

Going for your Big Dream!

Five strategies for finding peace and fulfillment by quieting the inner critic

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What did you want to be when you grew up?

When I was young, I had Big Dreams! I never wanted *to just exist*. I felt big passion, big purpose, that my life was meant to be an expression of greatness in the world. I wanted to make the world happier. I was quite empathic as a child and I really felt people's suffering, specifically their loneliness because they couldn't authentically share themselves with others. I enjoyed helping people, and I sensed that life was meant to be adventurous and fun rather than mundane, boring or constrictive.

How about you? Did you have Big Dreams? Some say we are all born with a sense of purpose, a desire to contribution, and a drive for unique expression, just as we are born with two eyes, a nose, and a mouth.

From age 13 to 24, my Big Dreams drowned in drugs and alcohol. I'd lost my will to live and was considering suicide. I finally went into recovery and found freedom from the drugs, alcohol and other destructive habits that were tearing me apart. Early on, I heard an inspirational speaker share his philosophies about life and finding happiness. This speaker was phenomenal, and during that presentation, I started squirming with excitement—I wanted to inspire people from the stage too!

I was both completely thrilled and totally scared. *How was I going to make it from my seat as a participant to the stage as a presenter?* My critical Jessica Cricket (my inner critic) told me I was never going to make it up there. *You're shy; you can't do something like that! You will never be anybody. You're a nobody!*

The fear, doubt and diminishing thoughts were relentlessly negative, at least where my future was concerned.

One of the first things that I learned about manifesting my dreams was how to deal with that little voice that gets louder and louder when you decide to go for your Big Dream. My little voice sounds something like this (still!): *Who do you think you are? Pipedream. It will never happen. You are wasting your time and money ... just forget it.* Every time I want to break through to the next level, my critical Jessica Cricket shows up and blasts my dreams. But I proved her wrong! And you can, too!

5 strategies for silencing Jessica Cricket (the inner critic):

1. **Don't believe your mind's lie.** Notice the negative conversation in your head, take a deep breath and ask God or your Higher Power to remind you of the truth: *Your Big Dream is not by accident, you have a great purpose, your Big Dream is worthy and destined to come to pass!*
2. **Build a support system of like-minded people.** Find others who want to go for their dreams and contact when your mind is in critical overdrive. Just by telling someone what your mind is saying often deflates its power and quiets the negative messages.
3. **Repeat affirmations that counter the negative message.** Some of my favorites are:

I am brilliant and talented.

I can and I will!

No matter what, I won't give up!

I make a difference!

4. **Take a step toward your Big Dream.** Sign up for a class that will forward your efforts, exercise to release stress and quiet your mind, read a success book or article, refer to your vision/goals list and write down two actions that you can take immediately that will move you toward your Big Dream.
5. **Imagine yourself succeeding!** When I was working on kicking off my speaking career, every time a plane would fly over me I would see myself on the plane in business clothes headed somewhere to speak to a group. See yourself having a successful outcome until it feels like the real experience is happening.

Today, I am an inspirational speaker, I travel nationally speaking and I love what I do. Like you, I have dealt with unexpected turns, trauma and discouragement. I became a single mom when my kids were very young; my mom was killed in a car accident when I was 26, and I've had disappointing relationships with people that did not support my dream. But throwing in the towel has never been an option!

Every woman deserves to experience a life that she loves—the life of her dreams. Women need to honor their desires. They are a gift from God and they have a purpose in the world. Women are passionate, intuitive difference-makers!

What is your "Hearts Desire"? Where is your passion? How are you utilizing your natural, talents, strengths and abilities?

Do you need to re-claim your life and your value? Are you having fun and enjoying YOUR life?