

True-Living: The B's of Dream Building (Part 3 of 4)

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There are 3 B's to Dream Building. The first is Blueprinting, the second is Bridging and the third is Building. All these lead up to Becoming the person who is living the life they love.

In this Part 3 in the Series of The B's of Dream Building we will cover "Building". Building your dream is where the rubber meets the road. This is where the action resides. This is where you will really begin to see transformation in your life as you practice the principles presented in the Dream Building program. Those baby steps will finally start paying off great dividends.

In the Building phase of the Dream Building program you will learn to listen to your still small voice that gives you creative ideas, makes gentle course corrections and steers you into the life you love. This is where you will learn to quiet your mind and body to be able to hear that still small voice. We live such busy, hectic lives that we refuse to slow down enough to spend quiet time within ourselves. This chaos can be very detrimental to your well-being and deter growth towards your goals.

Sometimes you will be moving between the Bridging and Building phases as necessary. Bridging and Building have a very close working relationship. As you begin building you may need to refer back to mindset training and refresh your practice. Developing faith in yourself and your dream, developing self-confidence and a healthy self-image will open new realms of possibility to build your new life upon.

During the Building phase you will learn how to harness your power of believing. You may not believe it right now, but you have infinite power to believe in yourself and your dream life! You will learn how to harness your believing powers. Faith is the key to persistence. Your power of believing will carry you through, over, under or around those obstacles or struggles that will appear in your pathway. They will come, so you will learn tools to deal with them and use them for steps to greater things.

The last phase of Building is learning to turn your failures into stepping stones. Those events that you have deemed as failures will now be shown to be stepping stones to your bright future. You will become like Thomas Edison who chose to view his multiple thousands of failures to create the electric light bulb as feedback! He learned thousands of way NOT to build a light bulb and used this feedback to finally succeed in his goal. This feedback became his stepping stones to success. You, too, will learn how to use your failures/feedback into stepping stones/action steps to living the life you love!

In the final Part 4 of this series we will discuss the next phase of Dream Building which culminates all the B's into "Becoming".

Dream – Grow—Live!

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