is on its way, and I want you to be a part of it!