

## Take Action to Achieve Your Dreams *NOW!*

*by Nekea Valentine*

My name is "Dream," and I'd like to reintroduce myself, to *you*. Popsicles, fireflies, little inhibition to speak your little mind were your life's priorities as a child. Top that off with [dreams](#) to be a dancer, lawyer, singer or teacher, and all was well with your sweet childhood ambitions. It was then that you were quite certain that your [dreams](#) were your own, and you never questioned or doubted that you would one day fulfill them.

Your arrival into adulthood turned your dream into oh...just some silly notion. Somehow this or that got in the way - family, hardships, a career, perhaps. Life is passing you by and your pursuit of things that seemingly deter you from your [dreams](#) have trampled and buried them. You have allowed your fears and "rationalizations" to silence the little boy who once sat in his window and watched the moon dance every night, remember? You were going to be an astronaut.

The time is now! There is no more procrastination or excuses about pursuing your destiny. Think about it. Has your dream to write that best-selling novel dissipated? Or is the creativity drying up inside of you? Are you OK with never having received your M.D.? Or do you still long to own your own pediatric practice? Doesn't your spirit cry out in desperation to capture that dream thus making your attempts to suppress it futile? Decide to seize it this very moment!

Realizing your dream is a complete circle of empowerment. Nurturing you spiritually, emotionally, mentally, physically and yes even financially. It allows you to exist in a world all your own. Inside of that world you are under God's grace; a cocoon of bliss so secure that none of life's challenges, demands, disappointments or obstacles can rip you away from it, not this time. To achieve your dreams:

1. Close your eyes and visualize yourself having achieved your dream; allow yourself to experience those emotions.
2. Choose to believe in the impossible by writing down your dream and scriptures that speak life into it. Tuck it away somewhere sacred - read it whenever you feel discouraged.
3. Possess an unmovable, burning desire - this will sustain you and keep you on your path despite any challenges.
4. Dedicate at least 30 minutes per day to your dream - do not allow *anything* to disrupt this time; treat it as the priority that it is.
5. Plan - research adequately and write out a plan that includes a timeline to achieve your dreams.
6. Look to others who have achieved their [dreams](#) or one similar to your own for inspiration.

7. Be careful about whom you share your [dreams](#) with - unfortunately well-meaning people may discourage you from pursuing your dreams – use wisdom.

8. Reject negativity from all sources, including yourself - do not give yourself permission to give up.

9. Acknowledge how far the Lord has brought you and celebrate with each step that propels you further.

Wow! I can't imagine how far along you'll be in the quest for your [dreams](#) come this time next year! Congratulations, I *knew* that you could do it!