

Today I shared from my own personal Journal on how I want to become the woman of my own dreams.

What can I do today to become the woman of my own dreams? This is what I wrote in my journal:

The woman of my own dreams is pulled together. She's fit, strong and energetic.

She's unapologetic, opinionated, and knows her worth.

She's courageous, brave, curious, and not afraid to try new things.

She's connected, loved, loving, happy, and sees the world as a place of opportunity.

The table is set in anticipation of a gorgeous, many-course meal.

The opportunities come to her because she is open, willing, and doing the work.

Abraham Lincoln said, "The best way to predict your future is to create it." So what do I need to do to become the woman of my own dreams?

How do I create her?

What is standing in my way?

And then it hit me like a cosmic 2x4 – I must learn to calm my own storm before venting to others. When I “vent” thinking it will make me feel better, I’m actually reinforcing my own negativity AND completely throwing garbage at my listener – using their ears as my own personal garbage can. That’s a huge aha, but even more than that, it’s an impediment to becoming the woman of my own dreams. She’s not dwelling in the house of negativity!

I also realized I will continue to suffer if I have an emotional reaction to everything that is said to me. I can choose not to be so primitive and instead, take a moment to process and allow the intelligence I possess to do the thinking, and not my brain stem! I’m not a neanderthal, I’m a woman seeking to live my life in Full Bloom! Unplug from the usual and give it a minute. I possess the ability to process, I just need to allow for it.

The old hymn, Amazing Grace speaks of being lost and then being found. YES! Being lost is a prerequisite to being found. Being lost in this sense is indicative of finding a new version of yourself, the one that you’re not used to.

That is why it's uncomfortable, feels awkward, or weird. It's new, it's seeking a whole new level!

I hope you can find the time to listen to Tuesday's show – it was better connected I think than the show notes and came directly from my heart to yours. xo