

How to Make Your Dreams come True

10 must-do proven steps
to make any dream
happen

By Bev Joy Ehrlich

www.bev.co.il

בברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich

Email: bevehr@gmail.com

Website: www.bev.co.il

Cell: 052-3584202

What I did and how you can do it too.

The difference between a dream and a fantasy, like winning the lottery, is that no matter how many tickets you buy, you cannot guarantee that you will win the big prize. On the other hand making your dreams come true happens when you take calculated and planned steps that are in alignment with what it is you want.

For the last few years I had a great teaching post that I loved and which brought in a fantastic salary at the end of each month. However, after a while I began to feel stagnant and that there was more to my life and more that I could offer the world.

I was ready to find a more inspiring and meaningful career. I also knew I liked people and could do and give more.

I was ready for a new challenge. I was ready to make my dreams come true and help others achieve theirs. But how??

I began to study coaching and to be coached by some incredible coaches and mentors who really believed in me.

One of these people was Marcia Wieder, CEO and founder of Dream University®. Marcia taught me that dreams don't just come true, you have to follow specific steps that will lead you on your path.

The steps are profound and deep and the results astounding. All in all I have found this to be a wonderful process which has given me tremendous satisfaction as I now fill my days helping others accomplish their personal and professional dreams.

My hope is that by sharing these steps with you, you will:

- Get clear on what it is you want
- Uncover obstacles are preventing your successes
- Overcome fears and doubts
- Be energised and inspired to not just think about your dreams but take action to make them a reality.

Please don't just read this guide, get into action now!!

ברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202

Step no.1 Set an Intention

Intention is a plan or aim that you have. You set an intention before you do something. You can set an intention for how you'd like to show up in a particular situation or relationship. Living with intention brings tremendous peace of mind as it's about getting clear on what you want.

- So, if your intention is to improve your health, you set your intention to take a brisk walk four times a week before work.
- If your intention is to change careers, You set your intention to speak to a career coach to explore the possibility of working together to figure out your next steps.
- If your intention is to ask for a raise, you set your intention to make a time to speak to your boss.

What will you do today to make a difference in your life?

A dream doesn't become reality through magic; it takes sweat, determination and hard work.

Colin Powell

בברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202

Step no.2 Integrity

Without integrity, our intentions just remain nice ideas.
Integrity is all about the actions we take.

Sometimes, we say we intend to do something and we don't do anything or we do something that is not in alignment with our intentions. This results in a great source of angst and stress for us. So, intention and integrity go together so that we can manifest our dreams.

Integrity is about keeping our agreements. Some of us find it easy to keep our agreements with others but it can be more difficult to keep the agreements we make with ourselves. Agreements are fundamental to the nature of our relationships.

In order to dream, you need to take risks, in order to take risks, you need to trust yourself. In order to trust yourself, you need to keep your agreements.

That's why coaching is such a great profession as it helps keep you moving forward and accountable for your actions.

Which agreement have you broken recently and how would you like to fix it?

Integrity is the essence of everything successful.
R. Buckminster Fuller

בברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202

Step no.3 Find your Purpose

Purpose is about finding out what excites or calms you as well as the reason you're here. It's your essence. It's who you are.

Living on purpose changes the quality of your life as well as the quality of your dreams.

How can you find your purpose? Well, you may not be living on purpose, so don't necessarily look for it in the life you're living at the moment.

Find your purpose by looking at your past and finding memories where you felt passionate or really at peace with your life. Or, go on a passion quest and be a detective to find what really excites you at the present time.

Ask yourself:

- What do you want to create?
- What are you here to give?
- What is it you want to do better than anyone else on this planet?
- What could you do every single day and not get tired of it?

List 3 memories of passion or times that you felt at peace in your life or very energized.

Efforts and courage are not enough without purpose and direction.

John F. Kennedy

בברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202

Step no.4 Access Your Dreamer

Where do dreams come from? You make them up. A dream is simply what matters to you and what you're willing to do about it.

We often don't give our dreams a thought as we're so very busy living our lives dictated by our phones, computers and schedules. We relegate our dreams to a *someday, maybe* category way down on our to do lists.

To start making your dreams come true, get into action. Take one small step that will move your dream forward.

You can have dreams in every area of your life: personal, professional and health.

People who live dream come true lives, live longer, happier, peaceful and more generous lives.

If time and money weren't an issue, what would you do?

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman

בברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202

Step no.5 Deal with Your Doubter

We all have several voices living in our heads. One of these voices is the voice of the doubter. When we listen to its wisdoms, it presents us with a list of obstacles for why we cannot live our dreams. For each obstacle that it presents, we can create a strategy to move our dream forward.

Don't let the doubter stop you in your tracks. By listening to it we become clearer about our reality. Reality is a very important part of the mix, because reality tells us where we are now. Once we know our starting point, we can decide which steps to take to move in the correct direction.

Separate your dream from your doubts because the number one way we sabotage our dreams is by projecting our doubts and fears into our dreams. Doubts and fears are about the here and now, not the future.

Look into your heart to see whether or not your dream is a good idea and then show that you are more committed to your dream than you are to your doubts and fears by taking action today!

Create a list of obstacles around your dream and then create a strategy to overcome each one.

Obstacle	Strategy

Doubt is the father of invention.
Ambrose Bierce

Step no.6 Believe in Yourself

Believe in yourself and in your dreams. Trust yourself that you will keep your agreements, and your commitment to continued actions that will make your dreams real.

Sometimes there's no evidence that your dream is a good idea or that this is the right time for it either.

Believe in your dreams not because they have promises but because they matter to you and you believe in yourself and in them.

Your beliefs are never neutral, they can either hold you back or move you forward. They determine your attitudes, thoughts and feelings and from that you make choices, decisions and take action.

WE CHOOSE WHAT WE BELIEVE. IT IS UP TO YOU!

My empowering belief is:

The biggest adventure you can take is to live the life of
your dreams.
Oprah Winfrey

ברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202

Step no.7 Learn from Your Failures

All failure leads to learning. Ask yourself what you have learned about yourself from the experience.

A personal practice is what you do every day, or on a regular basis, to develop yourself. It helps you accomplish your dreams and goals by giving you new skills and capacities

Anything you want to change because it's not effective and any skill you want to learn, is an opportunity to create a personal practice. Catch yourself in the act of the bad behavior you want to change and try something new.

A personal practice should be easy and have a clear beginning and an end like meditating for 20 minutes every day. Practice brings you back to your intention and your purpose. It reminds you what you're trying to create

ALWAYS CELEBRATE YOUR SUCCESSES!

List 3 events in your life you thought were failures. Think of the lessons you learned from each failure.

Failure	Lesson

Many times what we perceive as an error or failure is actually a gift. And eventually we find that lessons learned from that discouraging experience prove to be of great worth.

Richelle E. Goodrich

בברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202

Step no.8 Take Serious Steps Forward

Choose a project that will help you focus on the end results you wish to achieve. Check that your intentions and actions are aligned.

The sole purpose of projects is to move your dream forward. Projects project your dreams into reality. Your project must be broken down into small action steps.

A month is short enough to remain motivated and long enough to see progress. You must see progress.

Be passionate about your projects and check that you'll be in a different place in your dream than you were when you began.

Be the person who thinks in terms of results, believes in themselves and takes action.

Choose a project that you can easily accomplish in one month or less.

By _____ (date) I will have accomplished _____.

Write down the action steps you need to take and who can help you.

Date	Action	Resource

You need to have faith in yourself. Be brave and take risks. You don't have to have it all figured out to move forward.

Roy T. Bennett

Step no.9 Build Your Dream Team

Your dream can be more easily accomplished when you master the art of enrollment and ask for specific help. Share your dreams clearly so others understand it and want to support you. Share your dreams passionately so that others get excited about it too.

Sharing your dreams is about telling people what matters to you. Once you've shared it you'll also be more inspired to take action and prove to the world, but most importantly to yourself that this dream is important to you.

You can accomplish so much more when you have the support of a dream team. It can give you clarity and direction that you may not see by yourself.

Surround yourself with people who believe in you and your dream.

Answer the following questions:

What help do I need?

Who am I going to ask?

What am I going to say?

Teamwork makes the dream work.

בברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202

John C. Maxwell

Step no.10 Live as a Dreamer

Look back at what you've achieved and celebrate your dream come true life.

Celebrate all your accomplishments. Be of service with your dream. Share it in a way that touches and contributes to enriching others' lives.

What dream do you feel you must accomplish to live a happy and fulfilled life?

All our dreams can come true, if we have the courage to pursue them.
Walt Disney

בברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202

I hope this report has been insightful and has inspired you to take action to make your next dream come true.

As a certified Dream Coach®, I would be delighted to support you.

I will give you clarity, believe in you and show you that you can live your dream come true life.

The beauty of this 10 step process to make your dreams come true is that you can use it again and again in all areas of your life be it personal, professional, relationship, health, financial, community, family, spiritual and even fun.

Join the many who have accomplished their dreams and who feel more joyful, passionate, healthier and generous.

If this has been helpful to you and you would like a more in depth experience of my work, please email me at bevehr@gmail.com for an impactful and powerful **free** of charge coaching conversation.

My mission is to help as many people as I can accomplish their personal and professional dreams and that includes you!

You deserve to live a dream come true life! Let's get into action and set up a time to speak.

Here's to making your next dream come true!
Bev

בברלי ארליך
מייל: bevehr@gmail.com
נייד: 052-3584202
אתר: www.bev.co.il



Bev Joy Ehrlich
Email: bevehr@gmail.com
Website: www.bev.co.il
Cell: 052-3584202