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TOP TEN JUSTIFICATIONS FOR NOT LIVING YOUR DREAMS

By Dawn Falbe 2002

1. **Money** - "I don't have enough money"... This is the #1 excuse people make. Find out exactly how much money you have coming in and going out. Where is all that money going? Is it going towards your dreams? If you have the ability to make money doing something you either don't like or that is only 'ok,' then you have the ability to make money doing something you absolutely love.
2. **Time** – "There's not enough time in the day"... There are 168 hours in the week. If you work 45 hours, drive to and from work for 5 hours, sleep 56 hours, clean and run errands for 10 hours, and spend 10 hours with family (including eating), that still leaves 42 hours per week. What are you doing with that time? Is what you are doing bringing you closer to your dream, deterring you, or is it neutral? It's time to take a look at your time and how you are spending it.
3. **Uncertainty** - "I don't know what my dreams are"... What's stopping you from sitting down and writing out how you would like your life to be, remembering that you can't use time as an excuse?
4. **Education** – "I don't have enough education to be a Brain Surgeon"... What is stopping you from going back to school getting your GED, BA, MA, PhD's., doing a Residency and becoming the best Brain Surgeon that you can be? After all it's only exams that you'd have to take. It's not actual brain surgery.
5. **Family** - "I have 3 kids, no husband, no money and no time"... J.K. Rowling (author of the Harry Potter books) was on welfare and yet followed her dream of writing. Iyanla Vansant had 3 children and lived in poverty in a New York ghetto, with an abusive husband. One day with nothing except the kids, she moved to Philadelphia and became a lawyer and a spiritual leader. How are the family restrictions you have placed on yourself working for you?
6. **Where I live now** – "If I only lived in California that would be easier"... So move! This is the United States and every city has a Pizza Hut, Target, and K-Mart so it won't be that much different. (Except of course for your Relocated Astrological Chart)
7. **The 'right' people** - "I don't know the 'right' people"... Who are they that you need to know in order to have your dream? Write a list of them and how they, even though you don't know them, are stopping you from having your dream and what you plan to do about it.
8. **Fear of failure** - "I might fail and lose everything"... Surely it's more of a failure to do nothing than to try something and then learn that you need to do something different. This is about a lack of faith in yourself, in your abilities, and in the universe to bring you exactly what you are supposed to have and to teach you the lessons you need to learn.
9. **Fear of success** – "People might just want me for my money"... Now that would be a big problem. This is about wanting to have control over all the outcomes.
10. **Money again** – "It's still the money"... This is the place where we give our power away the most. The belief is that you make the money first and then you do what you love. Cemeteries are littered with people who thought they'd make the money first but died in doing so and never reached their dreams.