

Be There and Live There: Creating Your Future Now

This was in my inbox today:

Be there, Leanne. Go there now and never leave. Imagine that your dreams have already come true. Live your life from that mindset. Predicate your behavior on that reality, not the illusions that now surround you. Filter every thought, question, and answer from there. Let your focus shift and be born again—***because dwelling from, not upon, the space you want to inherit is the fastest way to change absolutely everything.***

These words might seem simple, but this cosmic 2 x 4 holds the key to unlocking the life you've always dreamed of.

Imagine for a moment that everything you've ever wanted—the dreams that keep you awake at night, the goals you've scribbled in journals—has already come true.

Your dream life is your reality. Now, what would it feel like to live from that mindset, as if the future you desire is happening right now?

Living from Your Dreams, Not Towards Them

Often, we live our lives *looking towards what we want, rather than living from* that desired place.

We strive, we work, and we chase, but in doing so, we sometimes create a gap between where we are and where we want to be. The mindset shift we're talking about is this: instead of constantly striving for a distant future, start living as though that future is already here.

This is not just wishful thinking. It's a powerful reprogramming of your reality.

Think of this as dwelling from, not upon, the space you want to inherit. By making this subtle but profound shift, your thoughts, actions, and emotions begin to align with the life you desire.

How to Filter Your Thoughts Through Your Desired Reality

To adopt this mindset, start filtering every thought, question, and decision through the lens of your desired reality. For example:

- What would I do today if I already had the success I dream of?
- How would I act if I were already the healthiest, most vibrant version of myself?
- How would I show up in relationships if I already had the love I've been waiting for?

This kind of thinking propels you into action. You stop waiting for permission to live your dream life. You stop waiting for external validation, a financial windfall, or the "perfect moment."

Instead, you live in the mindset of already having it.

The Power of Focusing on Your Desired State

Focusing on what you already want rather than what you don't have changes everything. When you dwell from the space of your desired reality, your focus shifts, and your behavior follows suit. You'll notice that the actions you take, the people you interact with, and the opportunities that come your way all start to align with this new mindset.

Born Again Through a Shift in Perception

This practice is a form of being "born again" in a psychological sense. It's a renewal of your mind and the fastest way to transform your external reality. Why? Because the outside world is a reflection of your inner state. If you believe you're capable, abundant, and loved, that energy will ripple out into the world, and people will respond to it.

This doesn't mean ignoring the reality around you. It means filtering reality through the lens of where you're going rather than where you are. This focus on being rather than becoming shifts everything in your world.

Why This Works: Mindset Creates Action

The beauty of this shift is that it leads to real, tangible action. When you act from a place of already being the person you want to become, you start taking the kind of actions that person would take. Want to build a successful business? Start acting today as if you're already the successful entrepreneur you're destined to be. This influences your decisions, your confidence, and even the people you surround yourself with.

It's the fastest way to change absolutely everything.

Final Thoughts: The Next Chapter

The magic happens when you stop dreaming of your future and start living from it. Make the decision today to inhabit your dream life now, and watch how everything around you shifts to meet that energy.

The future you want is already yours. Now, be there. Step into it, and don't ever leave.