

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



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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 child? 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



“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?

1. What will you do?



“So many of our dreams at first seem impossible, then they seem improbable, and then when we summon the will, they soon become inevitable.”

~ Christopher Reeves



2. What would this dream mean to you? How would things change?

3. How do you know your dream is 'real' for you?

Now, I have to be honest with you here...if you create that amazing dream 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 about what would be scary about stepping into your dreams.



“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”

~ Anatole France



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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. _____

2. _____

3. _____

4. _____

5. _____

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

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



“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?

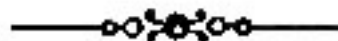
2. What can you do to remind yourself that they are NOT the ones to share your dream with?



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



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



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



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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 [website](#) 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.

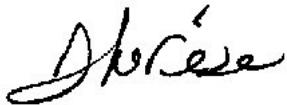
I guarantee that you'll get new ideas which will give you "more freedom, more flow, and more fun."

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,



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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.

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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!