

# **Creating a life you love**

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**Part 4**

***The future belongs to those who believe in the beauty of their dreams.***  
*(Eleanor Roosevelt)*

In this final part we will cover patience, some more focus on earning a living doing what you love and looking after yourself.

Firstly patience. We live in a society that encourages instant gratification – why wait for what you want? Well - that isn't natural for a start, and instant cures usually just mask the problem rather than cure it. And it is also true that you value something you work for more. We are also talking about changing your life – people who have huge changes too quickly have difficulty adjusting, many people who have won the lottery have quickly lost it all too. As we discussed before – people like their comfort zones and if you move out too quickly then you will be pulled back. Patience means that you get the foundation right – the type of person you are. If you don't learn the skills in how to create a life you love, then you will have difficulty maintaining a life you love too.

There is also an element of things happening at the right time. Had I started my business a few years ago I would have struggled because there are things I needed to learn first, that I didn't realize I needed to learn first. It's the old running before you can walk syndrome. One thing that has helped me is to look at each situation as a lesson to learn from, that I needed to learn before I could move on to the next. One of my favourite Buddhist sayings is that we learn most from our enemies – it means we learn most from the difficult times. Is there a situation that is helping you learn patience, or to have more confidence, or to look after yourself more? What do you need to learn in order for the situation to be easier to bare?

Find something inspiring that will lift you when you feel frustrated. It could be a book or doing your passion. Collect stories of people who were about to give up when they got their break, most successful people have been at that point. Relax and do something fun, that has no aim to it. And mostly be kind to yourself and remember that it will happen when the time is right, keep on going. I like to think

that what I want might be round the next corner, so I have to look. What if you gave up when it was right within your reach?

There will be difficult times on your journey to creating a life you love, but they are more than outweighed by the benefits. Plus you get to have a better life along the way. Another way I kept myself motivated was to think that even if it takes another year – how great will it be to get there, and how many years will I have of living it!!

If you ever get stuck or frustrated – contact me. We all need some outside encouragement, and I may well see a possibility you are too tired to see.

***You are never given a wish without also being given the power to make it come true. You may have to work at it however. (Richard Bach)***

OK – now we get to the practicalities of earning a living following your dream. If you have found your dream job, or are training towards it, congratulations. The reality for most people is that they have both financial commitments and a dream that takes time to build up. If this is the case for you I suggest you firstly work out what the minimum wage you need to earn is, you will be surprised how much money we squander when we do not have a plan to save. You then have a choice – you can either stay in your current job and save the difference, or look for a more enjoyable job that may involve a slight pay cut.

A quick word on our definition of success. For many people success is defined as having a well paid job, irrelevant of how stressed or unhappy it makes us. This is especially true for men. If you do feel a resistance to changing career then it could be down to how you define success and how you think others will judge you. Decide what is most important to you. I guarantee that those who judge you as being foolish will soon change their minds when you succeed at your dream. And is their opinion really worth more than the chance to live your dream and potentially earn more? Do the fear exercise in part 2 if this is a block for you.

The options for following your dreams whilst still eating are:

- Start pursuing it whilst working full-time. Some dreams can be pursued along side your current job, eg. writing, painting etc. You can also do most training part-time to fit around your job. Some people are happy enough doing a job they find relatively easy and following their dreams outside of that.
- Save as much as possible whilst working full-time. It maybe that you can cut back on expenditure and save as much as possible until you have enough to live off for 6 months – then leave to pursue your dream. People fear they will not be able to find work again if it goes wrong – firstly it is more likely to go right, and secondly – there are plenty of jobs out there!!
- Work part-time whilst pursuing it. I have twice reduced my hours to 3 days a week whilst pursuing a dream, a lot of employers would prefer to keep you on part-time than lose you all together (plus they know you will still probably try to do a full-time job in 3 days!!)
- Find related ways to earn money whilst also working on your dream. In part 3 I listed ways to earn a living in an area you are passionate about but that is not what you actually dreamt of. You will get contacts and learn what is needed to get to what you want, as well as free up more time and energy for your dream.
- Find any way to earn money whilst also working on your dream. Another method I mentioned earlier is looking for more than one income source. Do you have a skill that you could get paid more for by contracting? Or you can temp for a few weeks then take a few weeks off? Another way of looking at it is to work out as many different ways to earn £50 as possible – easier to find 10 than one way of earning £500. (include

in this ways to save £50, eg. mystery shopping, changing service providers or banks etc., or selling something). By having more than one income source you are lowering the risk too, if one source dries up you still have others.

- Finding funding. I was amazed to find you could actually get a grant to write if it's about a subject relating to certain charities. You can also get grants for doing community work or setting up a community enterprise. Your local voluntary agency should have more information.

### **Task 1**

Look at what it will take to follow your dream, and then devise a plan on how you will get there. Look into each of the above options and choose which one you will follow *for now*. Life can change so suddenly that you need to be open to the possibilities – you might unexpectedly come into some money or get offered an opportunity that pays more while reducing your hours.

What actions do you need to do first, eg look for a different job, open a savings account, research funding, start looking for ways to follow your dream in your spare time.

If you want to earn from your dream, how much money would you need to start? And cover your bills for 6 months?

Once you have all the facts you can notice opportunities that fit in. How will you know what to look out for otherwise?

Finally I want to talk about looking after yourself. If you were an athlete you would need to get yourself in top condition mentally and physically in order to get the best out of yourself. Following your dream life is no different.

Notice what things give you energy and what drain you – this includes food, activities, environment/ places, sleep pattern, thoughts and people. All have the power to influence how you feel and what you achieve. Given the choice would you not prefer to feel energized rather than drained? That is in your control.

Anybody who performs magically – whether on stage, a track or in an office, will talk about being in ‘the zone’ or in a ‘creative flow’. This is where what you do seems effortless, and you are totally focused and able to perform at your best – almost magically. Everything else falls away. One of the requirements for this is to be relaxed yet alert. When you are relaxed your mind is open to respond quicker than when you are stressed. Stress puts you in a ‘fight or flight’ state and your mind will be closed to any thoughts other than to fight or flight. Your body is not meant to spend prolonged periods of time in this state and will be damaged if it is. You need to learn how to relax. Watching TV, drinking, distracting yourself in any way are not relaxation, they just put the stress on hold rather than reduce it. Relaxation is a physical and mental state, and can be measured. When you are truly relaxed you will be able to sit in silence without your mind racing or your body twitching. Sadly most people are unable to do this, however it is a goal to work towards. Even if you can achieve it for 10 seconds to start with then you can build on it – it is like a muscle that needs strengthening.

Reasons to learn relaxation:

- It feels great. Can you remember a time you felt really relaxed? Maybe after a massage, or sex? It feels great, doesn't it? And you can't feel relaxed and bad at the same time – choose relaxation.
- It's our natural state. We are built to be relaxed with the odd spike of stress, that is when we are healthiest. To be stressed more than relaxed is damaging to our minds and bodies, and they will breakdown. A lot of physical illness is linked to stress, and also

stress weakens the body so that we are more susceptible to diseases. (although these can first manifest when you relax after a long period of stress)

- It is when we can think clearer. Stress constipates the mind and stops free flow of thoughts. When we are relaxed is when we are most creative and can come up with new ideas and solutions.
- Problems are easier to deal with. When we are calm and can think clearer problems do not seem as difficult as when we are stressed.
- We are more fun to be around. Stress is infectious, we give off negative energy that other people can feel. We are also more prone to being short-tempered and uptight when stressed.
- We can know who we really are. When we are relaxed we can hear our own voice instead of what others tell us we should be. We can also tell whether we really want to do something by seeing how it makes us feel, if it excites us then it is right for us. If it leaves you feeling dread then it is wrong – stress masks how we really feel.

## ***Task 2***

In order to be relaxed you need to have control over your mind and body, so that you can direct it into a relaxation state when you feel stressed. Everybody is different so try out the following suggestions in order to find out a few ways that work best at relaxing you. The first one is meditating and I suggest that everyone learns this.

As mind and body are linked, by relaxing your mind your body will follow. Find a comfortable and quite place and sit in silence. How does that feel? Focus on your breathing, making it deep and slow. If you have any thoughts whizzing through your mind, let them go then refocus on your

breathing. Maybe start by aiming for 10 slow breaths. You may find it easier to listen to a guided meditation tape, where by you can focus on what someone is saying and follow that. Or concentrate on some relaxation music. Another way is to repeat a phrase over and over. The aim is to be able to guide your own thoughts.

Some people find exercise relaxing – by concentrating on your muscles you are also focusing the mind, and the physical exertion helps release the stress hormones from your body (it mimics fight or flight and therefore when you stop your body thinks the stress has gone). Yoga is famous for it's relaxing benefits – it combines relaxing the mind and body in one.

As I mentioned, mind and body are linked so getting a physical treatment to aid relaxation will also influence the mind, eg massage or reflexology. If you are severely stressed, or feel stuck, then acupuncture is excellent.

As with staying motivated and inspired, relaxation is something that needs practicing daily; in reality we are built to be relaxed as our natural and healthiest state.

A word of inspiration:

*Until one is committed, there is hesitancy,  
the chance to draw back, always ineffectiveness.*

*Concerning all acts of initiative there is  
one elementary truth the ignorance of which  
kills countless idea and endless plans:*

*The moment you definitely commit yourself,  
then Providence moves. All sorts of things  
occur that would never otherwise have  
occurred. A whole stream of events issue  
from decisions, raising in your favour all  
manner of unseen incidents and meetings  
and material assistance, which you could  
never have dreamed would come your way.*

***Whatever you can do or dream you can,  
begin it.***

***Boldness has genius, power and magic to it.***

*(Goethe)*

Whether you believe in some universal energy, or that by focusing on what you want you notice things related, there is no doubt that 'coincidences' will start happening in your life once you follow your dream. You will meet people by chance who then have a big influence on your life, you will come across the right bit of information at the right time, you will get what you need just in time. You have to be looking for them though, be curious to find out what someone can teach you or where some information may lead, and follow it. If you sit around waiting for the answers then you will be waiting a long time! The universe wants you to follow your dream, and once you get in the flow it will take you there.

**Instead of waiting for your ship to come in, swim out to meet it.**

I'm sure you have all heard that in order to win the lottery you need to buy a ticket – well it's the same with dreams. In order to make them come true you have to take part.

#### **Part 4 Summary**

- Learning patience and the importance of persistence
- Ways to follow your dream and still eat
- The importance of looking after yourself and learning relaxation
- Synchronicity of following your dream

It would be truly awful if you got to the end of your life and thought 'what if', or had unfulfilled dreams simply because you made excuses not to follow them.

I hope this course has inspired you to begin the journey, it really is worth it. I wish I could take you into the future to show you how it could be if you started going for it now; maybe your dreams really are a glimpse of your future.

## Final advice:

- ✿ Do what you are passionate about and what energizes you.
- ✿ Focus on doing what you love and success will follow, if you focus on success you will lose what you love.
- ✿ Keep your eyes and ears open for opportunities that fit in with your dream, and follow every crumb.
- ✿ Do something that inspires, and something that relaxes you every day.
- ✿ Remember I am here if you need any encouragement or guidance.

**Good luck!!**