

The background image is a composite of two scenes. The upper scene shows a woman's silhouette from the side, sitting at a desk and writing. She is positioned in front of a window with light-colored, patterned curtains. A brass bell hangs from a stand near the window. The lower scene is a close-up of a dark wooden desk with a piece of white paper and a black pen resting on it. The entire image has a warm, golden-brown color palette.

WOMAN: LIVE YOUR DREAM

GUIDEBOOK

A Deeply Exciting Approach to Empowering
Yourself and Living Your Dreams

Empowering You to Live Your Dreams

Dear Sensitive, Soulful Woman,

Thank you for supporting the work to Empower Women to Live Their Dreams. And thank you for valuing yourself enough to invest in your own Dreams and make them come true.

Your are here because you have a Dream in your heart. Perhaps it is a business, a book, a special project, or a lifelong goal. This dream has been living inside you and it longs to come out. It calls to you. It nudges you. It reminds you it is there when you least expect it. AND IT WON'T LEAVE YOU ALONE.

And that's a good thing. Because this Dream...this SEED, might just be the thing that ultimately brings you the JOY, ENERGY, AND ALIVENESS you are looking for. This dream might just be the KEY that unlocks the door to your full POWER and full POTENTIAL. Who knows?! I don't. But let's find out!

This WOMAN: LIVE YOUR DREAM GUIDEBOOK is your starting point to living your dreams. It has THREE main parts. 1.) Your Blocks, 2.) Your Keys, and 3.) Your Action Steps. It will uncover potential unconscious blocks keeping your dreams locked in you heart. It will open up "deeply exciting approaches" to empower and inspire you. And it will give you clear action steps you can take RIGHT NOW to energize your dream and move it forward!

I hope you take a moment out of your day to review the material, answer some of the questions, and take a few action steps right away. You deserve it. And your Dream does too! It is waiting for you!

Enjoy!

*xoxo,
Meg*



WOMAN: LIVE YOUR DREAM

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PROLOGUE: WHO ARE YOU?

Before we get into what is blocking you from Living Your Dreams, let's start with getting to know you. *Who are YOU, dear Sensitive, Soulful Woman?*

- You have historically been called sensitive, shy, or quiet as well as gifted, talented and smart.
- You tend to have a high bar for yourself, expect a lot of yourself, and easily get mad at yourself when you don't meet your own expectations.
- You know you have gifts, but you are challenged to name them let alone share them openly with the world.
- You prefer to stay hidden from the public limelight but you enjoy (maybe secretly) the attention when you get it.
- You have had a gazillion ideas over the years for books, articles, businesses, short stories, films, art projects, etc. In fact, you might even have the title of your book written on a scrap piece of paper somewhere. Or perhaps it's etched in your memory.
- You quietly long to start these dreams...and often think about beginning them. But somehow, somehow, you always get distracted and promise yourself you will start... another time. Or, you might have started your dream (many times) only to have lost momentum and stopped altogether.
- You have worked your ass off for years in therapy, attended workshops galore and sat at the feet of gurus, so you have minimized and integrated these challenging traits to some extent, but they still show up under pressure.

IF ANY OF THESE STATEMENTS SOUND LIKE YOU, then read on!!! In this Guidebook you might just find a nugget of information that will shift your perspective, release you from the resistance that binds you, and ignite a spark in your heart that will get (and keep) your Dream moving.



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PART ONE: YOUR CONSCIOUS BLOCKS

What do you think most sensitive women say/think is stopping them from living their dreams? Here are the results from the Woman: Live Your Dream Survey:

Question: What are your biggest struggles with starting or consistently moving forward with your Dream?

Your Answers:

Lack of Resources (Time, Energy, Money) – 73%

Lack of Clarity - 43%

Lack of Courage - 30%

Lack of Knowledge - 26%

Lack of Support – 29%

Some additional struggles that were mentioned in the comments include:

“Courage to market myself.”

“I have chronic pain and lack of energy.”

“I have been on the corporate track for a long time. Very successful and that entrepreneurial jump is so scary.”

“Mostly fear and inability to hold the project clearly on my mind.”

“Procrastination”

“Lack of confidence. Difficulty making it a priority with lots of other things happening.”

“Single parent.”

“Seems to be an over saturated market of lifestyle coaches. So much info is available online.”

“Though it is tempting to say lack of resources, what I really feel is that clarity and inspiration are the most essential resources.”

BOTTOM LINE: YOU ARE CERTAINLY NOT ALONE.



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PART ONE: YOUR CONSCIOUS BLOCKS

Most people, while we didn't mention it directly, are VERY familiar with the most popular BLOCK of all, that 4-letter word,

F E A R.

"False Evidence Appearing Real." OR...
"Fuck Everything and Run."

You might have heard that before.

Fear of Failure. Fear of Success. FEAR. FEAR. FEAR.

And as Marianne Williamson put it: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."

I will second that.

And yet, THERE MIGHT BE SOMETHING DEEPER. Something we haven't even talked about yet. Something that lingers beneath the surface of our minds...

That is what we want to look at next: Your Unconscious Blocks.



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PART ONE: YOUR UNCONSCIOUS BLOCKS

"What stops you from living your dreams might not be what you think."

About two years ago, I woke up one morning and asked the Universe, "How can I serve my tribe?" What I heard was not what I was expecting. What I heard was:

"TAKE CARE OF YOURSELF."

"TAKE CARE OF YOURSELF."

That one sentence.

Those four words.

That one comment to me from the Universe was enough to start me on a Journey of Uncovering and Discovering what was keeping me from living my dreams.

The answer I heard was too simple. It wasn't what I was expecting.

YET, it was a whole lot more.

After that day, I went on to discover new layers of unconscious patterns that were keeping me locked in a small container far, far, away from my most potent DREAMS and my most exquisite JOY.

That is what I will share with you today.



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PART ONE: YOUR UNCONSCIOUS BLOCKS

1.) LACK OF SELF-LOVE

That day when I heard the message from the universe to “Take care of Yourself,” I started taking my own self-love and self-care seriously.

I realized that the main reason that I kept starting and stopping lifelong dreams (like writing and illustrating the children’s storybook that I started 30+ years ago in college) was because I didn’t have enough or consistent self-love.

SELF-LOVE & SELF ACCEPTANCE

Even though I “worked on myself” for decades and grew up mentally, emotionally and spiritually, there was still an underlying pressure I put on myself.

I still “beat myself up.”

And I still lacked full self-acceptance of who I was...EXACTLY AS I WAS

Lack of self-love/self-acceptance is one of the biggest blocks to sensitive women living their dreams that I know. It may be hidden. It may be subtle. But if you are a highly sensitive woman, I bet that it’s there.



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PART ONE: YOUR UNCONSCIOUS BLOCKS

2.) OLD/OUTDATED THOUGHT SYSTEMS

Around the same time that I was asking the Universe how I could serve my tribe, I started noticing a pattern with my electronics. Not only was my “storage” capacity in my cell phone, computer, and camera “full”, I did nothing to fix it. I kept ignoring the opportunities to “update” or “upgrade” the systems.

Since I know that “the inner is the outer,” I started to wonder how the electronics were symbols of my life. And one day, while meditating in my attic, it became clear: I needed an upgrade.

I was just starting a new project and I said to myself, “What is going to make it different this time? All other times in my life I was gung-ho about a starting a project, but I never really saw it to completion. I always stopped short. What would prevent me from DOING THE SAME THING THIS TIME?”

I realized if my THOUGHT SYSTEM (just like my computer) was the same as it was 10 years ago, I would have the exact same disappointing results. Because my thought system was old and outdated, my new ideas would never fly. I was destined to repeat the same “start and stop” pattern. I was trying to run a new software program on old outdated hardware. The old, outdated thought system was judgmental, self-critical and 'perfectionistic.' It had no room for experimentation, play, and possibility.

I was destined to repeat the same death of my dreams because I had old technology inside my brain!

If you are experiencing similar results in your dreams today that you had 10 years ago, perhaps it is because you are trying to use an old, outdated thought system!?!



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PART ONE: YOUR UNCONSCIOUS BLOCKS

3.) A WEAK “CONTAINER” (And a lack of willingness to be weak, vulnerable and uncomfortable!)

As I began moving forward with my ideas and dreams I realized that I wasn't only scared, I was WEAK.

I didn't know I was weak for the longest time. It wasn't until I had a prophetic consult with a mentor did I come to see how weak I was. And, not only did I not know I was weak, I saw that WASN'T WILLING to be weak! (Of course! Who consciously wants to be weak!?)

I was so busy trying to be strong and expecting myself to have strong results that I didn't even know that it was natural to be weak at the beginning of a new dream!!!

I wasn't willing to feel the uncomfortable and vulnerable feelings that come with being weak, so I pretended and expected myself to be strong!

That was a HUGE part of what has stopped me in the past from living my dreams.

When you are starting a new project or dream, OF COURSE YOU WILL BE WEAK! You will need to learn new systems and new processes. You will need to build a muscle of experience. And you will need to strengthen your capacity to HOLD the new creative energy that is necessary to come to you and through you.

Building a strong container takes time. And it takes willingness to be weak, vulnerable and uncomfortable.



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PART ONE: YOUR UNCONSCIOUS BLOCKS

4.) UPPER LIMITS

It wasn't until recently that I got crystal clear how "upper limits" could affect my own progress of living my dreams.

In a recent "conversation" with the "Spirit" of my Business, I asked what were the biggest resistances holding me back.

The Spirit of my Business said I had an upper limit of Joy.

(Actually, now that I checked my notes, what She said was that my "limited capacity to hold Ecstatic Bliss" was what was stopping me from getting my work out into the world.)

Those were Her words, not mine ;-). "Ecstatic Bliss." Need a bigger capacity. Got it.

I had learned about "upper limits" of joy and love before from Gay and Kathlyn Hendricks. "Upper limits" is a term Gay uses a lot to describe the limited capacity we have to experience love and joy.

I just never applied it to my Dream.
Now I will. And I urge you to do the same.

Is it possible that you have an unconscious limit on the amount of Joy you can hold at any one moment in your life?

If you sense this is so for you, then AN UPPER LIMIT might be one of your unconscious blocks to living your Dream.



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PART ONE: YOUR UNCONSCIOUS BLOCKS

5.) SHADOW FEARS

We can't get away from being Human ;-)) and in being Human, we tend to accept and reject parts of ourselves and our lives. It's like a two-sided coin:

Self-Doubt/Belief in Self

Worthiness/Unworthiness

Fear of Being Seen/Desire to be Seen

Love of Money/Hate of Money

Accept the part of us that is Kind and Sensitive/Reject the part of us that is Arrogant and Lazy

You know what I mean. You've probably heard about and read all about shadow work. How does this affect our ability to make our dreams come true?

This has given rise to a whole host of shadow fears, especially for us highly sensitive women: Fears that, unless acknowledged, accepted and integrated, will go on haunting us for life!

Here is a starter list. I know these quite well!!

DO YOU EVER FEAR BEING OR BEING SEEN AS:

Selfish, Self-Serving, Egotistical, Entitled, Unenlightened,
Pushy, Arrogant, Salesy, Rude, Lazy, Direct, Unkind, Money-Hungry, Self-Important,
Uncaring, Envious, OR Competitive?!

**IF YES, GREAT! Then you know that shadow fears might be
blocking you from living your Dream!**



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PART ONE: YOUR UNCONSCIOUS BLOCKS

6.) RESISTANCE OF TRADITIONAL BUSINESS & MARKETING METHODS

Along with our list of Shadow Fears comes a **STRONG DISLIKE** for traditional Business and Marketing.

Which kind of puts us between a rock and a hard place. Without a supportive business, sales and marketing structure, how can we expect our Dream (if it involves a product or service) to Thrive?

7.) GOING SOLO (Lack of Believing, Support, Inspiration)

A catch-22 that many sensitive women may find themselves in is that that they want to keep their dreams to themselves. Perhaps they had bad experiences when they shared a dream too soon with a friend or partner, or perhaps they have been too afraid of what others would think. Either way, what happens as a result is, although they have the safety of keeping their dreams a secret, they lose the potential life-giving support and encouragement of others.

I know from my own experience that the lack of my own believing in my dreams has prevented them from coming true. And I know that when I did have the power of a group of women supporting me and believing in me, my dreams came alive.

ARE YOU someone who resists traditional marketing and/or prefers to keep your Dreams to yourself? If so, then these two BLOCKS might be keeping you from living your Dreams.



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PART ONE: YOUR UNCONSCIOUS BLOCKS

8.) EGO (Another form of Going Solo)

I am totally convinced that I had a past life as a Power-Abusing-Self-Involved-Broker or a Self-Indulgent-Arrogant-Politician.

Why? Because in this lifetime it seems like I have a “CHECK” on my ego in that I can’t really produce anything of significance if my ego has the lead part of the show.

(Which it OFTEN does, despite my spiritual attempts to dissolve it!).

I have had MANY false dream starts over the years. Dreams that felt good and inspired by the Universe, only to be trashed, cancelled, or ended prematurely. The only way I can describe why they stopped is because my ego got too involved...too attached...too afraid...or took much of the lead or credit!

**Do you ever feel that your ego gets in the way of
Living Your Dreams?**

Do any of these 8 Unconscious Blocks resonate with you? Can you identify with any of my stories? If so, read on, because I share 8 Keys to unlock these blocks and start you on your way to living your dream.



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PART TWO: YOUR KEYS

Once you have a good idea of the unconscious blocks that are holding you back from living your dream, you are well on your way to moving through them. Awareness is the first step. In Part Two I share what I have done (and continue to do!) to navigate the sacred path of "Dream Weaving."

1.) BUILD SELF-LOVE

Nothing is more important for Living Your Dream than building self-love. And nothing is more important for building self-love than establishing a daily self-care ritual.

Once I started taking my self-love seriously, I created several "non-negotiable" self-care habits (10-minute rituals done before 10:00 a.m. if possible). I'm sure you have a list of your own self-care habits. That is not a new idea. But the new idea is to make them a non-negotiable part of your life and to make them small and manageable enough to do every day.

What can you do every morning to build your self-love?

Another non-negotiable that helped strengthen my self-love muscle was having the rule:

"NO SELF-BEAT UP"

Yes, easier said than done. But by having "no self-beat up" as one of my non-negotiable mental 'house rules,' I can more quickly notice when I am breaking my rule and remind myself that getting angry with myself never helps.

What is one mental "house rule" you can establish for yourself right now?



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PART TWO: YOUR KEYS

2.) UPGRADE YOUR THINKING

Once I noticed that my thought system was outdated, I literally ASKED for a download...a new system. It seemed crazy to me at the time, but I was literally compelled to ask the Universe for a new system of thinking.

One day in meditation I simply opened myself to receiving the download and asked,

“Can I please have an upgrade to my thinking?”

It wasn't immediately, but after a few minutes I could feel an energy pulsing through my body. When I sensed that it was over, I felt as if I had more “space” in my thinking. I had more permission to experiment, more room to make mistakes, and more freedom to play.

I don't know if downloads are readily available to everyone just for the asking, but why not give it a try?! Worse case scenario is that you become more attuned to a faulty outdated system of thinking and have more acceptance that the “fault” is NOT YOU!

**What are some thoughts you recognize that repeat themselves
day after day, year after year?**

**Next time you are in meditation, will you ask for an upgrade?
Better yet...close your eyes and ask NOW!**

WHY NOT? ASK FOR A FREE UPGRADE!

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PART TWO: YOUR KEYS

3.) BUILD MUSCLE

"You can't build a physical muscle if you don't use it."

The same is true with building the muscle of your Dream. You have to take action in order to get stronger at doing very thing that you dream of doing!

BUT first you have to become willing to feel weak, vulnerable and uncomfortable. Why? Because you will never step into your dream if you don't take action. And you won't take action unless you are willing to feel weak, vulnerable and uncomfortable. The truth is that there is a high probability that you won't be an expert right out of the gate!

**BE WILLING TO BE WEAK,
VULNERABLE
AND UNCOMFORTABLE.**

And guess what? Chances are you will feel weak, vulnerable and uncomfortable with every new step of your Dream. So, you might as well get used to it!

On a scale from 1-10 (1 = not willing/10 = very willing), HOW WILLING are you to be weak, vulnerable and uncomfortable?

What could you do to be more willing to be weak?

What is one small action you could take to begin building your muscle?



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PART TWO: YOUR KEYS

4.) HOLD MORE JOY

**How can you expand your capacity to have more JOY
and LOVE in your life?**

That differs for each individual.

This one is very new for me. One thing that helps me is to first start to notice WHEN I am having a Moment of Love and Joy and HOW it actually FEELS in my BODY.

IF I can notice it and name it, THEN I have a better chance of “strengthening the container or capacity to HOLD IT, without HOLDING ON to it!

**"The amount of JOY you can hold is equivalent to the
amount of SORROW you can let go."**

I don't know if the above quote is true or not, ;-) but for me, it seems as though the amount of joy that comes into my life is proportionate to the amount of sorrow I let go of.

That means that I have to become WILLING to let go of being unhappy and everything that goes with being unhappy (which includes but is not limited to): complaining, blaming, self-pity, self-beat-up, entitlement, etc.

AND, I have to become WILLING TO INCLUDE things that bring me more JOY (including but not limited to): Creativity, Gratitude, Nature, Good Food, Moving My Body, etc.

**"How willing are you to do more things that
BRING YOU JOY?"**



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PART TWO: YOUR KEYS

5.) GROW SELF-ACCEPTANCE

One of the keys to ending duality and shadow fears is awareness and radical self-acceptance.

Loving yourself and accepting yourself EXACTLY AS YOU ARE is the main game. However, loving your dark, shadowy “unlovables” is sometimes hardest of all, especially if you are a highly sensitive, perfectionist-type of person like me who has been hard on herself her whole life.

"Radical self-acceptance is actively seeking out those aspects that we dislike in others and welcoming them back into our selves as an act of Wholeness."

For example, I highly dislike arrogant people. Yet, I know that IF I am not accepting the arrogant part of me, THEN I end up projecting it on others. And as a result, I LOSE POWER. If I am so unconsciously afraid of appearing arrogant, then I might never use my own assertiveness. And, in order to make my dream come true of owning my own online business and empowering other women to make their dreams come true, you better bet I will need to have some healthy assertiveness!

Lately I started to integrate this arrogant aspect of myself by allowing my arrogant self to come out and play! (I don't think my husband liked it, but I had a whole lot of fun!) Having fun with your shadow sides is a fun and easy way to integrate them!

"What are one or two shadow fears that you want to integrate?"



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PART TWO: YOUR KEYS

6.) EMBRACE HOLISTIC MARKETING

So many sensitive women I know really find traditional business and marketing unappealing. And it's no wonder. It wasn't created by us or for us! I have found a few keys to unlocking our dreams hidden in the discarded aspects of traditional marketing.

Like our shadow fears, our rejection of traditional marketing may actually be pointing to some aspect of ourselves that needs to be accepted and integrated. Before throwing out the whole patriarchal business and marketing structure, it will be helpful for us to own and integrate what it is that we find so unappealing. That is the first key of Embracing Holistic Marketing. I am in progress with that myself ;-).

"When we throw away traditional marketing and all Patriarchal systems in general, we lose our power to wield the system and use it in our favor."

I am also investigating alternative business and marketing structures that feel better to my sensitive system and are more aligned with my deepest values. This process is underway. I am experimenting right now with a marketing approach that is more fluid, allowing, and comes from a place of surrender. I will share more as this evolutionary or holistic approach to business and marketing unfolds. For now, begin to wonder about how you as a sensitive woman would like to be "marketed to." Use what you discover to dream up ways that you, too, could bring business and marketing more into alignment with your heart. That is the second key of Embracing Holistic Marketing.

"What is one Marketing Strategy you have seen used in Traditional Marketing that you could grow to Love?"



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PART TWO: YOUR KEYS

7.) FIND YOUR TRIBE

There is an alternative to “going it alone” that feels safe and encouraging and is a vital Key in living your dream. It is called: Find Your Tribe.

Finding Your Tribe is finding your soul group or soul family. It is finding a sisterhood of like-hearted women who whole-heartedly support you and your dreams. Whether through choice or chance, it is a gift to find a group of women who you trust and can rely upon for encouragement, honesty, and love.

**Finding my Tribe of Sisters in an online class
CLEARLY gave me the Faith I needed to step
out on the edge of my fear and JUMP.**

I have had the honor and privilege of finding a group of Soul Sisters who fed me the encouragement that I didn't know I was missing. (A deep bow to Ann Manatt of A Woman's Dharma for gathering this blessing of a Tribe.) They mirrored my gifts to me and clearly gave me what I needed to step out on the edge of my fear and jump. With their support, I designed and held my first international online class for women called The Summer of Self-Love. And from there I proceeded to grow myself and my grow business into what it is becoming today. Dream Work is an evolutionary process, but for me, finding my Tribe was essential.

Do you have a Tribe? If not, where can you go to find one?



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PART TWO: YOUR KEYS

8.) SURRENDER AND ASK

In an effort to remove perhaps the biggest Block of all, my Ego ;-), I happened to find a repeatable and sustainable approach (A Gift from The Universe) that would give me the clarity I was looking for and “by-pass” my strong and self-promoting ego ;-).

"The Key I discovered is to Surrender and invite the Spirit of my Dream to take the Lead. By cultivating a relationship with the Spirit of my Dream, I can ask it questions, allow it to guide me, and follow its Wisdom."

I had the distinct pleasure of testing out this approach with the Spirit of my Winter of Work Online Class itself. Through a series of 28 questions, I developed a relationship with the Work and gained the Wisdom necessary to write and market this class.

Not only did I gain Wisdom from beyond my own mind, I was completely energized in the process. Surrender is obviously not a new thing, but perhaps the practice of always approaching the Spirit of our Dreams for guidance and direction is. At least it was for me.

I am deeply grateful to Hiro Boga and her work for planting the seed and for the Universe for gifting me with this Sacred Process. I am blown away by the exciting and empowering possibility that this approach brings to me and others I teach.

What questions would you ask your Dream if it was sitting right in front of you?



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PART THREE: YOUR ACTION STEPS

You have just read about 8 Keys to UnBlocking Your Dreams. I hope you have found a nugget of wisdom you can take home and put in action. To help you activate these keys, here are few suggested Action Steps.

"Commit to doing one or more of these action steps within 24 hours of reading this Guide and use the momentum of your commitment and the energy in this document to move you and your dreams forward.

ACTION STEP #1: GET CLARITY

Oftentimes what keeps us blocked is not having clarity around which dream to do first! Here is an exercise that can help:

On a blank sheet of 8x11 paper, draw a "Map" of your Dreams and include every single idea/dream that you have ever had. How?

Put your name in the center of the paper with a circle around it. Think of your first dream. Draw a line extending from the circle like a spoke of a wheel and put a circle at the end of the spoke labeling it with your dream. Do the same for every dream.

Keep this map close to you every day. Start building relationships with your dreams. You can draw tarot cards for each dream. You can muscle test to see which dream is highest and best to go first. Or intuitively feel which one has the most energy and is wanting to come forward.

**Find a sheet of paper and sketch out a
Map of Your Dreams. Do this now.**



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PART THREE: YOUR ACTION STEPS

ACTION STEP #2: BUILD SELF-LOVE

Write down one to three non-negotiable 10-minute self-care rituals that you can choose from every day. Start with one and work your way up to what feels right for you.

If you need help finding self-care rituals, go to the www.tinymessages.com website and sign-up for the free Self-Love Video Series. In video three I give you ideas for putting your self-love in action. Or, email me at meg@tinymessages.com and request a copy of a recording of the "Self-Love in Action: 10 rituals to build your self-love" teleseminar. OR, consider joining my upcoming 2016 Summer of Self Love online program for women. There you will gather with a Tribe of women supporting women to learn more self-love skills and develop sustainable self-care rituals.

If you already have self-care practices in action, ask yourself if your self-care ritual is sufficient enough to nurture and empower your dreams! (Sometimes what worked 2 months ago is not sufficient to support our next phase of Dream Weaving.)

**Find a sheet of paper or use the space below to write
down your 1-3 self-care rituals now:**

My Self-Care Rituals:



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PART THREE: YOUR ACTION STEPS

ACTION STEP #3: DIALOGUE WITH YOUR DREAM

Begin a dialogue with the Spirit of your Dream. Once you have clarity about which Dream you want to put energy into, start building a relationship with it. Start to have a conversation with it. If this sounds crazy or odd, just go with it!

How? Below, or on a separate sheet of paper, write the Question: "Who are you?"

Then, imagine that you are sitting face-to-face across the table holding hands with the Spirit of Your Dream. In your imagination, ask, "Who are You?"

What do you hear? Write the words, "I am..." and continue writing whatever comes to you.

WRITE DOWN WHAT YOU HEAR:

"Who are you?":

This approach is sacred and takes practice. Give yourself plenty of time and space to learn to hear what your Dream has to say.



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EPILOGUE: WEAVE YOUR DREAM

"Weaving and Working Your Dream requires Energy, Attention, Intention."

IDEAS, LINKS, AND RESOURCES

Here are some ideas of HOW to maintain the momentum you have just started and make your own dreams come true.

1.) PRINT AND DO!

If you haven't already, print out this PDF and answer the questions throughout this Guidebook. Be sure to do Action Steps #1 through #3.

2.) SUPPORT A FRIEND

Do you have a friend who often tells you about her ideas to start a business or write a book? Well, grab her by the virtual hand and enlist her in doing your Dreams together! Print this Guidebook out for her (or email it to her) and encourage her to take action.

"The best way to get what you want, is to help someone else get what they want."
(Paraphrasing Zig Ziglar.)

"Inertia is Paralyzing. Momentum is Amazing"



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EPILOGUE: WEAVE YOUR DREAM

3.) GET DREAM WEAVING SUPPORT

Don't go it alone! If you have a Dream in your heart or a Business you want to start, and you ARE READY to put energy, attention, and intention into MAKING IT COME TRUE, then please consider working with me. Here are a few options:

One-On-One: We will work together to help you get clarity around your dream, your ideal customer (your "receiver"), your message/brand, and develop a plan for sustainable commitment.

Group Dreaming: Do you have 3-4 friends who also talk about starting a business, writing a book, or living a particular dream? If so, then consider working together to make your dreams come true. I will with you through a 4-week "UnBlocking Process" with a small group of 4-5 committed women. We will meet in a private FB group, have weekly calls, and go through the 28 "UnBlocking" Questions.

For more information on the One-On-One or Group Dream Weaving Support, or to schedule a no-obligation 30-minute sample session, email me at meg@tinymessages.com.)

"Don't go it alone. We were built for togetherness."



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EPILOGUE: WEAVE YOUR DREAM

Sweet Sensitive Sisters,

Thank you with all my heart for your dedication to making your own Dreams come true.

By reading this Body of Work you have clearly made a commitment to yourself and declared to the Universe that you CAN and ARE moving forward with your Dream.

One Dream can change the World. It might be Yours.

Until next time,

Woman: Live Your Dream.

xoxo,
Meg

HAVING SOMEONE TO “HOLD THE BELIEVING”
OF YOUR DREAM IS VITAL TO
BIRTHING THE DREAM ITSELF.
