

THE FAST TRACK GUIDE TO TURNING
**YOUR DREAMS
INTO REALITY**



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*“All our
dreams can
come true,
if we have
the courage
to pursue
them.”*

– Walt Disney

We all have dreams, right? Maybe you dream of running your own business some day or having a peaceful and joyful family life or traveling the world (or all three!). Whatever your dreams are, know that with the right psychology and a strategic game plan, you can get there.

Each and every person who has made it big in their respective fields followed these timeless principles to achieve their destiny without relying on luck or divine intervention. While lucky breaks, miracles and blessings can provide a wonderful boost to our efforts, we can't count on them because they are unknown variables that are not within our control.

We can, however, craft our life path by consciously mapping out a well thought out plan based on a clear vision for our life. A combination of the right mindset/psychology, sound selfmanagement techniques and resourcefulness will increase our odds for manifesting the reality that we desire.

When we master handling these three key elements (plan, mindset and internal management), we will find it much easier to create a life and career that we love. This guide will give you the building blocks needed to lay the foundation for success by applying yourself to these three aspects for success. It is upon this strong and solid foundation that you can build dreams that can withstand the test of time.



Step 1:

Cultivate the 10 Tenets
of a Success Driven Mindset

*“Success is a
state of mind.
If you want
success, start
thinking of
yourself as a
success.”*

– Dr. Joyce Brothers

Your beliefs filter everything that you process, thereby having a tremendous impact on your willingness to take initiative and stay on the path towards your dreams. For this reason, your first priority should be to create a mindset that is supported by empowering beliefs. Here are the 10 tenets of a success driven mindset, which you can gradually incorporate into your thought process:

- 1 Whenever faced with a challenge, always focus on solutions instead of dwelling on the problem.
- 2 Overcome the need for instant gratification and be patient and persistent in your efforts.
- 3 Do not EVER allow naysayers to talk you out of achieving your dreams. Their words say more about their insecurities than your potential to succeed.
- 4 Believe with all your heart that you are valuable and deserving of success, and that you're capable of making a worthy contribution to society.
- 5 Always remember that it is the journey that's important and not the destination. Find peace and joy in the present moment, no matter how challenging your current circumstances are.

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- 6 Develop an abundant mindset by consciously seeking reasons to be happy and grateful for what you have.
 - 7 View failure as a stepping stone that is taking you closer towards what you really want and be open to learning from it.
 - 8 Be willing to seek support and advice from a team of friends, mentors and coaches who can give you encouragement and guidance along the way.
 - 9 Always be in tune with your intuition and notice any form of inspiration and guidance from a Higher Intelligence that is conspiring to help you grow into your purpose.
 - 10 Let your contributions and actions be driven by your values and a vision that reflects on the most authentic part of your being and your personal truth.



Step 2:

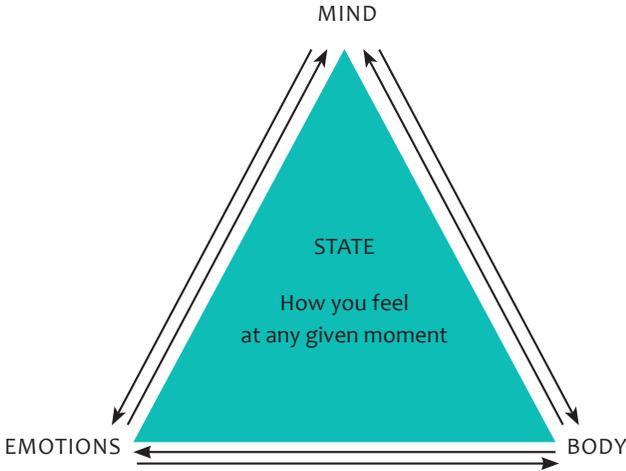
Manage Your Internal State

*“In reaching
for balance,
we find
alignment.”*

– Sue Krebs

At any given moment in your waking life, your current state is influenced by three components:

THE STATE MANAGEMENT PYRAMID



Mind: The thoughts and beliefs that you focus on

Emotions: Your dominant emotional patterns

Body: The state of your physical health

Unlike what most people believe, life is primarily an internal experience. The quality of your life will depend on how adept you are at managing these three components of your being and how you choose to process the information that you receive from them. When you take on this holistic perspective towards managing your inner world, you will become a lot more competent at overcoming any challenges that you might encounter on the way to realizing your dreams.

MIND

Our reality is based on our perceptions. Our perception depends on the kind of internal dialogue (self-talk) that goes on within our minds. Over the years, your internal dialogue has become so deeply entrenched into your thoughts that it can instantly affect how you feel and react to things without your conscious awareness. That's why it's critical for you to learn how to monitor and manage your thoughts.

In addition to cultivating the 10 tenets of a success driven mindset, I suggest that you continue to fine tune your thinking by dealing with any negative thought patterns you may have developed along the way with the help of a counsellor or a coach. There are many books that cover this topic in-depth that can help you in this process. I have listed my favorite ones below:

Your Erroneous Zones by Dr. Wayne Dyer

The Untethered Soul by Michael A. Singer

Self Matters by Dr. Phil McGraw

EMOTIONS

Emotions have a powerful and direct impact on the decisions that we make in our day to day life, from the reasons why we buy things to why we get into certain relationships. Yet our society and education system have done little to prepare us with the tools and know-how to master this key area of our life.

For this reason, most people perceive emotions as being complex and ambiguous, and find it challenging to understand them. Any discussion about feelings can seem like a dive into the deep murky waters of one's being and can fill a person with fear of what can be found underneath their controlled exterior.

If you are one of those people, I want you to start adopting a new way of looking at emotions by seeing them as a valuable tool that can support and enrich your experiences in incredible ways. You'll soon realize that emotions are like indicators on the dashboard of your life, which can give you a sense of what's happening in your inner world and guide you towards making the best decisions for you.

Emotional intelligence refers to our ability at handling our emotions effectively. Most of us weren't taught how to manage our emotions so it's something that we need to learn on our own. This section will give you the guidelines on how you can improve your emotional intelligence.

The 12 Signposts of Emotional Intelligence

1. Being in tune with our body and emotions at all times.
2. Having the ability to understand the reason why we experience a particular emotion and knowing how to shift it if needed.
3. Knowing how to process and deal with emotional pain in a healthy and self-sustaining way.
4. Not feeling consumed, overwhelmed and powerless in the face of emotional stress. We don't stay stuck by dwelling in it or engaging in victim mentality.
5. Maintaining boundaries with toxic people and avoiding situations that cause too much drama.
6. Maintaining healthy attachments to people and things, and avoiding over-dependency and addictive patterns.
7. Seeking experiences that bring more love, passion, joy and gratitude into our life.
8. Realizing that being happy and excited all the time is unrealistic but feeling calm, joyful and grateful is possible.
9. Knowing that emotions can fluctuate depending on what's happening around us but we always find a way to get back to a grounded and peaceful state.
10. Respecting the mind-body connection – we know that how we treat our bodies has a direct impact on how we feel at any given moment.
11. Not allowing ourselves to be influenced by media's glamorous portrayal of suffering, heartbreak and drama.
12. Having the awareness that most commercials, sales efforts and advertisements manipulate consumers by tapping into your vulnerabilities and their needs.

ASSESS YOUR CURRENT EMOTIONAL PATTERNS

Assess Your Disempowering Emotions

What are the most common disempowering emotions I currently experience in my life? Refer to the list, "[Common Human Emotions](#)".

What is causing me to experience these disempowering emotions? What are the triggers? Please refer to the "[Checklist for Common Causes of Negative Emotions](#)".

What actions can I take to minimize and eliminate these painful emotions?

Assess Empowering Emotions

What are some of the things, activities and people that elicit empowering emotions within me? Refer to the list, "[Common Human Emotions](#)".

What causes me to experience these empowering emotions? Please refer to the “[Checklist for Common Sources of Empowering Emotions](#)”.

How can I have more of these experiences, thereby increasing these empowering emotions?

HEALTHY VS. UNHEALTHY COPING MECHANISMS FOR MANAGING PAINFUL EMOTIONS

Most people are not even aware that they are in pain, and even if they do know, they don’t know how to deal with the pain in an effective and healthy way. They might resort to something as serious as a drug addiction or something as subtle as spending too much time on social media. These coping techniques are only superficial band-aids used to mask unpleasant feelings and emotions.

Conscious escapism is fine, only if you’re using it for temporary enjoyment, but if you’re using it to run away from reality or avoid dealing with important matters, that’s when it becomes a big problem.

In this exercise, you will need to assess your current coping mechanism and decide if you need to shift them to something that is healthier and self-sustaining.

Assessing your Unhealthy Coping Techniques

Examples of unhealthy coping techniques: Smoking, consuming too much alcohol or caffeine, overeating, spending too much time on the internet or social media, perfectionism, “workaholism”, overspending, reading and watching irrelevant news such as celebrity gossip magazines, etc.

Step 1:

List the unhealthy coping techniques that you use to bring you instant relief when you experience pain or uncomfortable feelings.

Step 2:

In your journal, I want you to create a collage of images that represent your unhealthy coping techniques. You can use magazine cut-outs or images from the internet. Feel free to get creative by using stickers, colored pencil or sketch pens.

Developing Healthy Coping Techniques

Just as there are unhealthy ways of dealing with pain, there are healthy ones too. These are activities that nurture our spirits and are good for us in every sense. As you think about these techniques, please focus on the feelings that you experience. It should always make you experience a sense of joy and/or peace.

Examples of healthy coping techniques: Spending time with friends and family, walking out in nature, eating healthy meals, meditation or prayer, reading, writing in a journal, listening to music, watching movies, attending fun events, channeling your emotions into creative projects, etc.

Step 1:

List the healthy coping techniques that you use to bring you instant comfort.

Step 2:

In your journal, I want you to create a collage of images that represent your healthy coping techniques that bring you comfort. You can use magazine cut-outs or images from the internet. Feel free to get creative by using stickers, colored pencil or sketch pens.

BODY

Your body is the vehicle that you will use for your life. You absolutely CANNOT live an empowered life if you are unhealthy and unwell. A lot of people take their health for granted because they don't realize the repercussions of neglecting the needs of their body. A lot of ailments, sickness, mood disorders and lack of energy are a direct result of a poorly managed lifestyle.

Science has proven that our intellectual capacity and emotional wellbeing are strongly related to the state of our physical wellbeing. This is because our bodies and minds are essentially composed of chemicals and the biochemistry of our body fluctuates based on how we treat our bodies, and therefore affects how we feel and think.

This e-book is not focused on how to improve physical health but I still chose to include a checklist that will enable you to assess your physical health and see if your current lifestyle is making you feel vibrant, balanced and focused. Believe me, you will need this strong internal foundation of physical health if you want to flourish in any kind of endeavor in your life.

Following the checklist, answer the questions and create an action plan to improve the state of your health.

Health and wellness checklist

- A regular fitness routine that challenges you and works up a sweat.
- A balanced diet with lots of fruits, vegetables, whole grains, healthy fats and low in unhealthy fats and refined sugar.
- Consuming plenty of water throughout the day.
- Reducing/eliminating intake of caffeine, soda and alcohol.
- Giving up addictive habits such as smoking and use of other addictive substances.
- Getting at least 7-8 hours of quality sleep.
- Maintaining healthy and deep breathing patterns.
- Having a regular stretching routine and maintaining good posture and joint mobility at all times.

Assessment of your present health situation:

- ❶ What does being healthy look like to you? What does it feel like?
- ❷ What is not working in your current health routine? What are you neglecting?
- ❸ What changes do you need to make in your lifestyle? What action steps will you take?

A special note on the importance of maintaining a spiritual practice:

I have added this additional section because I believe that having a spiritual bend of mind greatly helps in building resilience in the face of uncertainty and challenges. It has certainly helped me a lot on my journey! I think it's important to first establish what spirituality encompasses.

At its essence, spirituality is the practice of going inwards, away from the material world and its hurried demands, into a more peaceful internal space. It is also about adopting moral values that guide your actions and decisions.

Practicing spirituality has always been an effective way to fight stress. According to a survey in Parade Magazine, 95% of U.S. physicians believe spirituality is important to the well being of their patients, as it has demonstrated a very positive impact on reducing their stress levels and overall wellbeing.

Spiritual practices can involve prayer, meditation, yoga, quiet contemplation, or any other relaxation that helps you slow down and connect with the essence of who you are and what you value in life. If you are curious to learn more about spirituality and how to make it a bigger part of your life, I highly recommend that you read a book called *The Seekers Guide* by Elizabeth Lesser.

Assessment of your spiritual practice:

- ❶ What does spirituality look and feel like to you?
- ❷ What kind of spiritual practice do you benefit the most from?
- ❸ How often would you need to practice to create balance in your emotions and mental state?



Step 3:

Create a Winning Game Plan
for Success

*“Success is
20% skills and
80% strategy.”*

– Jim Rohn

When it comes to creating a game plan for achieving any dream, I always prefer to start with an end result in mind. This enables me to trace my steps back and get specific about the steps I need to take and the resources that I'll need to make it happen. I call this "the inverted funnel approach" towards creating success. It's a simple 7-step process that breaks down the overarching strategy for achieving success in any area of life.

The Inverted Funnel Approach For Achieving Success



1 Figure out what is the Big Dream for your life.

What is your vision? What is the big dream? If you are having a tough time with figuring out what your vision is, think about what you would like to achieve within a specific time frame. Remember to give yourself the permission to dream big without any limits.

My big dream:

2 Set tangible goals that are connected to this vision.

Translate that vision into tangible goals. What are the steps that you will need to take to begin moving towards that vision? Your goals will help you create a roadmap to guide your actions.

My initial goals based on my big dream:

3 Create a strategy and action steps you need to take to achieve these goals.

The next step is to write a detailed strategy for each goal. You need to think about the steps you will need to take consistently, the resources you need to allocate for each step, and by when you plan to achieve them. This is where the rubber meets the road so I encourage you to put a lot of thought into this part of the process. **Download this [Strategy Form](#) to plan it out in more detail.**

My initial strategy to achieve my goals is:

4 Organize and allocate all the resources (time, money and your energy) which you will need to implement your game plan in your Strategy Form.

5 Make changes and adjustments in your strategy.

Most strategies, no matter how well thought out, will require course corrections while moving towards your target. Unexpected challenges and opportunities may come up as you begin to

implement these steps. For this reason, you should remain flexible and open to adjusting your plans.

6 Gain more knowledge on your area of interest.

Develop your competencies by gathering as much information and skills as possible in your area of interest by taking relevant courses, reading books/blogs, hiring experts and attending seminars. Do whatever it takes to constantly grow and upgrade your knowledge in the areas you would like to master.

I will do the following things on a regular basis to educate myself and expand my knowledge:

7 Build a dream team and network.

Success is not a one man's journey. For this reason, it is essential to develop a network of friends, experts and mentors who can support and motivate us. Join groups and networking organizations where you can meet like-minded people who can broaden your horizons. Your network should be a rich source for knowledge and inspiration that boosts your growth and progress.

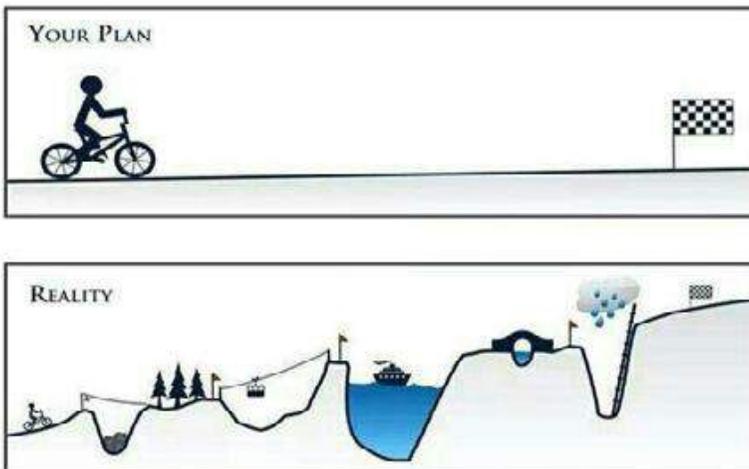
I will network and build my dream team by:

*“Success is not
final, failure is
not fatal: it is
the courage to
continue that
counts.”*

–Winston Churchill

Conclusion

Success is, by no means, a linear and predictable process. It is often messy and has many ups and downs along the way. We might have to take detours and might even end up with results that we were not expecting. I love this illustration because it captures this reality perfectly:



Despite all the uncertainty and risks involved in pursuing a cherished dream, I still believe that we have to take a chance on making them a reality. It is only when we are courageous and bold that we can truly feel alive and in sync with the magical flow of life. At the end of our lives, we want to be able to say that we gave it our best shot, and even if we did not get what we wanted, we certainly got what we needed.

*Whatever
you can do
or dream you
can, begin it.
Boldness has
genius, power
and magic in it!"*

– Johann Wolfgang von Goethe