



# 10 Steps to Rekindle Your Dreams

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Dear Empowered Woman!

Congratulations!!! I am so happy to see that you have taken the first step to getting unstuck and stepping out of your comfort zone. You see, we all have been there.... We dream amazing dreams for our lives as little girls, teenagers and young adults, AND then well, life happens. Either we get blind sighted by a financial emergency, changes in our family structure or we just get distracted and place our dream in the back shelf.

I want you to take your time with this exercise. Read through the steps and truly prepare your mind to DO SOMETHING ABOUT IT. We are constantly bombarded by all sorts of tips and advice but since we read it so frequently we don't stop long enough to do something about it.

**I CHALLENGE YOU TO MAKE A DIFFERENT DECISION THIS TIME AND DO SOMETHING ABOUT IT.**

So, are you up for the challenge?

I am cheering you on because I know you can do it. Things are different now. Now, it's time to take care of YOU! For years you have taken care of others; their needs, their dreams and their every wish and now it's time to take care of you.

I want you to live an empowered life. Here are some qualities of an empowered woman\*:

- You recognize the fear and do it anyway. Why would we let a little thing like fear hold us back from what we want in life? After all, the key to overcoming our fears is to just stop it!
- You learn something new every day. The world is full of adventure and there's a lesson around every corner.

- You believe that you have the potential to achieve great things. In the words of the great Dr. Seuss, “Today you are You, that is truer than true. There is no one alive who is Youer than You.”
- You welcome each day with enthusiasm and excitement. Each day is a gift after all; is there really any other way to accept something so special?
- You accept challenges as opportunities for strength and character building.
- You squash the negative self-talk and speak only positive and affirming statements. Our positivity is what fuels us and makes us shine!
- You begin your day with a ritual such as quiet journaling, meditation or prayer. Silence, personal reflection and time spent connecting to our Creator, keeps us focused and centered on the bigger picture.
- You believe above all else that you have what it takes. How cruel of a joke to be given a deep desire with no way to achieve it. No, we’ve got everything we need, or at least have access to it, if we stay focused and conscious. While it may not come to us exactly as we envision, our passions will be realized in wonderful ways if we keep the faith and believe.
- You take time for regular personal development and the exploration of important life principles.

Let’s get started and know that I am always cheering You On!

## Coach Silvia

\* Adopted from The Soul Sisters: <http://livingempowered.areavoices.com/page/2/#sthash.UJ210qcf.dpuf>





## WOMEN'S EMPOWERMENT SERVICES

Rekindle Your Dreams. Discover Your Unique Purpose. Live an Empowered Life.

### 10 Steps to Rekindle Your Dreams

- ❖ **#1 Clean out negative people from your life!** – You cannot start your new life, your new thinking and be on your way to getting unstuck with negative people in your life. Negative people bring toxic thoughts and bad attitudes along with them. Eliminate them or consider limiting your exposure to them to a group format.

**Commitment:** Commit one night this week to identifying the folks in your inner circle you need to eliminate and place in your outer circle.



- ❖ **#2 Write out Your DREAM** - It's important that you get your dreams out of your head and onto a piece of paper. Be as clear and detailed as possible. The sky's the limit here!!! It's healthy (especially for us visual thinkers and learners) to "see" what it is that we are trying to accomplish. Put it in a place where you will see it daily and will not be able to forget about it.



**Commitment:** This weekend, set aside a few hours to just do a "brain dump" of your dream. I challenge you NOT to limit yourself.

- ❖ **#3 Look for resources that support your DREAM-** Start looking for books, do a Google search that supports your topic. Get further clarification of what your dream entails. Some of us have had a dream on the "bookshelves" of our minds for so long that we really do not know the resources that are available to us in the 21<sup>st</sup> century 😊.



**Commitment:** Assign a day next week to spend a few hours on the internet searching your topic. Look at the following sites:

- Facebook groups
- Twitter profiles
- Pinterest boards
- Amazon books that align with your topic
- Google search your topic

Which day are you going to do this? \_\_\_\_\_

❖ **#4 Establish your “one-degree” change-** What this means is that in the next 30 days, what ONE thing are you going to start doing differently that will help you accomplish your dream? In other words, baby steps are easier to grasp and put into action as opposed to looking at the big picture and getting overwhelmed.

**Commitment:** What will your ONE thing be in the next 30 days? What one thing are you going to do that’s new and it will be a step towards you living out your dream?

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❖ **#5 Look for people in your life that will support you-** Your first step was to clean out the negative people, now start building a team of the people that have a positive influence on you. You can see it as building your very own “Dream Team”. These are the people that you keep abreast of your progress and you can also use to bounce ideas and ask for their opinion when you feel stuck.

**Commitment:** Make a list of about 5 people that can support different aspects of your dream.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



❖ **#6 Join groups on Social Media-** *Like-minded* people will help you think of things that you never thought about before. They will also help validate some of your struggles and better yet, give you ideas on how to navigate through it. Facebook and Twitter are great places to

start. For example, if your dream is to start a health wellness company or services, then do a search on wellness or living healthy, etc. Join groups that will enhance your knowledge.

**Commitment:** Dedicate 2 hours next week to search these social media sites. Copy the URL address into your “dream folder” for quick access at a later date.

❖ **#7 Create a visual of your DREAM-** I know, I already told you to write it down, make it clear and put words around it. Now, I am asking you to make it into a picture. Pictures of people that seem to be living out your dream. Things that you see in your life once you have accomplished your dream. Do not be afraid to put together a Dream Board of what your life will look like 5 years from now. It will help you stay focused and not let you grow weary when the obstacles present themselves. Make this a fun event and invite a friend to do it with you.

**Commitment:** Who are you going to invite to do a dream board with you? Consider making it a girl’s night in at your home. List below a possible date and time that you would like to make this happen:

Vision Board “Girls Night In” Party

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Menu: Coffee and Dessert

Invitation List:

\_\_\_\_\_



❖ **#8 Prepare for obstacles along the way to reality-** Yes, there will be obstacles and times of discouragement but, arm yourself with the things that will make you refocus and feel better. Make a list of the people that are great at encouraging you and have their number ready when this time comes. It’s like they say, “*Pack a lunch because obstacles and discouragement will come*”. The secret here is to be prepared with things that have worked for YOU in the past. I know that you have had obstacles and have overcome them, *so have an action plan for this too!*

**Commitment:** Make a list of 3-5 people that you reach out to for help during difficult times.

1.) \_\_\_\_\_ 2.) \_\_\_\_\_ 3.) \_\_\_\_\_

❖ **#9 Create a Mission Statement that will support your ideal life:** Write down what you want your life to represent. Ask yourself, “What things are important to me and what are my life’s values?” See this step as a guide in order to accept opportunities that come your way that line up with your mission. For example, you want to be a chef, it’s your dream and you know that it would be a great life for you. Your mission statement may be around specialty meals that you want to create along with the healthy quality of these meals. Let’s say that you have an opportunity to be a bartender and earn lots of money, however, this doesn’t line up with your mission. Then you decline the offer. Do you see what I mean? It doesn’t line up with your mission statement. On the flip side, you get an opportunity to work as a short order cook at a famous chain restaurant. Well, it’s not the ideal place for you but it lines up with your “dreams” and can be a stepping stone for you to get there.

**Commitment:** Schedule a date one week from now where you can spend a few hours developing your mission statement.

❖ **#10 Hire a Life Breakthrough Coach-** Yes, hire a coach that can help you obtain the dreams of your life. Hire someone that you feel comfortable with and sense a connection. This person will hold your feet to the ground when the going gets tough but, they will also be your biggest cheerleader as you make great strides in accomplishing each step of your dream. **IMPORTANT:** Make sure that this person is certified to be a coach and is not just calling themselves a coach. Feel free to reach out to me and take advantage of my free 20 minute introductory offer. What do you have to lose, right?

