



Launching Your Dream E-Course
Lesson # 5

**Getting Yourself
Out of the Way!**

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The Science of Business Success

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Forward

This is one of my favorite lessons, because I know that it is something that happens for me and for each person that I work with. We each get in our own way at times. It doesn't mean we aren't successful or doing great things. It means that we each carry stories with us that at times interfere in our ability to do what it is we really want. We have to spend time listening deeply and then healing those stories.

This lesson can feel hard at points while you do some of the work. It's ok. The work is good work.

Donna

Please Note:

Each lesson will arrive via email with a link to the special download page. Each lesson will be approximately 4-5 pages. It's what you do with the lesson that makes it valuable to you. Don't just read the lesson, print it and take action.

Lesson #5

Welcome to Launching Your Dream E-Course Lesson Five:

This is a pivotal lesson. You have a chance to do some deep listening and discover if you block your own dreams from happening.

How do I block my own dream building?

Getting Out of Your Own Way

Often, in dreaming and dream making especially, it is our self that stands directly in our way. Are you in your way? In this step we look at how we get in our own way, with our thoughts and behaviors that limit our success. Do you have that inner voice that tells you what you can and can't do? I have constant chatter and

sometimes the things I say to myself are not very good. They are things I wouldn't let people say to my young children. In this step, we look at these thoughts and behaviors closely. What are the limiting thoughts and beliefs that you have, that are in your way? The things you say to yourself about this vision that **stop it cold.** Sometimes we are our worst saboteurs. We **can** have it all; it is there for our creation. So, how do we get out of our own way? First, let's listen deeply.

Listening

To understand how we are blocking ourselves or getting in our own way we must listen to the internal dialogue. What are the internal voices saying? Do you have a voice that says negative things and another that tries to quiet the negative voice? Or maybe you don't label it as negative, but rather as the truth. What is the truth about your internal dialogue? Is it helping you? Or is it stopping you from achieving what you want? What would be different in your life if the dialogue was different? Before we explore the possibilities let's hear the dialogue. I have tuned into this dialogue myself in a couple of different ways. One way was in walking a labyrinth. A labyrinth is a single path or uni-cursal tool for personal, psychological and spiritual transformation, a powerful place for meditation and inner reflection. The other is through journaling.

What is the dialogue you are living with now? Write it down.

You can journal your inner dialogue and even enter into a conversation. Asking yourself questions and writing down the answers. So, if you hear yourself saying "you're not good enough", write it down and then write down why am I now good enough? And write those answers down. This gets you deep into your inner voice and what you are telling yourself.

Once you have identified your existing dialogue, write a new one. What do you want to hear? What would be most helpful in moving you forward, in creating your dream and vision? Write it down and then along with your sparkling vision, read it every day, morning and evening, until it's happening naturally. And then, when a new not so nice conversation emerges, write it down and re-write it! Take charge of the inner voice. It's yours and you can teach it to say new things. You can create a new internal dialogue that is supportive, encouraging and a cheerleader for you.

Recognize when the old dialogue is coming up and in that moment stop it, read your new dialogue if you can, or play it over in your head. Here you've been

telling yourself all sorts of negative things, start telling yourself the positive things. Challenge the inner voice and teach it new things to say.

Write down the impact that this new dialogue will have your vision and dream, and on your life. How does your life change if you are telling yourself things like "I am successful; I have what it takes to pull this off; you are doing it"?

Action List:

1. Write down your inner dialogue. What are you telling yourself?
2. Listen deeply
3. Write a new internal dialogue
4. Create a CD or tape with the new dialogue on it
5. Listen to CD/Tape to begin internalizing your new dialogue
6. Read your vision each day

Continue taking the actions you need to take to realize your dream. Our next class will cover overcoming objections, and then we will create your powerful plan. You are taking great steps to create your dream. Remember that small consistent actions keep the dream moving forward. Thanks for participating in the Launching Your Dream E-Course. I look forward to our next lesson.

A great tool that I have used for making my own CD of my dream is GotVision. Their program allows you to record your audio and then with your membership you can access their music library and put music in the background. It is very easy to use.

Check out their program at: [GotVision](http://www.GotVision.com)

All the best,



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