

MAKING YOUR DREAMS COME TRUE!



Self-improvement Talk Radio was originally designed to compliment our radio program, 'Making Your Dreams Come True'.

Our website has brought you some of the most creative ways to 'Grow Your Life'. As we are no longer servicing our website, we have taken many of the highlights from past programs and written articles and created this pdf copy that you can download and refer to at your leisure.

Use the personal growth, self-help, and self-improvement information provided to grow in Knowledge, Clarity, Focus, Purpose, and Insight!

Be 'DELIBERATE' - Be 'DECISIVE' - 'DREAM BIG'!

Continue Growing!
Dr. Anne Marie Evers, D.D.
JD Michaels,
The Curriculum Guy

Purpose for PDF Copy and Disclaimer

The information provided is for educational purposes only and is not intended to be used, nor should it be used, to treat any medical or psychological condition.

For diagnosis and treatment, always consult your physician or other health care professionals.

You are advised to talk to your doctor and/or healthcare professional about your specific medical and/or psychological condition, treatments, and the use of these strategies outlined in this resource, and other literature (electronic/digital or paper-based), and books for sale.

The information provided is intended as a supportive and complimentary tool to the recommended treatment by a health care professional. It is not a substitute for professional diagnosis and treatment.

1. The activities and strategies identified in this document can be applied to any area of your daily life!
2. The activities of this site were researched, developed, designed, presented, and maintained on a completely voluntary basis.

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Making Your Dreams Come True

Self-improvement Talk Radio was originally designed to compliment our radio program, 'Making Your Dreams Come True'.

On our first broadcast we committed to giving you easy-to-use, effective down-to-earth tools, strategies and methods so that you rise to the challenge of 'making your dreams come true', *one new thought* and *one new action* at a time.

Our goal through the publishing of the document is to continue to:

1. encourage you to dream BIG and then go for it!
2. inspire You to 'Dream the *Impossible* (the I'mpossible/I am Possible) Dream'!

LEARN MORE

More Characteristics of Dream Creation

Why People Don't Live Their Dreams

1. Life Happens, Life's Unexpected Turns, Circumstances, Changes, Other responsibilities take over one's life.
2. The lack of belief that one can live the dream.
3. A lack of the sense of worthiness and deservedness of achieving the dream.
4. A general lack of skill and general know-how of proceeding with the process of Dream Creation.
5. What other's may say or do influencing one to stop dreaming.
6. Limiting Internal and Environmental Factors and beliefs.
7. Don't Make time for the DREAM – keeping a busy schedule.
8. Comfort Zone (Living an Expansive life or a Contracted life)

Types of Dreamers

Dream Initiators

Dream Pursuers

Dream Analyzers

Dream Controllers

Dream Supporters/Dream

Helpers Dream Stealers

Dream Joiners - tag-along dreamers

Dream Promoters

Day Dreamers

Dream Joyriders (get high on the dream

process and challenges - adrenaline highs

Dream Achievers

AN IMPORTANT INTERLUDE

**Got Questions?
Get Answers!**



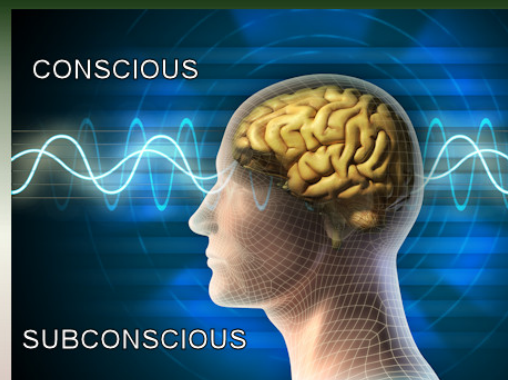
**To be successful
be deliberate
be decisive
be diligent**



**Develop
Strategies
that work!**



**mind your
thoughts, words,
and deeds**



surround yourself
with positive
life-affirming
individuals



make life-long
learning part of
your daily living!



Dream BIG!
A Dream Worth Dreaming
is
Worth Dreaming BIG!

Inspirational Thought

"To dream anything that you want to dream, that is the beauty of the human mind.

To do anything that you want to do, that is the strength of the human will.

To trust yourself, to test your limits, that is the courage to succeed."

The Foundations to Successful Dream Creation

I am the DREAMER.

I am the DREAM.

I am the Dream Activator, Dream Supporter or the Dream Stealer.

I am the recipient of the DREAM, the benefactor of the DREAM.

I am the creator, sustainer, preserver, and manifestor of the DREAM.

I alone am responsible and accountable for the DREAM.

...and as the DREAM, I Dare to **Realize Everything About Me!**

REMEMBERING that the Dream is "About ME" and the decisions and choices I make.

TODAY, I honestly acknowledge the degree to which
I AM at HOME in "MY" DREAM!

Some More Important News About Dreams

1. **Allow** your dream to be and to come true
2. **Attitude** possessing a positive attitude to get you through the rough spots
3. **Aptitude** ability to learn and understand the dream process and grow through it
4. **Attraction Principle/Law of Attraction**: That which I am seeking is seeking Me! More gathers More (*of the same*)
5. **Desire** is really made up of two words: de (of) and sire (to give birth to). Example: Siring a horse-You take the very best mare and stallion have them mate and bring forth a magnificent offspring. What are you siring today?
6. **Enjoyment** for entering the joy of living and journeying your dream
7. **Friendship and Family** with whom you share your dream
8. **Fullness** that you feel when you are living my Dream
9. **Food/Nutrition and Nourishment** for your dream. Your dream needs to be fed daily with gentle encouragement
10. **Honour** You honour your dream, myself, and others. You treat your dream, yourself, and others with the **greatest dignity!**
11. **Kindness (loving kindness)** not only for others but also expressed towards yourself
12. **Magnanimous** be generous - give out of the wealth of your abundance of experience and earthly goods
13. **Relax** into and be relaxed with your dream progress.

I AM AT HOME IN THE DREAM!" *Jacques Lacan, French Psychoanalyst.*

14. **Sympathy** is feeling "Sorry for" you come from a position of superiority. ie. "Oh you poor thing." Pat on the head-a rather condescending attitude.
15. **Empathy** is "Feeling with" You come from a place of equality and identification with the other person.
16. **Humility** – Be Humble and exercise humility
17. **Plan** your dream and work the plan to make your dream come true
18. **Keeping** your promises (to self and others ie. Keeping appointments, timelines, and commitments)
19. **Helpful** - helping others - your dream has to be bigger than yourself
20. **Future** - don't live in the future - - - deal with what is happening right now in the dream and do it now!

Inspirational Thoughts

"Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil." *James Allen 1864-1912, Author of "As a Man Thinketh"*

"If you have a dream, give it a chance to happen."

Richard M. DeVos , American Businessman, Co-founder of Amway Corp.

**Remember its in you to "Dare to Dream"
and
"Make Your Dream Come True"!**

**The Two Essential Components
of
Dream Creation
A Rule of Thumb**

T'win (To Win) at Successful Dream Creation