



Spirit & Muse

HOW TO

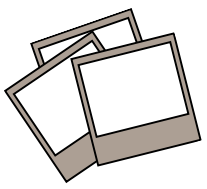
Start What You've Finished



In essence, your dream is already done. Your dream or vision is just a snapshot of your best qualities combined with something you would like to experience. Here are 5-quick tips to help you get started today.

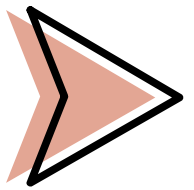
1. MAKE IT VISIBLE

Get that idea out of your head and down on paper. Create a vision board or hang a picture of the finished goal or dream. Visual cues can help remind you of what you're moving towards. The visual cue can make it easier to start moving towards that goal (day after day).



2. MAKE A MOVE ALREADY

I say that with love. Get your hands moving already! That's literally what I have to tell myself sometimes (being a writer and an artist). You know who you are, the resistance will show up sometimes, but you have to get going anyway. Shake out the jitters and build up your confidence by taking consistent small steps (despite the nervousness).



3. CREATE A REASON

Maybe you want to prove it to yourself. Maybe you want to show your little one how it's done. Maybe you want it for the joy. I feel you. It doesn't matter what the reason is, it just has to mean something to you. If you don't have a reason for your goal, create one. If it's a priority and important to you, that makes it so much easier to start.



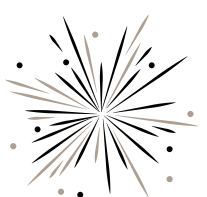
4. MAKE IT A PRIORITY

I know this is not always easy, but your dreams need to be moved to the top of the list or they need to at least be on the list. Your vision belongs on the list just as much as all that other "to-do" stuff. Bump it up some too. Carve out time for your creative vision. Just like you would for your work life or your family. You're important too!



5. CONSIDER IT DONE

Release the pressure some. It's literally already done in essence. Your inner being just takes your qualities and combines them with what you would like to experience, to send you a goal or a dream. Your vision is just YOU living something you would like to experience. You already are all of what you see in your vision. Now focus there and move towards it. Feel into it and let life gently guide you to the next steps to take.



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