



CREATE a LIFE YOU LOVE!

3-PART VIDEO Series

Video Two Action Exercises: Free Yourself from FEAR!

THE 3 MOST COMMON "DREAM TRAPS" & HOW to AVOID THEM

Over the past 40 years, In the process of helping tens of thousands of people realize their dreams and create lives they love living, I have discovered that there are 3 "dream traps" that frequently prevent people from turning their dreams into reality. Those traps exist because our subconscious minds are attached to the status quo. The mind knows how to handle your current life and it fears the unknown - change. So, it tries to protect you by keeping things the same - safe and familiar. It does this even if it means stopping you from realizing your dreams and creating a life you love.

Have you ever dreamed of transforming some part of your life? Perhaps reaching a new level of financial abundance, finding your soul mate, losing weight and getting fit, re igniting the passion in your relationship, going after your dream job, starting your own business, travelling the world, writing a book, becoming a singer, songwriter, musician, starting a band or fill in the blank? There are so many possibilities. But, no matter how much of your precious time, money or emotional energy you put into trying to make your dream come true, you just stayed stuck right where you were?

1-778-484-1028 Kelowna, BC

©2016 Florence Rita Rickards, Create a Life YOU Love Institute
<https://florencerickards.com/>; florence@florencerickards.com

All rights reserved Unauthorized duplication is prohibited



If your answer is "yes", chances are you fell victim to one of the 3 common "dream traps" that block most people from turning their dreams into their reality.

DREAM TRAP #1: Focusing on what you DON'T Want Instead of Focusing on What You Do Want

You may have a Vision of what you want to create in your life, but instead of consistently putting your attention there, you spend most of your energy thinking about what you DON'T like about your current circumstances and conditions...and so, you manifest more of what you don't want.

DREAM TRAP # 2: Letting Your Current Operating System Keep You Stuck

Your operating system is the collection of beliefs that you've acquired over a lifetime about who you are, how the world works and what you think you deserve. These beliefs are largely subconscious, but very powerful. They reveal themselves when you attempt to stretch outside of your "comfort zone." The result is that you often sabotage yourself in some way – you stop taking action and revert back to what feels safe and familiar to you (even if what's safe and familiar doesn't make you feel truly HAPPY and ALIVE).

DREAM TRAP # 3: Listening to Fear, Doubt & Worry

Every single person on the planet experiences fear, doubt and worry from time to time. It is part of being human! The goal isn't to eliminate these feelings... it's simply to become AWARE of them as they come up, so that when they do come up, instead of letting them run the show, you can CHOOSE to listen to them or choose to acknowledge them and then continue pursuing your goals and dreams.

1-778-484-1028 Kelowna, BC

©2016 Florence Rita Rickards, Create a Life YOU Love Institute
<https://florenerickards.com/>; florence@florenerickards.com

All rights reserved Unauthorized duplication is prohibited



You have the Power of Choice!

Now that you know the 3 common "DREAM TRAPS", that prevent most people from turning their dreams into reality, here are some exercises and additional information that will help you AVOID the DREAM TRAPS so that you CAN realize your DREAMS and CREATE A LIFE YOU LOVE!

QUESTION: Think of a goal or a dream that you were really excited about pursuing at some point in the past... but for some reason, you just couldn't seem to make it happen. Describe which one of the 3 "dream traps" prevented you from achieving it?

The Number One Life Mastery Skill is learning to "Notice What You Are Noticing". Notice your thoughts. There is such POWER in Learning to "Notice What You are Noticing!"



EVERYTHING IS CREATED TWICE -- everything that you see around you, everything that exists in the world was first a thought in someone's mind. Everything that has been created was first a thought before it was made into physical form. This means that everything in your life right now whether it is something you consider positive or negative, was at first a thought. Meaning it started as a thought. It began as a thought. YOUR THOUGHTS ARE POWERFUL!

So, the way to AVOID DREAM TRAP #1 which is focusing on what you DON'T want instead of what you DO want, is to bring a greater awareness to your thoughts and to the types of thoughts that you think. NOTICE WHAT YOU ARE THINKING.

It may surprise you, but often simply by tuning in and observing your thoughts, without judgment, any negative thought patterns that you become aware of will disappear all on their own with very little resistance.

So let's get present to your inner dialogue...

QUESTION: Think about something you'd love to be, do, have or give for a moment (hint: take a look at what you wrote down on the Video 1 Action Guide - Your Longings). When you think about this one thing, what thoughts arise for you? Write them all down, good or bad, so that you can begin to notice what you're noticing:

1-778-484-1028 Kelowna, BC

©2016 Florence Rita Rickards, Create a Life YOU Love Institute
<https://florencerickards.com/>; florence@florencerickards.com

All rights reserved Unauthorized duplication is prohibited



BONUS

A 3-Step Process for "Making Friends" with your Fear, Doubt, & Worry

A powerful strategy for avoiding the "dream traps" 2 and 3 is to STOP RESISTING the fear, doubt and worry. Instead, give these feelings permission to be present in your life...but at a date and time that works best for YOU!

STEP #1: Push Your Internal Pause Button

Let's say a problem arises or something which you are not happy about, something totally unexpected. When you notice thoughts of fear, doubt and worry starting to arise, simply acknowledge that they are there (out loud or in your mind) without strongly reacting to them.

STEP #2: Make an Appointment

Then write down a specific date and time 3 days from now to revisit those feelings. Schedule this appointment on your calendar and be sure to keep it!

STEP #3: Get Curious!

Over the next 3 days, focus on getting curious about what possible Good could come from the situation you find yourself dealing with, and write these ideas down. Then, when you have your appointment with fear, doubt, and worry 3 days later, chances are the problem will have dissipated with little to zero resistance!

1-778-484-1028 Kelowna, BC

©2016 Florence Rita Rickards, Create a Life YOU Love Institute
<https://florencerickards.com/>; florence@florencerickards.com

All rights reserved Unauthorized duplication is prohibited



But, if it hasn't and you still feel like you want to let fear, doubt, and worry overtake you, you can do that at that date and time without feeling guilty or bad. But, set a time limit on it. Give it 10 to 15 minutes max and then move on thinking about what possible good could come from the situation.

BRAVO! BRAVO! You have made it to the end of Video Two in this 3-Part Video Series Course!

CONGRATULATIONS! I look forward to seeing you in Video Three, where We will take a look at What it costs to Settle, to Settle for an uninspiring Life and 9 Core Principles for Creating a Life You Love.

Remember, if you have any questions, you can contact me at floencerickards@shaw.ca

How to Create a Life YOU Love - FREE 3 Part Video Course - Video 2 Exercises- Jan 30-2023