# The Power of Dreaming Big

## How to Find, Grow and Give Birth to Your Dreams

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"Therese Skelly's coaching has revolutionized the way I approach my business and personal growth. When we started I had vague, overwhelming goals. Working with Therese, I've launched a new business in less than three months -- from zero to new customers coming in the door! And we did it by focused, best-payoff, enjoyable work. No workaholics, no life imbalance."

"Her extraordinary knowledge of the psychological as well as practical obstacles that new entrepreneurs face, combined with her personal style of supportive, warmhearted coaching, will take you where you want to go. Therese is up to date about what works in contemporary marketing, too. Anyone who wants to expand their business or personal horizons will see results sooner with Therese's help."

~ Kate Williams at FineArtStart.com



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## The Power of Dreaming Big Workbook

Thanks for listening to The Power of Dreaming Big Audio Program.

I know you will have an even more powerful experience when you complete these questions that have been uniquely designed to take you even deeper into the Power of Dreaming Big.

The instructions are easy to follow:

Create some quite time to allow yourself to be 'in' the question.

Often times we are so busy in our lives that we don't stop and take the time to really listen to ourselves. You may or may not be aware of it, but most of your answers reside in you. The secret is in knowing how to tap into that natural resource of knowing that you already have.

**Set an intention** before starting the exercises that you intend the right and perfect answers to emerge from you which will take you to the places you need to go.

**Expect** to get some powerful shifts, insights, and results as you go through this journey.

**Trust yourself**. You know what you know. There is no need for self doubt here. Trust the answers as they emerge.

**Commit to taking action**. Its one thing to find a dream, but the growing and birthing of the dream requires a commitment to action.

**Get support.** We are made to be in relationships and supporting each other. Find someone to share your new awareness with. Engage a partner or coach in being on your Dream Team!



"Dreams are free, so free your dreams." ~ Astrid Alauda



## The Power of Dreaming Big

#### In the Beginning

Let's talk about what is in the way of you achieving your dreams. In this first section, we will deal with YOU, as in your identity - because if you don't have the foundation of a person who can create a dream for yourself, you'll struggle.

Now let's start at the beginning ...

First I want you to think about what kind of messages you received as a child. Were you told that you could accomplish anything you want in the world? If so, consider yourself quite lucky! Or did some of the messages have the effect of squashing any dreams you may have for yourself? If this is the case, you may work very hard but never quite actualize what you want.

In this workbook, I'll invite you to 'do the work' of going deep inside and asking yourself questions designed to support you in digging in to find the answers.

1.	So what was it for you? When you think about rolling	out your
	dream, what kind of support did you receive as a chil	ld? What were
	the messages you heard about your ability to create	for yourself
	any life you desire?	

2.	How did this affect you? Can you see a correlation between the	
	message you received and where you are today?	

If the messages you received early on were positive, nourishing, and left you in a position of totally believing that you could 'conquer the world' and achieve anything you want to - you may skip this next section. If however, you know there are some gaps in your self esteem or ability to actualize what you desire, you will want to answer the following questions.

Sometimes, because of having a 'faulty' foundation, we often grow up lacking a strong belief in ourselves. This isn't to blame your parents or family, because they were just doing the best that they could do at the

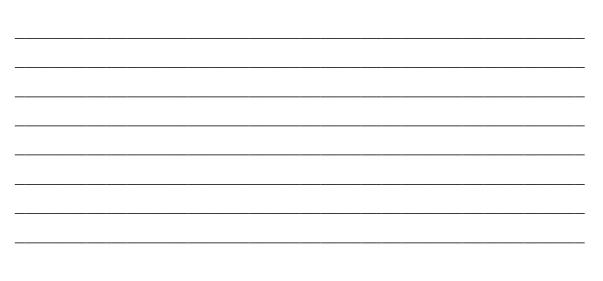
time. But as a result, it is possible grow up without the necessary belief in our abilities.

If this is true for you, list a few of the 'stories' you have in your head that get in the way of you having the permission to really dream your big dream. For example, you may believe that you aren't smart enough, need more education, or aren't a natural leader.

1. What is it for you?		
	 	<del> </del>
2. Anything else?		

3.	But what if it could be different? Imagine that you could re-write the programming that you got. What would you put in? Take the time now to write the script for yourself in relation to being a
	person who absolutely can create dreams. What would you have to believe about yourself?

4. If you would rewrite that script for yourself, what would you begin to do differently TODAY?
The next step for you is to grow into this new 'essence' of being a person whose dreams come true. Pick one quality a week and 'try on' being that, or being more of that. For example, if you decided that you need to have a bit more confidence, you can gain more of it by standing in the question, "What would I do in this situation if I had more confidence?" See yourself as that person, and notice the difference. Then the following week, try on another one of your new qualities. Keep going until you have rebuilt your identity.  1. What new qualities will you bring forth in yourself?





"Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens." ~ Carl Jung



## **Making Space for Your Dream**

Now that the ground is ripe to create your dream, you need to **create the space** to dream.

In our fast paced society, we are extremely busy and plugged into so much stimulation, that we can lose track of our own inner voice. To really make the necessary changes, you must take the time, listen deeply, and gain clarity.

1.	What has to happen for you to create time for yourself?
2.	Is there anything you will have to let go of?

One of the big dream killers is a habit of putting others' needs first. Is this the case for you? If so, you might initially feel guilty for taking the time to focus on YOU as opposed to everyone else. When you hit that brick wall of feeling bad, what can you tell yourself to make it through? Example"This change is good not only for me, but for <b>everyone</b> in my life."
1. Write down a few self statements that will strengthen your new way of "being."
The next step is to begin to anchor in these new ideas. You can either create affirmations that you read daily, record them and play
repeatedly so you can hear and begin to integrate them, or tell your
support system so that they can begin to see you being different.

1. Wh	at will you do?	
"So n	any of our dreams at first seem impossible, then they seem impossible when we summon the will, they soon become inevitable ~ Christopher Reeves	

### **Defining Your Defaults**

The first step to any making any change is awareness. Before you start to give birth to your dream, you will want to notice what "your default mode" is. Our default mode is a pattern of doing what we think we should, only taking what we think we deserve, and the habit of living within limits that are way below what we really want.

In each of the areas below, think about what are you living with or tolerating **instead of creating your dream**? For example, you may want to be a lawyer, but have lacked the belief in yourself, so are settling for being a teacher.

1. What is your default in the area of work/career?					
	·				

2.	What is your default in the area of relationships?
3.	What is your default in the area of your health?

. What	is your def	ault in the	e area of	your fina	ances?	
					,	
	-					

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

~ Mark Twain



## **Planting the Seeds**

There is nothing more powerful than the power of decision. Too often we play small by not deciding what it is that we really want. After noticing your defaults, you should clear space so you can finally begin to let the dream that's inside of you to emerge.

1.	. Now that you have made the commitment of listening deeply to				
	yourself, what do you want? What is the big dream for your life?				
	List your dream in as much detail as you can.				

2.	What would this dream mean to you? How would things change?
3.	How do you know your dream is 'real' for you?
	ow, I have to be honest with you hereif you create that amazing eam you just talked about, your life will change. And it will affect

everyone around you. Sometimes people want something so strongly, but are more wedded to the fear of change than they are of the magic of success. So just knowing that you will be challenged, stretched, pushed, and reinvented can help when you embark on the new journey. If you know what you can expect, it makes things seem more 'normal' along the way.

Now,	talk abo	ut what wo	uld be s	cary abo	ut steppin	g into you	ır dreams
			o	<b>&gt;<del>0</del></b>			
"To	accomplish	h great things,	als	not only ac o believe." atole Franc	,	eam; not on	ly plan, but

#### **The Reinvention Process**

The way that dreams work best is if they are in alignment with your values. Write down the top five things that are most important to you. These could be things like freedom, family, spirituality, relationships. What are yours?

1.		 
-	 	 
<b>2.</b> .		
-	 	
<b>3.</b> .		
<b>4.</b> .		
<b>5.</b> <sub>.</sub>		

In order for your values-driven dream to become manifest, you must be *reinvented in service of the dream.* That can often be scary. What you have to remember is that if you have the dream, you will be given the necessary support to make that dream come true.

Did you know that within the tiny acorn seed, is the great oak tree? Within you are the seeds of the dream, but just as a chick is hatched from an egg, the dream will need to burst forth from you. In order for that to happen, you will be asked to take on new qualities, a new level

yo	ou possess.
1.	Imagine that you are the person who can create the dream in your life. Who would you have to become to give birth to that?
2.	How would that feel? That new you – the stronger, more powerful, more confident you that is capable of giving birth to this most amazing thing?

of leadership, courage and confidence that you may not believe that



"I have learned that if one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours."

~ Henry David Thoreau



#### **Protecting and Growing the Dream**

Congratulations! You have made great strides by going all the way through the exercises. You have discovered where you are not dreaming or may be 'stuck' in default mode, found what messages hold you back and what you need to do to correct that, and in addition to articulating your dream, you should have given thought to who you need to become to birth its magnificence.

But what about those dreaded dream stealers? You know the ones – the people in your life who will not support this new you. The folks who may be afraid or intimidated by the changes you will be making when you finally started taking a stand for what you want.

To tell you the truth, this is where it gets tough. You must have the courage to say no, keep your mouth closed at times, and have boundaries. Dream stealers aren't bad people. Please understand that. But they are people, for whatever reason, who can't allow you to grow into who you need to be. Maybe they don't want to lose you; maybe they are worried for you. What ever their consideration is ... these are the people in your life who you will really need to be clear about - that they will not be able to support you.

1.	. Who in your life will possibly be a dream stealer?					

2.	can you do your dream	yourself that	they are NC	OT the ones to
			1	



"Build a dream and the dream will build you." ~ Robert Schuller



#### **Getting the Dream Out in the World**

Here is where you have to be very clear about what support you need. You may have heard the famous saying, "It takes a village to raise a child?" Well, I believe that "It takes a community to raise a dream." Why? Because you need to enroll others in your dream. If it's something that you can easily do yourself, dig deeper, because true transformation occurs when we are stretched to our capacities and have to reach out – in service of the dream – to get it out in the world. Take this time to make a list of all the people you will need to support you. For example, you may need some one to help with administrative work, or a web master for your business. And think about who will hold you accountable and keep you on track? This is where a great coach or mentor comes into play.

1. Who will be on your Dream Team?

1. Who will be on your Dream Team?						

If you were to create a plan to put together this team, how would it unfold? What kind of resources would you need? What time frames are you looking at? This is a very critical step, so make sure you think of all the details here.

1.	How would it unfold?
2.	What kind of resources would you need?
3.	What time frames are you looking at?

4. Other			

----

"When we are dreaming alone it is only a dream. When we are dreaming with others, it is the beginning of reality."

~ Dom Helder Camara



## The Legacy

There you have it! The dream and the team! And now I will ask you to look into the future and see what the gift is of you getting it out in the world.

Too often we get sidetracked by how hard things are or the personal cost to us, but if we look beyond our present circumstances and into what the benefit will be to those all around us, we will find a new level of perseverance that will see us through.

ou wish to create?	ream! wnat	is the legacy

Every day make a commitment to feel the energy of your legacy statement so that you stay focused, stay on track, and stay inspired.



"There is nothing like a dream to create the future." Victor Hugo



#### Wrapping It All Up

My hope is that not only have you enjoyed this work, but have made a commitment to **doing the work** so that we can all benefit from your dream being birthed in the world.

I invite you to my <u>website</u> Accelerating Your Success where you will find a free report entitled: *How to Be the Master of Your Mindset to be the Master of Your Business*. If you have been touched by this workbook, you'll find many more techniques to take your business (and your life) to the next level.

Additionally, if you are a small business owner or entrepreneur who is ready to really make the changes necessary to create more revenue in **a business that serves your life**, I would like to offer you a free 30-minute session designed to:

find all the places you are stuck,
then create strategies to move forward in ways that will work with your dream,
be in alignment with your values, and
make you a better business owner.

I guarantee that you'll get new ideas which will give you "more freedom, more flow, and more fun."

To claim this free session, please contact me by email.

And do feel free to contact me to share how your dreams are getting birthed in the world. It will be my great joy to celebrate with you.

Thanks for taking the time to read this!

Blessings,

Therese Skelly

Sprése

**Business Coach** 

Mindset and Marketing Expert

www.AcceleratingYourSuccess.com

#### **Meet Therese**

Making the move from a "self-employed" therapist, to currently serving her clients as a Business Coach and Marketing Strategist, Therese knows first hand the challenges of stepping outside one's comfort zone to create the life of your dreams.



She has helped hundreds of individuals move past beliefs that left them feeling

things were simply impossible - - to realizing levels of personal and professional success that they hadn't dreamed of before. She does this by moving her clients through mindset blocks, and creating powerful marketing and business strategies. In fact, it's not uncommon for a client to have a session with Therese and walk away with a whole new business model or product offering, because Therese has an uncanny way of seeing profit potential.

In addition to her coaching/training business called *Accelerating Your Success*, Therese has been the Director of the Phoenix Chapter of the Shared Vision Network where she was instrumental in providing business education and networking opportunities to small business owners and entrepreneurs. It's from this experience of working with and observing many other speakers that Therese learned the secrets of powerful speaking and sales techniques. She's particularly good at working with individuals who desire to sell their products and services from a teleseminar format.

Therese speaks regularly on both professional and personal growth issues, and is always popular with audiences because of her humor, engaging style, inspiring examples and knowledge base.

She lives in Scottsdale, Arizona with her two sons, Danny and John, and tries to get to the beach every chance she can. Passions for Therese include singing, learning, travelling, and of course ... eating really great food!