



Eight Ways to Achieve and Live Your Dreams

By Hillary Schneider

1) Dream Big:

Imagine and inspire yourself to be the biggest and brightest you could possibly be. Even if something seems beyond what you could do. Let go of the limitations you put on yourself. Dreams are there to get you outside of the box we put ourselves in. Allow your imagination to take you beyond the scope of your logical mind. By dreaming big we open ourselves up to the many possibilities and wonders that are out there for us to experience.

2) Detach from the Outcome

Once you have your dream it is important to let go of how and when your dream will be accomplished. The universe always has bigger plans in store for us than we could ever imagine. By detaching you allow for what you desire to be delivered to you in miraculous ways. Detaching from the outcomes ensures an open path for your dreams to flow to you. The way becomes clear for all those opportunities, experiences and people to reach you.

3) Trust

Trust is the key to your dreams becoming actual realities. Trust in yourself and trust in the universe. When pursuing our dreams we can often get guidance that comes in thoughts, ideas, or feelings and it is important to trust this guidance or gut instincts and act on these. Trust also that you have the full support of the universe on the path of your heart's desire.

4) The Power of Prayer and Faith

We are human and sometimes fear and worry can come up. In these times it is good to pray about what you want and ask for help in achieving it. Prayers are always answered and it is utterly amazing to see how saying a prayer can open doors and give us the answers that we are seeking. What comes hand and

hand with praying is faith. Have faith that your prayers will always be answered, keep in mind the answer may not be what you expected.

5) Stay Positive

Your thoughts always become reality so it is important to choose thoughts that are positive. Affirmations are great to create alignment with your dreams. Surround yourself with positive people that are supportive of your chosen path. Be aware always of what you say to others about your dreams and try to have your environment match what it is you wish to become

6) Self Love

It is important to see yourself with compassion and know that you are perfect human being. As humans it is natural for us to make mistakes but know that you are not a mistake. Have compassion for yourself along the way knowing that all you experience is benefiting you in the long run. Take care of yourself and your health to ensure that you are in the best space. The best thing you can do for yourself and for this world is love yourself unconditionally because that allows the space for others to do the same.

7) Boundaries

Always create a safe place for yourself so that you always remain energized and joyful about your path. Try to avoid doing things out of guilt or obligation. Know that it is ok to say no to things that can take you away from achieving your dreams. It is ok to put yourself first because you are not doing anyone any good by doing things simply because you think you have to. Love yourself enough to say no to the things that are not aligned with who you are. You will feel great about yourself and your self confidence and esteem will increase

8) Remember Life is a Journey So Enjoy It

This life and this experience truly is a journey. There simply is no destination to get to because as soon as we get to one place it is on the next. The journey is where you experience life, gain the wisdom and knowledge that life has to offer. So you might as well lighten up and enjoy the ride. Realize it is a journey and enjoy your flow with the current of life instead of struggling against it. You will be amazed at how enjoyable the process can be if you simply let go of trying to get somewhere. Enjoy and have fun for this is a life of creation and we are the creators.