

Happiness Habits

SAY GOODBYE TO THE RUT...
SAY HELLO TO HAPPINESS AND JOY!



HABIT 8 PURSUE DREAMS

CARIN ROCKIND



PURSUE DREAMS

AT THE CORE OF EVERY WOMAN IS THE TRUTH OF WHO SHE IS - ALIVE, VIBRANT AND ON PURPOSE

Inside of each of us is a spark. A light. A true bright self yearning to be set free. A part of us that wanted to be an astronaut as a child, or a writer, or a clown or a mom, or a baseball player or traveling Goddess.

This part is the Dreamer, and she is within us all.

But too often, we become adult women who forget to dream. We become women who think that dreaming is silly or frivolous fantasy or irresponsible.

Actually, it's irresponsible NOT to dream.

Chances are, you tell your children, nieces, or friends to go for their dreams. You cheerlead them to do whatever is in their heart. But people don't learn from what you say; they learn from what you do.

You can't be happy if you have an unfulfilled dream inside of you.

You also can't be happy if you stop dreaming. Humans are meant to envision, imagine, desire, and create!

If you've ignored dreams, shut them down, overridden them, or been too afraid to admit them to yourself or anyone else, it's time to break free of that binding chain so that you can finally be HAPPY.

WOMEN WERE BORN TO BE DREAMERS AND WEAVERS.

PURSUE DREAMS

PURPOSE IS THE PATH TO HAPPINESS

Researchers at the University of Illinois found that people with purpose had high life satisfaction, even on crappy days. In other words, even if all breaks loose, when you're clear on purpose and going for your dreams, you still feel fulfilled. Similar research has found that purpose makes you more resilient, optimistic, committed to goals, and healthier both mentally and physically.

To be a woman on purpose and the happiest woman you know, you must reignite forgotten and hidden dreams, and you must create new ones that would delight and fulfill you. There's a three step process:

1. Get clear on your dreams
2. Break it down into the smallest step
3. Take small action every day – make it a habit!

If you aren't sure what your dreams are, consider this:

- One year from today, how do you want to FEEL? What would get you there?
- What do you regret NOT doing? Not traveling more before you had kids? Not going for that acting or singing career? Regrets are dreams in disguise.
- What are you jealous of in others? Jealousy is also disguised inspiration and desire.
- At your 80th birthday party, what do you want to say about your life? What do you want others to say about you?

DREAMS ARE FREE, SO INVEST IN ALL OF THEM.

DARING TO DREAM MEANS
DARING TO LIVE.

-ROBERT SCHULLER

NEVER LET IT BE SAID THAT TO
DREAM IS A WASTE OF TIME, FOR
DREAMS ARE REALITIES IN
WAITING. YOU ARE PLANTING
SEEDS.

"WHAT IF I FAIL?"

"BUT DARLING, WHAT IF YOU
SUCCEED?"

-ERIN HANSON

ACTIVITY WITHOUT PURPOSE IS
THE DRAIN OF YOUR LIFE.

-TONY ROBBINS

DREAMS

IT'S NEVER TOO LATE TO START

"But I'll be 50 when I graduate school."

And how old will you be if you don't go to school? The same. So start now.

The first step is to clarify your dreams and purpose.
The second is to conjure the courage to pursue them.

Note: Your dreams likely won't make sense! You may feel lit up by the idea of "house shopping" pretending that you're looking for a \$5 million home on the ocean. You may feel turned on by planning a trip to Paris for which you'll need 3 years to save, but just the idea makes you giddy, so plan away! It doesn't matter. Don't look for the sensical - do the MAGICAL!

Many people don't pursue their dreams or their purpose due to fear. Fortunately, you my dear, have the Mindset Happiness Habit! You can reframe any fear or doubt into bravery, wisdom, learning, and growth forward!

The keys to this Happiness Habit are to have self-compassion and mindset to overcome fear and then to break down your dreams into the smallest, tiniest, most minute steps so that you take action forward!

The antidote to all fear is ACTION!

AND THE TIME CAME WHEN THE RISK TO REMAIN TIGHT IN A
BUD WAS MORE PAINFUL THAN THE RISK IT TOOK TO
BLOSSOM.— ANAÏS NIN

DREAMS

ONE SMALL STEP AT A TIME

I ran a marathon, going from 0 to 26.2 miles in 6 months, taking one step and one mile at a time.

It looks like people are suddenly successful on Instagram or Facebook, but it's likely not truth. It takes years to be an "overnight success." Don't let that stop you. The only way to be a success in the pursuits that matter is to actually take steps. And once you take them, you will feel SO proud of yourself, so courageous, and so empowered that each step will lead to the next!

Take ANY dream and break it down to the smallest step. Want to write a book? The first step is to open the computer. Want to be a coach? The first step is to write down why. Want to start a business? Write out your idea. SMALL, SMALL steps! Below write down 10 TEENY TINY steps forward:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

YOU GOT THIS!

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