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THE LIFE OF MY DREAMS EXERCISE

taken from:

[The Personal Breakthrough Experience Online Workshop](#)

THE LIFE OF MY DREAMS

You are capable of more than you think you are, because *you are more than you think you are*. Your desires *are your guide to what's possible for you*.

Usual Self Sabotage

- Thinking it's not OK to want what we want
- Thinking it's not possible to get what we want
- The "I don't know what I want" story
- Thinking we need to get what we want in order to be happy
- Thinking something bad will happen if we get what we want
- Thinking we'll become something bad if we get what we want
- Thinking we don't deserve what we want
- Thinking others won't approve if we get what we want

1. What do you want?

2. How will you know you've got it?

3. What would you want if you didn't have to be unhappy about not getting it?

- *Many people don't allow themselves to acknowledge what they want because they're afraid that if they didn't get it, they'd be unhappy. One of the myths that we get sold by advertising is that we need certain things in order to be happy. This puts a lot of pressure on the "things" (goals, material possessions, success...), & rarely works.*

4. What would happen if you allowed yourself to be happy without getting what you want?

- *The basis of this question is the idea that you can allow yourself to be happy whether you get what you want or not. This takes the pressure off the goal / thing / circumstance to "make" you happy.*

People sometimes think that being unhappy about not having something will motivate them to take action to get what they want. But we have natural sources of motivation & inspiration and you can trust those. It's not about not getting what you want. It's about not using unhappiness as your source of motivation.

5. What would it mean about you if you allowed yourself to be happy without getting what you want?
 - *Lots of people (especially people who have read lots of personal development books) have the idea that if you're not completely driven, then you "don't want it enough."*
 - *A softer version of this question is "What would it mean about you if you allowed yourself to be happy whether you got what you wanted or not?"*

6. What are you afraid would happen if you got what you want?
 - *People often have fears or concerns about the consequences of getting what they want. If a person wants to be wealthy, but they're afraid that if that happened, they'd get targeted by kidnappers, they'll avoid getting wealthy.*
 - *If a person wants to lose weight, but they're afraid that if they do, they'd cheat on their spouse, they'll avoid losing weight.*
 - *Look at your answer(s) to the questions. If there's a consequence you are afraid of, how realistic is it? How can it be avoided?*

7. What would you want if you knew you couldn't fail?

8. What would you want if you knew it was OK to fail?

9. What would you want if you were guaranteed to get it?

10. How could you make sense of the idea that you're already getting exactly what you want, that what you're getting at the moment is actually what you want?

11. If there were a miracle tonight, & when you woke up tomorrow, everything was exactly as you want it to be, how would you know a miracle had occurred? What would you see, what would you hear, what would you feel, what would you believe, what would you experience that would let you know a miracle had taken place?