



DREAM-A-LOT

The heart of giving back and
making a difference in the world...

Trusting, Timing, and You

By Marcia Wieder

On your way down the path to making your dreams come true, you're going to meet up with an issue called trust. Trust is an element that's at the core of everything; trust either allows your dream to happen, or keeps it from happening in your life. When you don't trust, things get difficult, blocked, stuck or even fall apart. You start to doubt—first your decisions, and eventually everything. You may start to compromise on your dream. In your best attempt to control the outcome, you may be the very one who unknowingly sabotages your own vision.

The key here is to notice what's going on. When you are aware of the doubts, fears and second thoughts, you can stop for a moment and regain some clarity. Start by asking yourself "What Is So".. Better yet, write it out, and delineate what you're thinking or telling yourself about "What Is So." What stories are you making up that may be disempowering your dream? What are you not trusting, and why? How can you move this obstacle, this mistrust out of your way? Get clear about what you don't trust and get to the core of it. Failing to do so can cost you your dream.

Letting Go of Mistrust

"Letting go" happens when you have clarity about what you want, you've done everything there is to do, and you can relax. Stop controlling, holding back, fretting or worrying. Just Trust. Two simpler words may never have been spoken; when it comes to your dream, there is nothing more profound. Practice letting go by being more committed to your dream and creating empowering beliefs. Ask yourself what you can do to learn trust, or to help you let go of your lack of trust. Practice "Just Trust." It's a critical component for letting your dreams happen.

Do you trust yourself and others? Do you trust the process, your environment, the universe, the timing? Do you trust that your dream will come true? Trust is a giant obstacle for many people. If you don't have it, you'll have to find it, and you'll have to practice trusting yourself above all. Trust the decisions you make, and believe that you're entitled to want your dream and to realize it. Trust comes first; that's what allows dreams and extraordinary results to show up in your life. An effective exercise is to list on a piece of paper the things that you do trust and the things that you don't.

When it comes to making dreams come true, I don't know any other way to build self-confidence and self-trust, other than to give your dream all you've got and see where you land. Sometimes we fail or fall short, but then, at a certain level, what we need to do is explore what went wrong, learn from our mistakes and get back in the game.

Being Balanced

Another way to develop trust in yourself and in life, is to keep yourself healthy by being centered and balanced. Feeling good about yourself leads to greater self-confidence, which is one of the places that trust comes from. You are a product of what you eat, how you live, how you rest and recreate, and what you think. All of these things filter into how you feel about yourself and, ultimately, what you allow yourself to trust.

By "being here and now" you will be in touch with life, and you will be feeling your passion all the time. This is not about designing a five-year plan for yourself, and then spending another five years figuring out how to control your life and make it happen. It's not about having it all happen right now. It's giving yourself some flow and leeway about what you want, trusting the timing and the process, and being in action in some way each day on the things you love to do.

The element that's critical to making the timing work in your life is to be present. To be here, right now, enjoying and living your life. Take a look at what matters to you that you're not doing, that you're not being or having. What could you change or create right now that would make a difference? You don't have to restructure your entire life this minute; maybe just breathing deeply is all you need right now. Decide what you can do that will keep you centered and balanced.

In the Flow

Being in the flow means that the timing of your life is working for you, that things just seem to happen at the right time, that they flow together easily and work interchangeably. This is called synchronicity. When you're living in the flow, you are in sync with life and not trying or needing to control and manipulate everything. Slow down and relax, let go of some of your resistance and things will seem to happen naturally. Let life catch up with you.

Brian, who was starting a new foundation, devised as one of his projects, to get contributions of \$25,000 each from ten corporations. While he was working on his strategic plan, he got his first \$25,000 from an organization with which he had spoken a long time before. Now he was one-tenth of the way to his goal. Jean decided that it was important for her business that she travel to Florida once a month, but she didn't know how she could work it into her budget. The next day a travel agency called to say that her name had been selected out of a random drawing, and that she'd won six round-trip tickets to Florida.

When Life Hands You More and More

When life and your dreams bring you surprises, as they inevitably will, you might begin to be concerned that you'll have too many things coming at you too fast. As more and more possibilities show up, how will you know when to say yes and when to say no?

There are some simple questions you can ask yourself to determine whether or not this is right for you: Is this what I want to do now? Is this part of my dream? Is this something I'm passionate or excited about? You'll know the right answer; it generally comes automatically. You'll know when you're excited about something, or when it seems like a duty. Don't be afraid to affix labels: "This is something I feel compelled to do." If that's how you feel, it's clear that you can let that project go. Other, more passion-provoking, opportunities are available. In fact, the possibilities are unlimited as long as you honor yourself. Follow what has heart and meaning for you. Be willing to say yes; be willing to say, "I'll think about it"; and be willing to say no thank you.

Starting today, I will do the following to deepen my self-trust:

At home:

At work:

With others:

Alone:

About the author:

As America's Dream Coach™, Marcia Wieder is a San Francisco-based motivational speaker, specializing in goal setting, visionary thinking and team building. Her clients include Stanford Business School, AT&T, American Express and the Young Presidents Organization. She is the author of many books, and was featured in her own PBS television special called Making Your Dreams Come True. Reach her at 415 435-5564 or by visiting www.marciaw.com

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