

TAKE CHARGE OF YOUR LIFE

50 Easy steps to
get you started



By Dare Greatly Coaching



“I’m not in this world to live up to your expectations and you’re not in this world to live up to mine”

— Bruce Lee

01. TAKE CHARGE OF YOUR LIFE

Thank you for downloading this ebook!

You must be someone who wants to live life in line with what is truly important to you; to be grounded in — what I like to call — your **E S S E N C E**, your core values.

Feeling disconnected from that essence, perhaps feeling stuck in your life or career, you want to reconnect with your truest self! You want to live and act from that place within you that is **Y O U**.

As a guide and coach I challenge you to figure out what's truly important to you; who you are at your core. I support you as you find out how you can use that to once again take charge of your life.

NOW

Taking charge of your life can seem a big and scary thing to do. And because it can seem so big, it can be hard to figure out where to start.

Why not take on this process as you would take on hiking to a mountain top? One small step at the time!

HOW CAN YOU USE THIS GUIDE?

I've identified and brought together 50 easy steps you can take to start taking charge of your life. Each of these steps will bring you a little bit closer to a life lived grounded in your core values, your **E S S E N C E**.

You can pick and choose those steps that appeal to you most or you can take on each and every one of them.

Whichever option or step you choose, be sure to take them seriously. By taking them seriously you'll find change will happen and because of your life will take on new meaning.

In chapter [03](#) I've listed all the 50 steps that are described in this guide. By clicking on them you will jump ahead in the text to the step of your choice. Of course, you can also opt to methodically work your way through every step. Either way is fine.

THE MOST IMPORTANT THING IS TO JUST START!

02. ABOUT ME

My name is Gerdi Verwoert and I guide people who are visionaries, change-makers, rule breakers and people who simply feel stuck in the frustrating DO-ing of everyday life and work, into quiet, expansive mountains to help them reconnect with themselves, their E S S E N C E and re-focus on what L I F E for them is all about.

The mountains are a magical place; uniquely suited to help us slow down, be present and get a different perspective on life.

A former project manager & consultant with 20+ years of experience, I moved from the Netherlands to Austria in 2010 to become a certified life coach and mountain hiking guide.

I have a special gift for taking people on trails – in mountains and in life – they would never think of walking by themselves. I have a talent for both challenging and helping them reach heights they didn't think themselves capable of.

Working with me means digging deep. It means being totally honest with yourself. It means accepting challenges, and overcoming confrontation. I don't pull punches. I'm very direct. I have great empathy, but I can't help but call bullsh*t when I see it.

Figuring out what your E S S E N C E is, how you can be a leader in your own life, can be as challenging as hiking from the valley floor to the summit of a mountain. It can be painful and hard, but the end result, the view from the top is totally worth it!

SO. ARE YOU READY TO LEAVE THE VALLEY FLOOR AND START THE CLIMB?



Photo credit: Gerdi Verwoert

03. 50 SMALL STEPS YOU CAN TAKE TO GET ON YOUR WAY

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03.01. (RE)CONNECT WITH YOUR ESSENCE?

Your core values — those values that are most important to you — are what make up the ESSENCE of you.

When you know your core values you have a stronger sense of self. They help you make tough decisions. They determine how you respond in stressful situations. When you know your essence it's easier to determine the difference between what's important and what's not.

So, what are your core values? Do you know? It's surprising how many people don't have an answer to that question. They simply never thought about it.

To (re)connect with (at least some of) your core values use this simple exercise:

- 1.) Think of 5 people who you really admire and that you would consider role models. You don't have to know them personally. They don't have to be alive. They can even be fictional.
- 2.) What about them is it that you admire? What characteristics do you admire? List them for each of those 5 people.
- 3.) Look for the common thread in the characteristics or values you've listed. Are there certain values they all have in common?
- 4.) What are the most important values (maximum 3-5) they have in common?

Those values are the values you likely recognise within yourself and are the values that make up your ESSENCE.

03.02. WHAT WILL YOUR LIFE LOOK LIKE ONCE YOU'VE TAKEN CHARGE

Figure out what it is you were born to do. What makes your heart sing? What makes you happy? What is your true passion? If money was not an issue what would you do with your life? How would you be earning a living? How does that tie in to your ESSENCE?

In short what does your life look like once you've taken charge and realised your dream life?!

03.03. START LEARNING ALL YOU CAN ABOUT YOUR DREAM



Source: WhenToJump.com

You know what your dream life looks like and what dream job you will have in that life, but you don't have the right background, right education, right anything.

Start learning all there is to know about that job, about the business where you can find that job. Everything!

Learning everything there is to know will not only be fun, but will prepare you for the moment when you are ready to take the next step.

Like Helen Godin did when she decided to quit her job as a lawyer and become a baker.

03.04. IMAGINE AND WRITE OUT YOUR PERFECT DAY

Now that you've figured out your dream life and dream job, take a piece of paper, some pens, felt tips, crayons, whatever and start imagining what your perfect day looks like.

Ask yourself questions like:

- What time will you wake up?
- Where will you be?
- What will you be doing?
- Who will you be doing it with?
- What will your lifestyle look like
- What will you do to support this lifestyle?

Now put pen, felt tip, crayon, whatever your chosen medium is to paper and start writing. Actually write it in long hand. There is something about writing it all out that makes all this more real and settle easier in your subconscious.

03.05. CHOOSE YOUR PASSION

As Stephen Guise writes in [this post](#) on MindBodyGreen:

“Passion starts out as a seed of caring about something, and only when it's cultivated will it grow and be seen.”

— Stephen Guise, *10 Surprising Truths About Finding Your Passion*

You have no idea what your dream life looks like?

Don't know what you're passionate about yet?

It maybe you don't have just one thing you're really passionate about. Not everyone has.

BUT HERE'S THE THING:

You can choose your passion!!

Find something you care about, learn all there is to know about it and soon it will become something you're passionate about.

Still not sure what your passion is or what you want to make your passion? Try answering the 13 questions in Ashley Dentino's post [13 Questions To Help You Find Your Purpose In Life](#). You'll figure it out.

03.06. DO WHAT MAKES YOU HAPPY

I love the two pieces of advice blogger [Elana Lynn Gross](#) was given when it comes to considering the right career path:

“One was to think about what you do “for fun,” and what you love so much that you'd be willing to do it for free.

The other was a piece of advice from my dad. He said that you shouldn't necessarily choose the most “prestigious” job just so you could impress people at cocktail parties. Instead of choosing the most “impressive” offer—something I had been prone to do in the past—choose the one that will make you happiest and allow you to grow and learn.”

— Elana Lynn Gross

03.07. CREATE A VISION BOARD

Visualising what you want your dream life to look like has been proven to be of great help in realising your goals. When you visualise your goals it's easier to keep them top of mind.

That becomes even easier when you create a vision board and hang that board somewhere where you see it all the time.

Visualisation helps activate your unconscious mind and because of it your vision board will help you start doing and noticing things that will get you closer to your dream life.

“By adding a visualization practice to your daily routine, you will naturally become more motivated to reach your goals.”

— Jack Canfield

If you're more the digital type and don't see yourself cutting pictures out of magazines, making collages with them and physically pinning those to a board, there are other ways of presenting your vision board in ways that will expose your subconscious to it regularly.

Create a digital collage and use it as a background on the home screen of your device of choice.

03.08. FOCUS ON YOUR STRENGTHS

What are your top strengths? Make a list of them and figure out how you can best put them to use in your dream life.

Read the book “[StrengthsFinder 2.0](#)” (when bought new) gives you an access code to the Gallup StrengthsFinder test as well as suggests strategies for applying your strengths.

While the Gallup test will show you what your strengths are from your own perspective, the “[How To Fascinate](#)” test developed by Sally Hogshead will show you how others perceive you.

Combine the results from both tests and you have powerful knowledge you can apply in figuring out what you are looking for in the environment you want to live and work in.



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03.09. MAKE YOUR DREAM LIFE A POWERFUL GOAL

[In this article](#) for Success.com Jim Rohn makes a compelling case for turning your dream life, job, career into a powerful goal.

“A powerful goal has three components:

It must be inspiring.

It must be believable.

It must be one you can act on.

When your goals inspire you, when you believe and act on them, you will accomplish them.”

— Jim Rohn, 5 Simple Steps to Plan Your Dream Life

03.10. START MANIFESTING YOUR REALITY

I know this one sounds wishy-washy, but hang in there. This stuff really works.

Gabrielle Bernstein does a great job of explaining how, when manifesting our desired reality, we have to focus not on the external but rather on the internal experience. Take a minute to read through her five principles and start manifesting your dream life in [this article](#) on the TheMindUnleashed website.

“Each thought we have creates an energy flow within and around our physical being. This energy attracts its likeness. So if you’re thinking, “I suck,” then your energy kinda, well, sucks—and you attract sucky experiences.”

— Gabrielle Bernstein, How to Manifest Your Reality

03.11. FOCUS ON WHAT YOU WANT TO HAPPEN

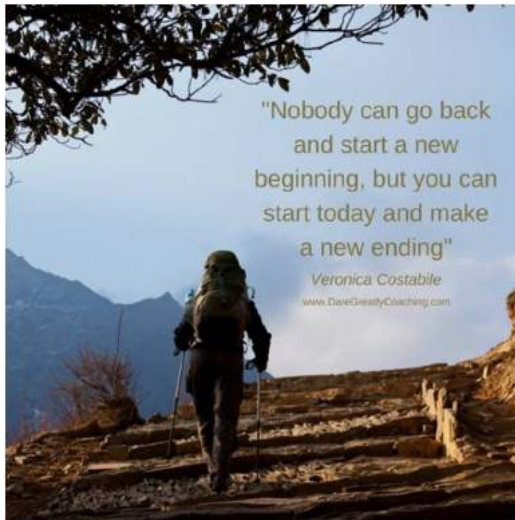


Photo credit: Hiker in Himalayan Mountains - Kamchatka (Canva)

When you spend all your time focussing on things you don't want to happen, chances are they will happen. It's an old law of the Universe that what you focus on, put energy into, will grow.

Start the day off by thinking how unhappy you are and you'll be a little unhappier by the end of it.

On the other hand, wake up thinking something wonderful will happen today, pay attention and you'll often find that it's true.

So start putting your energy towards what you do want to happen instead of towards things you don't want to happen and you may just be surprised.

03.12. LET GO OF REGRETS

You knew it the moment the words came out of your mouth. You knew it the moment you did that one thing. You immediately had that sinking feeling in your stomach that you just said or did something you really, REALLY wish you hadn't.

Maybe you said something really hurtful to a loved one and you feel terribly guilty. Maybe you did something at work for which you were not authorised and are now waiting for the world to come crashing down.

You're flooded with thoughts like 'Oh god, why did I do that? What was I thinking? How could I be so stupid?' immediately followed by desperate thoughts about how you can fix it.

HERE'S THE THING

Sometimes it can't be fixed!

That relationship may be damaged beyond repair because of what you said. You may lose your job because of what you did.

THERE IS A SILVER LINING THOUGH

Loosing these things will open up space for new possibilities so long as you don't hang on to that what you said or did in the past. There is no going back and changing the outcome. You said what you said; you did what you did.

Be grateful for the experience, take the lessons you can learn from it, then let go of any regrets and move on.

"How can you regret something that fills you with gratitude? How can you regret a life as miraculous and awesome as your own? How can you regret the compassion and wisdom of the Universe?"

— Gary Zukav

03.13. STOP MAKING EXCUSES

"I'm too old." "I'm too young." "I'm too experienced.", "I'm too inexperienced.", "I don't have the right qualifications." "I have a family."

If you are truly serious about wanting to live your dream life, stop with all the excuses why you've not taken that first step and get with the program!

Nobody got anywhere in life by just sitting on the couch or at their desk and dreaming about what their life could, should be like.

The only way that dream will even get a chance of becoming a reality is when you decide to take that first step, and the next, and the next. You get my drift!

03.14. TAKE RESPONSIBILITY

You are not the victim of your life. If you have choices in your life, and in # [03.32](#) you'll see that's exactly what you always have, you can choose to be the V I C T O R of your life! You can always make change happen! So ...

*"Watch your thoughts, they become words.
Watch your words, they become actions.
Watch your actions, they become habits.
Watch your habits, they become your character.
Watch your character, it becomes your destiny."*

— Unknown

Take responsibility for your life and the extent in which you achieve your dreams. Realise that your life as it is right now, is a result of the choices you've made and still are making.

I'm not talking about the times when you were still a kid and your parents were deciding for you. I'm talking about the here and now, now that you are an adult.

When you blame others for the troubles in your life, you give them power over that part in your life and deny your own responsibility.

Take responsibility and start making choices that will result in a life lived as you want to.

03.15. FORGET "IMPOSSIBLE" THINK "I'M POSSIBLE"

Most people give up because they think what they want to achieve is impossible.

"However, if everyone thought that, there would be no inventions, no innovations, and no breakthroughs in human accomplishment."

— Andreas Jones, How To Live Your Dream Life

Just think what inventions would not have happened (or much later) had people like Alexander G. Bell (telephone), Thomas Edison (light bulb) and the Wright brothers (airplane) had given up after their first couple of failed attempts because they listened to all the people who said what they were trying to accomplish was impossible.

So instead of thinking "Impossible" start convincing yourself "I'M POSSIBLE"!

03.16. DEFINE WHAT SUCCESS MEANS TO YOU

Don't let society force upon you its definition of success. First of all who is 'society' anyway and second, their definition is very likely completely different from yours.

SO ...

What is **YOUR** definition of success? What would make your life a success?

Answer that question, find some visual reminders that fit your answer and start putting those reminders where you regularly see them. On the desktop of your computer, on your phone lock screen, as a back ground on your tablet, on the inside of your bathroom door, on your vision board (see #03.07).

Visual reminders will support you (and your unconscious mind) in manifesting your dream life (see # 03.08).

03.17. TELL PEOPLE ABOUT YOUR SUCCESSES

No matter how small your successes, start telling others about them.

Tell them how you suddenly have time to go on a weekend hike, because you no longer have to do house work. How you shaved off almost 50% of your weekly commuting time, because you got your boss to agree to you working from home two days a week.

Even if these may not constitute ‘real’ successes in ‘society’s’ eyes, they are true successes for you, because they brought you closer to living your dream life!

03.18. CREATE A LIST OF YOUR ACCOMPLISHMENTS

As you keep moving towards your dream life, create a list of all the things you accomplish along the way.

Celebrate these things as the successes they are (see # 03.17) and review the list regularly.

It will serve you as a reminder of how far you’ve come already. Be proud of what you’ve done!



03.19. BE OKAY WITH FAILURE

You will try your hand at things and fail. Trying new things is just like that time when you learned how to walk. You have to try and try again until eventually you succeed.

Should you become discouraged just read up on [the history of any of these people](#) who all failed multiple times until they eventually succeeded.

03.20. CELEBRATE

Whenever you successfully accomplish a task, reach a goal, step outside of your comfort zone, change a habit, anything, be sure to celebrate.

No need to go all out and throw a huge party (though by all means if you want to go ahead).

Give yourself a pat on the back.

Dance wildly around the living room.

Sing your happy song.

Tell yourself you're awesome.

And then get back to it!

03.21. CREATE 2 LISTS

On the first one list all the things that bring you joy and happiness; the things that light you up inside.

The second list is to contain all your strengths, skills, abilities and experiences that are unique to you.

Now go over these lists and look where things on your lists intersect. There you will find your starting point.

Then just take a step to wherever that puts you. Just take a step when you find that intersection.”

It may not lead you to the place you eventually will or want to end up, but you will be on your way!

03.22. START REMOVING THINGS NOT PART OF YOUR PERFECT DAY FROM YOUR LIFE

Look at your life today and start identifying things that are not part of your perfect day.

Make it your goal to slowly remove each of the items on this list from your life. If that's not immediately possible look at ways you can at least reduce the influence of these things on your life.

You hate house cleaning? Get a house keeper or start caring less about a perfectly clean house.

Don't like grocery shopping? Perhaps you can get your groceries delivered.

Hate ironing sheets and duvet covers? Then just don't do it. You'll sleep fine between fresh smelling slightly crumpled sheets.

Have an hour long commute to your work place? Find a job that's closer or see if you can get your boss to agree to working (part-time) from home.

By eliminating things you hate doing from your life, you start making your life more enjoyable and slowly move in the direction of your dream life.

03.23. DON'T DO THINGS JUST BECAUSE YOU'RE EXPECTED TO

Every time you find yourself using the word "should" in a sentence, as in "I should really do this", alarm bells need to go off.

Ask yourself who is the person telling you that you "should" be doing whatever it is you're about to do.

Is it truly you? Or is it society, your parents, friends, employer, ... Whose expectations you're living up to?

Examine your reasons for doing it. When those reasons are solid and grounded within you, within your E S S E N C E, go ahead.

Remember, always doing things because you "should" will eventually lead to anger and a lot of resentment on your part. Worst case scenario, it can even lead to a serious burnout.



Photo by: Security (Pixabay)

03.24. IGNORE OTHER PEOPLE'S NEGATIVE OPINIONS

People will always have an opinion. It doesn't matter whether you asked for it or not. The moment you tell them about your dreams, they will gladly share their opinions and many of them will be negative.

When those negatives come your way, remember what these people are doing is projecting their own fears and biases onto you and your dreams.

Remember also, that most of these people don't really matter to you, so why should their opinions?!

Don't put your dreams about life, job, career away, because of someone – whose opinion you don't value in the first place – tells you it's a stupid idea!

03.25. IGNORE THE OPPOSITION

When you decide to go after your dream life people will stand and up and tell you why they think this is a 'really bad idea' and they'll be doing it because 'they love you'.

Accept their concern while remembering it is your life and not theirs. If they really care about you, they'll support you, be your biggest cheerleaders and also be there for you on those days that it doesn't quite go as you hope.

And then there are those that will actively dislike you for having the gall to want to try and realise your dream. Or to simply live in alignment with your true self. They'll let you know actively or passive aggressively, to your face or behind your back.

Likely the haters are uncomfortable with your courage and would love to do what you're doing themselves. These people are a drain on your energy and good mood. Ignore them as best you can and even consider them banishing them from your surroundings completely.

03.26. SEEK OUT PEOPLE WHO WILL SUPPORT YOU

This one is closely linked to #03.25.

Realise that when you share your dream with others, there will be people who will be less than thrilled for you. And that's okay.

It is imperative to surround yourself with people who will support you in your quest to realise your dream life, even if they don't agree with you or understand why you would want that life.

So seek out the people who will energize you and support you, even when the going gets (a little) tough.

03.27. FIND PEOPLE WHO WENT BEFORE YOU

You're not the first person to transition out of a more traditional life towards the life you dream of. Many people did this before you and others will follow.

Find places where these people hang out, in real life and online, and start talking to them. Learn from them. Be inspired by them.

How did they figure out what their dream life looked like? What made them want to change the life they were living? What needed they to have in place before they dared to jump?

03.28. USE YOUR NETWORK SMARTLY



Image credit: higyuu/Shutterstock

If you're anything like me, then over the years of your working life you've build a network of people you've come in to contact with.

What I neglected doing though was maintaining that network. My neglect was being compounded by the fact that I don't like asking for help or favours.

However, when I started reaching out to people to do just that, I found is that people who you have given or are willing to give value to are very willing to support you and at times go further to help you.

03.29. CLEAR AWAY ALL DEBTS (OR AS MUCH AS YOU CAN)

When you finally do quit your job you don't want to have huge debts that still need to be paid of hanging over your head. You might not immediately or ever earn enough money to keep paying off those debts.

Start reducing them as soon and as much as you can. Also avoid taking on any more debts.

Being debt free or have only small debts will make it possible for you to concentrate on realising your dream instead of worrying about where the money for your next payment to the bank will be coming from.

03.30. START CREATING A NEST EGG

Just in case you come to the point where you can just not take it anymore and you feel you have to quit your job, it's nice to have nest egg.

So stop spending money on things that only serve to show your facebook friends what a fantastic life your leading. Start putting that money away for the day you decide it's finally time to start pursuing your dream job that doesn't yet pay the bills.

03.31. THINK POSITIVE THOUGHTS

As will be clear from #03.10 and #03.11 you have influence over what you attract in your life. Put your energy towards negativity and you'll experience life and things that happen to you in a negative way.

Think positive thoughts, find the silver lining in any situation you find yourself in and life will be more bearable. You'll attract more positive things and people to you.

Some people will even say positive thoughts attract success. So why not make positivity your default setting. Especially when it comes to your dream life.

"People often ask me, "How are you so happy?" 'Cause I find that the alternative sucks!"

— Sean Stephenson (be sure to check him out!! →)



Image credit: Sean Stephenson (Facebook)

03.32. REMEMBER (ALMOST) NOTHING IS IRREVERSIBLE

You always have choices. Even when you don't make a choice, you choose to do so!

And when one of your choices doesn't work out the way you want or hope, you always have the option of making a different choice! Or to reverse on your earlier choice.

03.33. FOCUS ON WHAT YOU CAN CONTROL



Photo credit: Francis Gunn (Unsplash)

So many people let their mood, their quality of life be determined by the things they can't control.

There is no controlling the weather, global economy, what other people think of you, and much more.

So rather than focus on the uncontrollable things that bring you down, why not focus on the things you can control and work with those?

Identify the things you can control in your life and what effect they have on your overall wellbeing. If it's negative, see what you can do to change things for the better!

03.34. STOP COMPARING YOURSELF TO OTHERS

It's easy to fall into the trap of comparing yourself to others and feel like you're falling short of the mark.

When I started out as a coach I found myself comparing myself to coaches who had been in business for much longer than I and were therefore much more successful.

It wasn't until I started thinking of them being on the same timeline as I was that I stopped comparing myself to them!

I realised they too had been on the point of the timeline I found myself and they too had to travel along that timeline to get to where they now are. They too at one point were beginning coaches starting out to build their business.

03.35. BE BRAVE AND BE SEEN!

We all are familiar with that feeling we are not enough! Not good enough! Not young enough! Not old enough! Not talented enough! Not ... [fill in the blank] enough!

Think of the things we might not have if people like Marie Curie (X-ray machines) and the Wright brothers (airplane) had given up because people told them what they dreamed of was impossible simply because they were not smart enough!

Brené Brown is right on the money when she tells us:

“I’m not screwing around. It’s time. All of this pretending and performing – these coping mechanisms that you’ve developed to protect yourself from feeling inadequate and getting hurt – has to go.

Your armour is preventing you from growing into your gifts. I understand that you needed these protections when you were small. I understand that you believed your armour could help you secure all of the things you needed to feel worthy of love and belonging, but you’re still searching and you’re more lost than ever.

Time is growing short. There are unexplored adventures ahead of you. You can’t live the rest of your life worried about what other people think. You were born worthy of love and belonging. Courage and daring are coursing through you. You were made to live and love with your whole heart. It’s time to show up and be seen”

— Brené Brown in »Prime: Reflections on Time and Beauty« by Peter Freed



Image credit: Dare Greatly Coaching

03.36. BE YOU!

Trust yourself, your instincts and your intuition. Start listening to that wise inner voice that tells you what is good for you.

It may take a while to hone your instincts and intuition again, but they are wise counsel. Counsel that is easier heard when you are grounded in your true self.

Even when because of listening to it causes you to move against what people around you expect of you.

03.37. FACE YOUR FEARS



Photo credit: Toby Wong (StockSnap.io)

*"F-E-A-R has two meanings:
'Forget Everything And Run' or 'Face Everything And Rise.'
The choice is yours"*

— Zig Ziglar

We all have our fears in life.

Fear of disappointing our parents, our partners, our friends, our colleagues.

Fear of the unknown, failure, rejection, ridicule

Take time to really examine those fears and you'll find that many if not most of them are just stories you tell yourself.

You think you will disappoint your parents, but they've never actually said so.

Who knows, perhaps all they really wish for you is to be happy and that might even include embarking on a crazy adventure to realise your dreamlife.

You think you will be ridiculed, but how can you know for sure if that is what will happen?

Have you even considered that it's only the reactions of those close to you that really matter? Who cares what the rest of the world thinks?

03.38. BE BOLD AND TRY NEW THINGS

“Don’t fear failure so much that you refuse to try new things. The saddest summary of life contains three descriptions: could have, might have, and should have.”

— Unknown

Try new things. It doesn’t need to be anything huge.

Start out with small new things and when you get used to smaller, scary steps move on to bigger things.

Every time you do something that scares you, doing the next scary thing becomes just that little bit easier.

So what if you fail sometimes? At least you tried and by doing so successfully found a way not to do something. Just try again and this time do it differently!

Training your ‘bold’ muscle, especially when doing things linked to your dream life, will prepare you for when you definitively turn onto the trail leading towards that life.

Doing new things will at the worst teach what you don’t like and can scratch off the list. (Which is a good thing really!!)

At best you’ll discover things you’re passionate about which get added to the list of things you’re new life/job/career really needs to have in it.



Photo credit: Josefin Brosche Hagsgård (Unsplash)

03.39. TAKE SMALL STEPS

“I’m not like you, Gerdi!”, people will say. “I can’t just quit, sell my house and move to a different country! I have a family!” Or “I have bills to pay!”

Of course you don’t have to just quit. Nor do you have to sell your house. That’s just my story and my decision. Remember what I said about comparing yourself to others (see # [03.34](#))?

We each have our own stories to tell. Mine happens to include a strong desire to spend my life among mountains! And because there are no mountains where I come from, I decided to move to a country where there were.

You have to figure out what your story looks like (see **Error! Reference source not found.** and # 03.04).

Once you have, there still is no need to go all out and risk it all in one big swoop!

Think of realising your life dream as training for your first marathon. You don't just decide to go run a marathon and then do it tomorrow. You start small!

You may start by walking a couple of blocks a day. Then work your way up to running those blocks. Once you can do that you slowly increase your distance. You train every day for months. You change your diet to fit your new running lifestyle until, after months of training, you're finally ready to run a marathon.

That's how it is with realising your dream life. Start small and slowly work your way to the moment when you are ready to realise your dream life.

03.40. EXERCISE

Plenty of studies have been done about the benefits of exercise for mental health. As Sophia Breen explains in [her post '13 Unexpected Mental Health Benefits of Exercise'](#) on Greatist.com exercise has been proven to

- Reduce your stress levels
- Increase your endorphin levels (the hormone that creates the feelings of happiness and euphoria)
- Alleviate anxiety
- Boost brain power
- Help you get more done
- Boost your creativity

There are other benefits too, but these benefits especially help you build your resilience and confidence as well as your creativity, all of which will benefit you greatly when you're trying to figure out which changes you want to make in your life and how you are going to make them.

03.41. GO OUT INTO NATURE

The effects of exercise (see # 03.40) can be made even greater when you opt to exercise in nature. From the National Geographic article '[This Is Your Brain On Nature](#)' (National Geographic Magazine, January 2016):

“On the third day of a camping trip in the wild canyons near Bluff, Utah, [David] Strayer [Ph.D., professor, cognitive and neural science, University of Utah] is mixing up an enormous iron kettle of chicken enchilada pie while explaining what he calls the “three-day effect” to 22 psychology students. Our brains, he says, aren’t tireless three-pound machines; they’re easily fatigued. When we slow down, stop the busywork, and take in beautiful natural surroundings, not only do we feel restored, but our mental performance improves too. Strayer has demonstrated as much with a group of Outward Bound participants, who performed 50 percent better on creative problem-solving tasks after three days of wilderness backpacking. The three-day effect, he says, is a kind of cleaning of the mental windshield that occurs when we’ve been immersed in nature long enough.”



Source: National Geographic Magazine, January 2016. Photo by Lucas Foglia

— Florence Williams, 'This Is Your Brain On Nature', National Geographic Magazine, January 2016

03.42. START JOURNALING



Photo credit: Dean Moriarty (pixabay)

Stop trying to solve every problem in your head and take up pen and paper. There is something therapeutic to writing things out the old-fashioned way: in long hand.

Even if you don't write every day, take time out to regularly put your thoughts on paper.

Try some stream of consciousness writing, where you just put pen to paper, pick a subject and let words flow out of you without paying attention to structure or editing.

Learn more about Stream of Consciousness writing [here](#).

03.43. CUT BACK ON WATCHING TV

Ever found yourself on the couch in front of the TV wondering what happened to your evening? As you were mindlessly flipping through the channels in search of something worthwhile watching time slipped by you and all of a sudden it's time to go to bed?

Just think of all the things you could have been doing that would bring you closer to your dream life!

Leave the telly off and put the free time that just fell into your lap to good use by learning everything there is to know about your dream life (see #03.03), try new things (see #03.38) or connect with people who went before you (see #03.27).

03.44. READ

I'm a voracious reader – always have been. I'll read anything that is well written and interesting.

I love how stories can have me laugh out loud, move me to tears, inspire me, help me grasp concepts, open me up to new worlds and new ideas and much more.

We are a race of story tellers and are inspired by stories. Books can change your life – especially when you're learning everything you can about your dream and how to achieve it.

There are so many stories out there that may help you. They can literally change your life.

Below just a few that have had a great influence on me, but I encourage you to find the books and stories that speak to you!

- Spencer Johnson, [Who Moved My Cheese](#)
- Tom Rath, [StrengthsFinder 2.0](#)
- Brené Brown, [Daring Greatly](#) (and pretty much anything else she has written)
- Simon Sinek, [Start With Why](#)
- Rosamund Stone Zander & Benjamin Zander, [The Art Of Possibility](#)
- Viktor E. Frankl, [Man's Search For Meaning](#)

03.45. VOLUNTEER

When you volunteer you can make a huge difference in someone's life, but it will make a difference in your life too!

Through volunteering you'll meet new people, develop new skills, build self-confidence, feel valued and through all this improve your life.

Added bonus: your new skills will surely benefit you in your new life!

03.46. FIND A NEW JOB

Feeling trapped in your current job? There is no reason to stay there!

Don't know yet what your dream job is, start looking *NOW* for a job that doesn't drain every last bit of energy from you!

03.47. **WORK ON CHANGING A HABIT**

In his book '[The Power of Habit](#)', Charles Duhigg writes about the importance of identifying the most important thing you want to change in your life: your Keystone Habit.

Want to figure out what constantly bugs you about yourself? What do you really want to stop doing or, the opposite perhaps, start doing?

Pick a habit that stops you from living your dream life and go to work changing it.

Stick with it until it has been changed. Once you've changed it you can move on to the next one you want to change.

Trying to change multiple habits at once will increase the likelihood of failure. Don't worry though. Changing one habit successfully will likely have a positive effect on your ability to change other habits too.

03.48. **DECLUTTER YOUR LIFE**

Removing all the physical and mental clutter out of your life creates room for new things to arrive. It is easy to become overwhelmed when you lead a cluttered life.

Take a serious look around the house and your storage spaces. What are you keeping around that you haven't used in years? What's in those boxes you've never unpacked after you last moved house?

For me it helps when I set myself a limit (for example 'things I haven't touched for at least a year').

Decide on what you no longer need and give it to your favourite charity, sell it on EBay or simply get rid of it.

To declutter your mental energy drains, do a mind dump and write everything that's troubling you (from people, to unfinished projects, to things on your to-do list) on a list and start crossing them off as you deal with them.



Photo credit: Samet Kurtkus (Unsplash)

03.49. SET DAILY PRIORITIES

1.) Do First First focus on important tasks that need to be done the same day	2.) Schedule Important but not very urgent stuff is to be scheduled
3.) Delegate Delegate what's urgent but less important to others	4.) Don't do Don't do stuff that's not important AND not urgent

Image credit: Dare Greatly Coaching

What will you be doing today that will get you closer to your dream life?

Look at all the things that need doing today and apply the Eisenhower Principle. This will help eliminate things you shouldn't be doing in the first place.

03.50. BE PATIENT

As the saying goes “Rome wasn't built in one day” and likely the same goes for your dream life. It takes time to build something new, especially when you have to start from scratch.

You will make mistakes. You will stumble. You will give up. And still, you will pick yourself up and try again. Because you have set yourself a very clear, powerful goal (see # [03.09](#)).

There will always be problems, but they don't have to take over your life and focus.

Be patient. Notice every little bit of progress you make. Celebrate it and stay true to your dream.



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