

Ken Keis



# It's Time to Act on Your Dreams and Desires!

**C**reate a definite plan for carrying out your desire and begin at once, whether you are ready or not, to put this plan into action.

**Napoleon Hill**  
Author: *Think and Grow Rich*

Do you have a bucketful of unfulfilled dreams and desires?

In *The Bucket List*, Morgan Freeman and Jack Nicholson are retired gentlemen who engage in a series of activities—dreams and desires—that they always wanted to do but never got around to doing.

Whether we want to admit it or not, our life is but a blip on an endless timeline. Time does not wait for us to become well prepared. If we don't step into action now, life will simply pass us by.

What are **you** waiting for?

I agree with Napoleon Hill. Whether you are ready or not, get started **now**. Fulfillment in life comes from engaging and enjoying your **purpose** and dreams.

If they are put on hold, you are putting your life on **pause**.

Here are some examples of delayed dreams and desires.

- For months or years, you have wanted to take upgrade courses to fulfill a degree or a new career track but have never gotten around to it.

- You don't like your job but have never quit because you fear the unknown.
- You want to travel but other priorities always get in the way.
- You have a list of fun activities you have always wanted to try but never got around to them—skydiving, waterskiing, SCUBA diving, snorkelling, and other leisure-related activities.

**Is your wish list current or does it contain outdated goals that are no longer important to you?**

- You have delayed your health and fitness needs for years. You were going to start walking, working out, hitting the gym, or playing with a sports team.
- You had a great business idea but never acted on it.
- You considered volunteering in your community but have yet to take action.
- You want to make a difference in the world and don't know where to start.

If you keep putting off your dreams and desires, you will lose your connection to them. Like forgotten heirlooms in an attic, they will simply

collect dust and become a distant memory.

In the past couple of years, the passing of time and the value of activating dreams ASAP became important in our family. With two children quickly approaching teen years, we knew we needed to stop talking and start doing.

As a family, we wanted to travel the world together and that window was closing rapidly. One of our dream destinations was Hawaii. Thirteen months in advance, I booked our travel plans. My wife and I kept the trip a secret from the kids. I am delighted to announce we have just returned from one of our best family vacations ever!

We all know that for dreams to become reality, they must be put on the table where we can see them!

To put energy behind your desires, you must be crystal clear about what you really want. That step is more important than most people think.

In life, your outlook is constantly changing. Is your wish list current or does it contain outdated goals that are no longer important to you? In my early 20s, I dreamed of owning exotic sports cars. Two decades later, that goal is no longer on my list.

Years ago, when I was doing speaking presentations on behalf of Mark Victor Hansen of the *Chicken Soup* books fame, Mark suggested we all make a Top 100 list of things we

wanted to be, do, and have. My list did not quite reach 100.

What about **your** list?

When was the last time you allowed yourself the privilege of emotionally engaging and documenting your entire list of dreams? I want to encourage you to set aside 10 to 15 minutes within the next 24 hours to start the process.

Don't underestimate the importance of this procedure. Your dreams contain inspirational and emotional energy for you. For too long, many people have stuffed their dreams under the bed, perhaps from fear, procrastination, or lack of confidence.

Remember . . .

- The dreams and desires must be important in your life **today**.
- Only **you** can construct this list. No one else can.

### **Action Steps**

Brainstorm. Write down everything that comes to your mind. Please do not prejudge anything. Don't worry

if your current situation does not support your goal. Keep your list fresh by reworking this step—often.

Once your list is made, set aside time every day to review each item on your dream list. This review is not about whether you can achieve it but whether you really want to succeed in that area. In the end, only you can determine if something is really important to you.

Make sure societal or peer pressure has not caused you to alter your list. Some groups pressure their community members to **not** desire material things; others do the opposite. In the end, your dream list must be guilt-free for you and must come from your heart.

Outline microplans and steps for achieving each of your current dreams and desires.

Post your list where you can see it. Read it aloud daily. Yes, out loud. The research is clear that voicing your thoughts contributes to their fulfillment.

To assist your personal journey of confirming your dreams and desires, I recommend *My Source EXPERIENCE Journal™*, an 88-page book that provides the roadmap and processes to confirm what is most important to you **in all areas of your life**.

When you connect to your life's dreams, you'll be able to contribute the most to yourself and others. That's what life is about—being fully engaged! Our lives are a short event. Don't wait for the perfect timing or conditions to realize your dreams and desires. Start now. ▲

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