



## Act Now - Why You Should Never Wait Until Later to Follow Your Dreams

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Sometimes you feel like you've got all the time in the world to accomplish your dreams. Yet there are reminders every day that our time on Earth is short. Unfortunately, there's no way to predict how much time you've got left, which is exactly why ***there's no time like the present to make your dreams come true!***

### Concentrate On The Positive

***It's vital to start with positive thoughts.*** When you think positively about yourself and your dreams, you'll begin to believe that you can achieve anything. These initial positive emotions can lead to a dedicated drive and enthusiasm that'll help build lasting momentum.

Remember that nearly everyone feels overwhelmed when you're about to embark on a long journey. That's exactly why it's so easy to fall into negative patterns of thinking, but you *must* fight these thoughts. It can be hard to imagine that so much can be achieved simply by having positive thoughts, but it's true!

The truth is, when you think about something as scary as "*I could die tomorrow*," it's hard *not* to be drawn into a panic. But instead of worrying about how much time you and your loved ones have left, ***concentrate on making the present moment as productive as it can be towards your true calling.***

### Careful Planning

Once you've decided to take action, and you've battled your negative thoughts, it's time to make some feasible plans to get you where you want to be.

**Keep these tips in mind as you go through your planning phase:**

- 1. Set realistic goals.** If your goal is going to take years, give yourself years. You can't expect everything to happen overnight.
- 2. Be specific.** Include all the details in your plans. If you stumble along the way, you'll be comforted in knowing that you have your detailed plans to help you stay the course.
- 3. Reward yourself.** When you've made progress towards your goal, give yourself a reward. Even if your ultimate goal is far off, it's fun and motivating to enjoy rewards as you complete steps toward your goal.

### **Action In Small Steps**

One of the biggest tips when it comes to following your dream is to ***break down your actions into small, manageable steps.***

For example, your goal could be to become an airline pilot or you might want to start your own business. Both of these goals are hefty and have the potential to take years of work and training.

When you first think about these goals, it's easy to be scared of how daunting they seem. Instead of resorting to fear, try breaking down these goals into dozens or even hundreds of small steps. Chances are that each small step is not nearly as overwhelming as the big picture.

At the same time, ***always keep the big picture in mind.*** When you visualize yourself reaching your end goal, it can be an image that gives you the drive to keep going during tough times.

### **Inspiring Others**

Once you've achieved your goal, ***consider inspiring others to reach their goals, too.*** Perhaps you have some friends or family members who say things like, *"I've always wanted to do that,"* but they remain working at their dead end job.

Help them take action!

You'll know from experience that, while it may be a risk, the reward is more than worth it.

Yes, following your dreams is even a reward in itself! It brings you joy in the present and hope for the future. So carpe diem - seize the day!