

Hello, everybody, I hope that you are creating an amazing day so far. And I want you to know I say create a great day or hope that you're creating a great day on purpose. You don't say, "Have a great day". It's about getting something from somewhere outside of yourself. So, I hope you are creating a great day. And I will tell you that GREAT in my mind stands for generating results, using your emotions, actions, and thoughts. So that's what GREAT stands for in my mind.

So, before I jump into this great topic, I want to warn you that today is the first time that I'm allowing my puppies in my studio while I am recording. So that's what I am creating is that they're gonna be quiet throughout this entire recording. So, if you hear something in the background, that is what it is.

So, this topic, dreaming, I think is one of the most important and fundamental concepts that makes life exciting and fun and fulfilling and enjoyable as in the deepest sense of joy. And it's one of those things that as we quote unquote, grow up, we forget how to do. We forget how to dream. And dreaming really is just thinking. It's thinking on purpose. It's using our imagination and thinking about what we want. What could be. What would be totally amazing and awesome and exciting. And outside the realm of what you currently think is possible.

Can you dream about that, and what that might look like for you? And if you think about it, every single thing that is cool in this world, think about our ability to fly. To travel crazy long distances and a seriously short amount of time. To be able to communicate instantly with somebody who's on the other side of the globe, or to cure people when they used to not be able to be cured with medicine. And think about people who do amazing feats, all of that. All of it starts with a thought, with a dream.

And so, dreaming is one of the most beautiful things that we can do with our brains. It's an amazing gift that we have been given. And as responsible adults, we can sometimes lose that gift. We stopped dreaming, we stopped imagining what could be for us in our lives. And we settle right we settle for the status quo. Or we say, "Listen, this is the way that things are right now. And this is the way that it's got to be. And it's okay". And one of the things I hear people say is, "this is what's going on for me right now and what I would really like..." and they start to say what their dream is. And they said, "you know, no, no, no, no, I'm okay. This is a first world problem that I'm talking about here. I can handle it. I don't need to dream any bigger". Right?

I've seen so many people hide their truest desires from themselves. And when someone is talking to me, I'm always listening underneath their words for what they truly want. And of course, I never make an assumption. So, I always ask, "okay, so what do you want? Let's be clear, what is it? What is it that you really want?" And then people pause, and they'll say, "Well, I don't know". Or they'll start talking again, and not really answer the question and look dance around it. And so, I always ask again, and maybe I asked in a slightly different way. Alright, so if we could put all of that aside just for a moment? What is it that you really want? If you could put down all the reasons that you cannot have your dream? What would your dream be like, in a perfect world? What would you dream for?

And the bottom line is that that question can feel a little scary. And so today, I am going to dare you to answer it. We're going to talk about how to get at and know what it is you really want. And we'll talk about why it's important to know that even if you decide not to go after it, and how you can use your dream to live a fulfilling life, even before that dream is realized.

So, let's start with how to know what you want. And one of the things that we do in the Healthy Leader Inner Circle and in coaching is to plan the upcoming year, and to dare to dream about what it is that you want to create over the next 12 months. And as I said, this can feel a little daunting or scary. And that's why it's called daring to live your dream life. When you dare to do something that implies that there is something at risk and that you are aware of that risk.

And Elisabeth Kubler Ross is a very famous psychiatrist who wrote many books and outlined these stages of grief. And one of the things that she said that I have always remembered is that there really are only two emotions, love, and then fear. And the idea is that all positive emotions really stem from love, and that all negative emotions come from fear.

So, from love, we have happiness and peace and joy and contentment. And then from fear, we get hate and anxiety or guilt or anger. So, if you are daring to do something, you are experiencing some form of fear. And then you're also consciously choosing to take action anyway. And when you make that choice in your brain, what you're doing is you're generating the energy of courage. And so, daring to dream takes courage.

And I use something called the 3 D methodology to take people through this transformational process. And those three Ds stand for discovering what it is that you want to create, designing a plan around that. And then number three is daring to go for it. And that final phase, that daring piece occurs over and over and over again, and it includes action, for sure, we know that we have to take action in order to create something new. And it also simultaneously recognizes that in the midst of the action, we're probably going to experience some fear. And as we experienced that fear, we also get to create courage.

And this is on purpose, because we want people to know that it's not just about doing things. And in our society, in our culture, there's a huge emphasis of just getting it done, right, Just Do It is what Nike says. And most of us probably know what we should do. And that's not normally the problem or the challenge. The challenge is generally around, not wanting to or feeling anxious, or overwhelmed, or rushed, or afraid. So, daring to stop those emotions, or I should say, daring to feel those emotions, and to continue dreaming anyway, is what we are talking about. It's about embracing the fear, knowing that fear comes with the territory of dreaming, and then still doing the do anyway.

And many people hide their truest desires, their real dreams from themselves, because of that fear. They'll say, "You know what, I don't know what I want". And they mean, they really don't know what they want. And so, it takes courage to contemplate even mentally what might be. It takes walking through and talking through why we can't have it in order to get to what it is that we really want. And many times, when I asked what you want, the person will keep restating the story of what currently is or why they can't have it or what the circumstances are. And that's part of the process. It's like wading through that, and thinking about it and sorting through, and then always coming back to answering the question to daring to answer what you want.

And so, I want to ask you, what do you want, from a place of total abundance and possibility? When you look at your life, and you think about the amazing things that you have already about what you have created and dare to ask yourself, alright, what else could I have? What else could I create, in my career, in my business, in my friendships, in my home, in my marriage, in my parenting, in myself, in my own health, my own energy? In a perfect world? What would you want? What would be amazing?

So, I want you to honestly think about that give some time and some energy to answering that question.

And it does not have to be a huge project, it could just be a couple minutes of thought and allowing yourself to dream. Now as you start to answer this question, I want to give you an awareness of three warning lights of what your brain might do instead of really answering the question. And the first one has to do with what I call lala land. And this is where your brain will be like, "Okay, fine, you know what I really want". And then you'll get a little silly or sarcastic about reality and the sounds like what I really want. What I've always wanted is to be an NBA basketball star. And in reality, you're 50 years old, and you're five, five, right? Or I really want to be a rock star, but I cannot hold a tune. Or what I would really like, and this sounds a little bit more serious, but it's still in lala land. You know what, Tracy, I'm going to go back to my 20s and choose a different career path. So, if you hear yourself saying things like that, that truly are not within the realm of possibility, like going back in time or you know, gaining five inches in height or changing your age, right, then that is a tactic that your brain might use to not answer the question.

The second yellow light is that the focus or the answer to the question will be about what you want the world to do. How you want the world or the external environment to change. You may say what I really want is for my spouse to learn how to clean up after themselves, or for my children to actually obey their curfew, or start studying or stop taking drugs. Or I'd like for my relatives to behave in a certain way or my colleagues, or for the corporation to realize that we need more people and we're all burned out here. So, the focus there notice is on the external environment instead of on you the internal environment. And that's what we're focusing in on what you really can't change. And I'm not saying that we don't attempt to change the external environment or make requests or set boundaries. That's not what I'm saying at all. When you're answering this question about your dreams. It's not about the external environment, it's about you, and what you are going to create.

And then the third warning light is that you're not going to answer the question, right, your brain is going to brush it off. You'll just take in the information here, and not actually take the time to answer the question. Your brain may brush it off as silly, or you don't have time for it, or you'll get to it later. And that you've got other responsibilities that are more pressing than dreaming. So don't fall into those traps. It is just your brains way of keeping you safe, avoiding feeling uncomfortable, avoiding feeling disappointed. It's avoiding really feeling that fear, the anxiety over the work that would need to happen for you to accomplish your dream or the trepidation around the energy that it would take for you to really make this dream come true. And you're like, "Hey, listen, I've already depleted about all the things that I have to do". And it might be a way for you to avoid feeling disappointed. Again, right? You're thinking I got enough negative emotions already, I don't need to dream and not have that dream get fulfilled.

And that's what happens unconsciously if you're not aware of those warning lights. If you're not aware of the way that your brain works, and that it is natural to want to avoid discomfort. And that's basically what I'm asking you to do here when I asked you to dare to dream. So that's the first step. It is discovering what it is that you really want. And so definitely think about that and take some time to journal or to take a walk and just let yourself dream and watch what your brain will do. And here's the thing, I want you to know that just because you dream about something does not mean that you have to go for it, you do not have to follow through, but at least get in touch with what it is that you do want. This is an exercise in self-awareness. It's an exercise in practicing, being courageous enough to think on a deeper level about you, and your values and what makes your heart sing. And that is important to know.

And then the second piece of this is knowing that your dream is going to be scary, and that it's supposed to be. And embracing the fear, because by its very nature, you are thinking about something that does not exist yet. So, there are built in question marks bouncing around and there are unknowns. And there are risks. And here's an interesting fact, there is very little physiological difference between fear, and all of its manifestations, and excitement. So, think about that, when fear comes up, when you start to think about what it is that you would love to create, and you feel those different extensions of fear. It also feels the same as excitement.

And here's an example I want to give you we just celebrated Halloween this past weekend. So, I want you to put yourself in your brain in a scary situation. So, imagine that you're walking into your house, and it's very late and all the lights are out. It's a stormy night. And as soon as you flick on the light, the lights go off and the power goes out. And then the flash of the next lightning bolt out of the corner of your eye you see the glint of a knife. And a masked man steps out of the shadows. Now immediately, you know that this is not fun, right. And what happens right then is that your body gets thrown into a stress response. There's an increase in your rate of breathing your your pupils get dilated and makes your palms sweaty and you are ready to fight or to flee.

And now imagine that you are in a similar situation, but you are just in a haunted house. And when someone jumps out at you when you see the glint, or the glare of the knife, your body has a similar response. There is a very little physiological difference between fear and excitement. And you paid for it when you want it as you're looking for it. And interestingly, studies have shown that if you learn to anticipate fearful situations, like being in a haunted house, then you actually are activating a part of your brain that is the reward center of your limbic system. So, knowing that you're about to be scared is actually somewhat enjoyable, which is why we go to haunted houses or why we watch scary movies.

And so, I want you to remember that when you start dreaming and you start experiencing fear that that's normal, I want you to expect it just like you expect to be scared when you enter into a haunted house. And in fact, not only can you expect it, you can enjoy it, you can be like, "Oh, here it is". This is the feeling that comes with beginning to dare to dream, to beginning to live your dream. And then you keep dreaming anyway, breathe into the fear, embrace it, do not avoid it.

And here is where it gets really exciting, I'm going to ask you to sit with it, to be in it. This place right here where you feel the fear is an integral part of overcoming that primitive part of your brain that wants to keep you safe and wants to keep you in the status quo. It's part of the deal, let it be scary, let it be there and embrace it. Let your dream scare you a little bit. And also feel the excitement of it. You got self-awareness, now you've got the fear, and you've got excitement, you know what you're going to create. And you haven't even done anything yet. That to me is really interesting.

As you dare to dream and think about what can be. You are creating the energy that is going to sustain you to fulfill that dream. And that energy is what it means to live a fulfilling life. Staying in touch with your dreams and daring to feel the fear are the fundamentals. Those are the foundation for daring to live your dream life before you even hit go. And so, then that is the final choice. The first action that you get to take is another internal action, you get to decide, you get to decide whether or not you're going to pursue the dream. You get to decide when you're going to pursue it. And you do this from a place of excitement and empowerment, versus not doing it at all, versus just hiding versus denial versus not exploring what could be. This is the place where you get to consciously decide what is right for you, given what is going on in your life right now.

And if you decide not to pursue your dream right now, then that is okay. At least you have had the courage to dare and look at it. And if you decide not to pursue your dream, then I definitely encourage you to ask the question. "Alright, if not this dream, then what dream? What else could I do to level up and to enjoy life more right now? How can I make this day, this next conversation, this next interaction, or this project, the best that it can be?" And then dare to show up right now as the best version of yourself, because that's part of the dream, too.

And here's what happens when you dare to awaken your spirit and your imagination and dream. Even if you aren't going to pursue it immediately. You've already dare to think differently. You've dared to show up in your own mind differently. You're opening up the door to thinking about everything in life differently.

And if you're willing to think on this mack daddy level of dreaming to live your most amazing life, then for sure, you are opening up the possibilities to how to live better today, and how to have a dream day given what is. And when you do that, you're opening up your brain and your heart to possibility. And your brain is going to keep thinking and marinating behind the scenes wondering how else you can level up? How else can you dream? How can you make your company better your relationships, better your life better?

And at the very least, you will have begun practicing dreaming again and daring to step outside of the proverbial box and just one way of thinking. And that in and of itself is exciting. And it's a metaskill that can be applied to everything in your life to all of your dreams to your current life. And it can also most certainly be applied to your leadership and the way that you approach your company and the people around you, your community and the people who depend on you.

This is a practice of opening to possibilities. And that is an exciting and fun way to live no matter what is going on in your life. It feels fulfilling, you are filling yourself full. Even before you have a team the dream and that is the value in daring to dream. It's not about the result. It's not about the gold at the end of the rainbow, right? It's about journeying through that rainbow, not in a muted and pale color sort of way but with vibrant colors and life and energy. So, I dare you. I dare you to dream, to dream about what your life could be. I dare you to embrace the fear and to embrace the excitement and I would love to hear what you're doing dreams are. Dare to dream, dare to create an amazing life, and right now dare to create an amazing day.

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