



How to Make Your Dreams a Reality

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Ever since we were children, we've had dreams. The sad thing is, over the years we convinced ourselves that our dreams could never come true. Because we assumed that they were mere fantasies, we didn't even *try* to make them come true.

Believe it or not, your dreams can be reality! However, you won't get anywhere by simply making a wish. You have to take specific actions to increase your chances of living that life you always dreamed of.

These are some simple techniques that can help you get started:

- 1. You must possess passion and desire.** These two elements are crucial for living your dream. Interestingly enough, you really can't have one without the other. ***You must yearn to have something in your life so much (desire) and for the right reasons (passion).***
 - A good example to illustrate the difference would be if you always wanted to be a professional singer. You know that you have the talent and all you want in life is to sing on a professional stage some day (*desire*). Your focus isn't the money, fame, or prestige; you just have a true love for singing. It's all you think about all-day, every day (*passion*).
- 2. Patience.** Patience isn't easy, but in most case, our dreams don't come true overnight. You need to work hard to achieve your full potential. Though it may take longer than you hoped, once you're living your dream, you'll realize that practicing patience was worth the rewards.
 - ***Just remember to remain positive, focus on your dreams, and keep taking action to make those dreams a reality.*** After all, patience is a virtue!

3. Sacrifice. Achieving your dreams will require self-sacrifice. This is usually where most people can gauge how serious they are about turning their dreams into reality. Whether it is giving up your TV time to work toward your goals, or spending extra hours at work to further your career, you have to be willing to sacrifice something.

- ***If you're truly passionate about your dreams, this shouldn't be too difficult.***

If you do find sacrifice extremely difficult, it may be that you don't possess enough desire, passion, willpower, or self-discipline to see your dreams through.

4. Confidence. If you truly want to make your dreams real, you have to *believe* they can happen. You must possess an intense confidence in yourself and your talents; otherwise, your dreams will remain dreams forever.

- Sometimes your confidence may waiver, but as long as you can focus on your ultimate goal - and you can actually see yourself achieving this goal - you're heading in the right direction.

Final Thoughts on Achieving Your Dreams

No one can steal your dreams away from you except you. Sometimes we can be our own worst enemy, biggest obstacle, and harshest critic. But that's *not* what you need! You need to remember that, by taking action and implementing these simple tips and suggestions, your dreams *can* come true.

Keep your focus on the pot of gold at the end of the rainbow; it will happen if you only believe it can!