

# Never Broken You eGuide

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THRILL OF THE CHASE?

10 STEPS TOWARD ACTUALLY  
CATCHING YOUR WILDEST  
DREAMS

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**I used to love the term "chasing dreams."** Now I don't, because it implies that they are so far off and that we are chasing and struggling to catch them. Sounds hard. Sounds impossible. Instead, I want to catch them, hold them, and squeeze them. I want to be them. I want to feel fulfilled, and I think we can.

As I have asserted in many of my writings and teachings, much about life has to do with perception. In fact, many would argue that it is ALL about perception, because our life experience is individual as much (if not more) than it is communal. We are the only ones in our own heads, seeing life, experiencing life, through our own perceptions and minds. Thus if we see dreams as something to chase, not catch, then we run the risk of resolving ourselves to a "never-catching" problem.

Therefore, let us back up a step and re-think. I have spent my life, up to this point, chasing. Now I want to catch, hold, and squeeze. I want to live these dreams as my reality, not some far off possibility, only available if I happen to have the chance, am lucky enough, or work beyond in order to get there. Make no mistake, catching dreams is not easy; BUT, by perceiving it as catching rather than chasing, they are attainable, closer. It is more about when, not if. Try to tell yourself that and believe. It feels better, right? They're coming your way! Now, celebrate! And when you're done, let's get to work.

Here are a few ideas to try:

**1) Get clear on what you want (to do, see, and be).** Write it down. Or skywrite it. Anything to make it clear in YOUR head.

**2) Make that YOU** - a small part, a big part; how important this "dream" is to you and your identity will determine how much weight you throw into it and how far you will be willing to go to get there.

**3) Put the phone down. And the remote.** These things are not evil. But they are distractions. They may eventually assist you in attaining your goals and dreams. But, for a moment, let's put them aside and focus on deciding what you want and the hard core, bare bones aspects of these dreams, as well as how to get there.

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**4) Feed your imagination** - with food, but also with outlets to let your imagination explore and grow. Yes, you can pick up your phone now. But also think art, music, pen & paper. Step toward that which makes you feel good in a productive way. Be aware of what might feel good temporarily, but leaves you feeling unfulfilled (aka social media, substances, etc).

**5) Begin. And do.** This seems easy, small. But it is, in fact, one of the hardest, biggest steps. I find I do everything BUT what will get me heading in the right direction (clean house, take the pup for a walk, sleep off the stress, fiddle on my phone). Why do we do this? Because it's scary to start the REAL stuff. Because we might fail. Because we might be a fraud. Many many "mights." But guess what? You'll NEVER be whatever it is you are meant to be if you don't take a breath and START.

**6) Mark small and big progresses.** Don't knock yourself too much. Really. Go easy. I find I suck at this, always holding myself to an irrational expectation. Then I fall, taking much more time than necessary to regain my pride and momentum (eye-roll at myself). So, please, go easy. Little things are just as important as big things.

**7) Shut out the naysayers, even those who mean well.** It's all chatter. Just clutter and chatter. Block it out. You know YOU and, now, you know what you want. Let THAT be your guide.

**8) Find friends and allies, in your corner and in your dream field.** Not always easy, especially if you're a dream-related introvert like me, aka a hermit involving anything that hits closer to my heart. As a self-defense, I have had an adulthood-long habit of keeping these things close-vested. Plus, as a writer, I've become a bit socially removed. BUT I now see the light! As much as I may get along better with horses and dogs, people are great too, especially those who want great things for you! We are all in the same boat. So let's find our shipmates and cruise.

**9) No limiting until it's time;** and, even then, only limit what is blocking. Stop yourself from stopping yourself. Believe me, I know how hard this can be. "Reality" becomes the slamming door. Stick your foot in it. Keep it propped open. Then, eventually, push it and walk through to your greatness.

**10) Allow, be, and...squeeze.** To catch your wildest dreams, you must allow it. You have to be willing to see and be all you can be. Then, when you do, and you are, grab it, hold it, and squeeze it tight. Because it is you.

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