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Accelerate the Realization of Your Dreams

7KH'HD P3DUEHEDWHVWKHSRVVLELOLWLHVIREOLIH With playful vigor, this signature event inspires and helps you to identify and embody your dreams for the future while connecting with the support and expertise needed to realize those dreams. The 4th annual Rhode Island Dream Party took place on October 2, 2009 and all reports say it was the best yet! As The Dream Party continues to connect with the hearts and minds of more people every day, we are holding the vision that it will grow to reach a national audience and contribute powerfully to an expansive culture of dreaming.

The Dream Team: Available all year! Your dreams can come true quickly and with surprising ease. With the inspiration and support of this Dream Team, you're in good hands. Our special team of experts are ready and eager to help you live your dreams, with practical advice, encouragement, and expertise. These are everyday dream-weavers, each with their own specialty, and are available to you throughout the year.

The Journey From Impossible to Inevitable

by Tara Sage Steeves

What makes a dream distinct from a fantasy and 'the possible' distinct from 'the impossible'? As you approach the starting line for any dream, it's important to explore these distinctions.

The Impossible Dream

The Wright Brothers, Thomas Edison, the first folks to set out towards space travel or to prove that the Earth was round, are just a few examples of people who were surely thought by some to be "living in a fantasy world," only later to be revered as some of the world's greatest innovators.

What's your impossible dream? What do you currently believe to be out of your reach? This is your invitation to consider that it may be more possible than you think. While we can't all be world-renowned inventors, we can (and do!) invent and create in every moment, and dreams most certainly can come true.

When asked "What's your dream?" many will shy away from answering or give a conservative reply. Dreams are often considered a private subject, sometimes even kept under lock and key. It takes bravery to dream

out loud, as many would sooner share their worst fear before they share what they dream of! Astounding, isn't it?

At some point, everyone who verbalizes a dream must confront concerns that it is too big, too small, or too silly. Showing up at the starting line with your dreams can feel like the riskiest part, and for this reason alone, many don't even let themselves begin!

An internal voice may be saying: "Oh, be realistic." "That's impossible." "You'll never succeed."
(Continued on pg. 8)



How to Write a Book: The First Steps

by Lisa Tener

Have you always wanted to write a book? Or are you just starting to think about the things writing a book can do for your life and career? Writing a book can help you:

- Attract new and ideal clients to your business.
- Quit your day job and start a whole new career—like my client Pat Hastings did when she retired from being a substance abuse counselor and, with the help of her book, became an international speaker and spiritual coach.
- Earn more money and passive income.
- Get high profile speaking opportunities.
- Get paid to travel.
- Get on national TV and spread your message to millions.
- Open the door to opportunities you never even dreamed of.

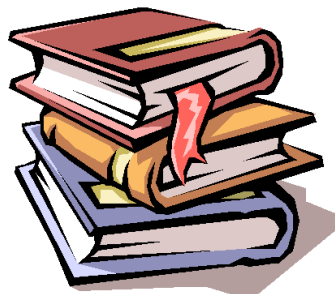
If you're like many people, though, you may find the idea of writing a book overwhelming. Where do you start? Here are seven steps that will get you going.

1. **Clarify the WHY?** Why do you want to write this book. What will it do for you, your readers, your business and the world?
2. **Make the time.** We're all busy. The biggest difference between those who succeed and those whose books languish is that the former cut things out of their lives to make the time for their book. What will you cut out or limit (phone calls, shopping, e-mails, video games, TV)? Now commit the times in your schedule by writing them in your calendar or putting them in your blackberry.
3. **Get clear on your audience.** A successful book is written with a particular reader in mind. Especially if you don't already have a big platform, you'll want to target a core audience, knowing it will reach others too. This is sometimes the hardest thing for writers who often see that their book can help everyone, but

it's a pillar of marketing success. Think about what your readers most want and focus on providing your material in a way that helps them see they can achieve their goals and desires.

4. **Organize your book.** Many of us creative types loathe structure. Yet, many people have come to me with bits and pieces hoping I can help them make it into a book. They often have to throw most of it out because it just doesn't fit. Create the structure first. This is something a book coach, developmental editor or book writing class can help you with if it feels overwhelming to you.
5. **Get support.** It's easy to think you can do it alone, but getting support will keep you on track when you falter. You may find a writing buddy who's also writing a book, a close friend, an editor or coach or a class. The people who tend to succeed also often get expert help to write and complete their books more quickly and to write a better book.
6. **Make a plan.** Yes, another anathema to us creative types, but it works. Have you ever been to a meeting that had no agenda? Was it mostly a waste of time. When you know where you're going it's much easier to get there.
7. **Intention is key.** Intend to have fun. Intend for it to be easy. Intend for your book to be magnificent. And enjoy the process.

Lisa Tener is a nationally known book coach, author, trainer and speaker. Learn more at lisatener.com.



"It's easy to think you can do it alone, but getting support will keep you on track when you falter."



Freedom at Your Fingertips

by Valerie English

Fear lives within us all; sometimes deep and dormant like a bear curled up for a long hibernation, sometimes stark and transparent like a rabbit quivering beneath the circling shadow of a hawk. The important thing is in how we choose to respond to it.

Fortunately, we are born with only two fears: fear of falling and fear of loud noises. Everything else, and I do mean everything, is learned. Take a minute to think about this. Pick a fear, any fear and follow it to its origin. Chances are, with very little effort on your part, you'll be transported to the memory of a person, experience or series of events that planted it in you.

As you think about it, notice where you feel it in your body. Is it sharp? Dull? Superficial? Deep? Does it have a shape or color? Define it in any way that works for you. This is your intuition talking; body to brain and it's

saying "PAY ATTENTION!" It may be subtle like hearing a bee buzzing around you as you sit in your garden or sharp like that same bee stinging you right between the eyes.

One is easy to ignore, the other demands your immediate attention. It would be easy to let the memory of the bee sting keep you from enjoying all the beauty, tranquility and excitement that abounds in that garden altogether. Are you getting the picture? Would you avoid all the gardens of love, health and success that are always open to you because you once were stung? Of course not, but this is often exactly the illogical logic we use to create our lives day by day.

It's been said that "experience is the best teacher". So true. Experiences create feelings. Feelings that are easy to ignore are pushed out of our conscious awareness, but are never so

far away that we can't access them at will. Experiences that have profoundly affected us often live closer to the surface and form the way we respond to the world around us. We will do anything to protect ourselves from feelings that really hurt. We may develop addictive or self-destructive habits or avoid conversations, forming relationships, and pursuing goals and dreams all in the name of staying safe.

It's a cheat really, and the one you're cheating is yourself. Don't you deserve to have all that you really want in life? The point is this: Fear is something we all share. Look around. You're not alone. We can cave into it and live in illness, separation and isolation or we can expose it to light and eliminate it quickly and completely with tools we've had since birth. The choice is, as always, yours. Start Tapping!

Valerie English, RN is founder of [EFT Providence](#).

What Did You Eat Yesterday?

by Kathy Jordan

Do diets help you reach your dream of being healthy and fit? Diets rarely work in the long run. While you may have lost weight on such-and-such a diet, did you keep the weight off? Did you learn how to manage your weight by adopting healthier eating and lifestyle behaviors? Did you tune in and alter your thoughts, feelings and actions so you could keep the weight off permanently? In order to be successful in managing your weight, you need to follow a plan that allows you to deal with real life situations, discover eating triggers and learn how to overcome them. One way to do this is to start tracking your eating behavior. The American Dietetic Association has found that the **Eating Behavior Journal (EBJ)** is one of the most important tools you can use for successful weight management.

Do you know what you ate yesterday? If you didn't record your food intake on an EBJ, chances are

you only have a vague recollection of what you consumed. Does it matter? Yes! Here's why.

When you pay attention to your food intake, you can make conscious, rational decisions about what you eat. Mindless eating often results in poor nutrition, unwanted calories and weight gain. You may have heard before: "It takes twenty minutes for the brain to register you have eaten and turn on your satiety signals". If you eat too fast, you may overeat and bypass the feeling of fullness. Repeated behavior like this results in dulling of your satiety mechanism, so it takes more and more food to feel full. The good news is you CAN slow down while you eat, allowing your body to recognize the signals that tell you you've had enough.

Secondly, when you eat too fast or you're not paying attention, you miss all the delicate flavors, aromas, textures, visual presentation and mouth feel of your meal. When you get up from the

table, out of your car, or off the couch, you still feel unsatisfied and find yourself with an empty feeling and looking for more food. SLOW DOWN. Pay attention so you can appreciate the nuances of your food. You may even enjoy your food more and find *less IS more*.

Next time you feel like having a meal or snack, sit down at a designated spot. This could be your kitchen table (yes, some people actually do still eat at a table!). Set a nice place setting, turn on some soft relaxing music if you wish, but tune-in to your meal. Shut off the TV, computer and phone, close the book or magazine. Place your food, even if it's a small snack, on a dish. Pause, look and smell your food before you dig in. Savor each bite, chew, swallow, pause and reflect before taking the next bite. Do you notice any difference? Describe it in your EBJ. The more you do this, the more you will enjoy your food and improve your nutrition and digestion.

For more information on weight loss, eating behavior management, nutrition and fitness go to [Body by KJ](#).

The Business of Beauty (cont...)

households and businesses. They run. The question I so often ask is what are we running from and why aren't we running to? Running to something that brings us joy and calmness. Running to light and wellness, running to taking better care of ourselves instead of the coffee drive thru. Many women who have discovered the spa have been learning to use it as an excuse for making time for themselves. When was the last time you set aside some time for you? Where you reconnected with nature or art or a good book and some homemade cookies? Where you did something that completely spoke to your spirit? As life drives by at record speed, I pose the question,

what are you waiting for? Life is now, not when the clothes are folded and put away, not when "everything is done." Everything will never be "done."

Give yourselves permission to do something that is beauty. Whether it be to visit my spa to let someone take great care of you, or to go for that walk you have been meaning to go on, or to buy a hula hoop and blow bubbles. Beauty is who you are and is reflected in how you look. Who you are can at times be how you look and nothing can change that except for you.

Alayne White is owner of the award winning [Alayne White Spa](#), with locations in Bristol and Providence, RI.

Parents: The Dream Protectors

by Johanna Corcoran

My daughter's dream job changes every week. She's wanted to be a zookeeper, a waitress and a teacher. Sound familiar? I can identify with her journey. It can take people a long time to find a Dream that fits. We know though, how quickly a negative comment can crush a dream. As Parents, we serve as the "Protectors" of our children's dreams. It can be hard however, to set aside our own experiences and judgments to support and encourage our children. It is my dream that the five-step process in this piece will help you protect your child's precious dreams.

1) Identify

- ❖ Children don't usually proclaim, "This is my dream." Listen for conversation clues that a dream lurks: "I've always wanted to..." "Someday I will..." etc.
- ❖ Designate a "Dream Box" where they write down and store their dreams.
- ❖ Help create a Dream Vision Board with blank spaces for future dreams.
- ❖ Encourage journaling as a way to voice dreams, and uncover new ones.

2) Support

- ❖ Shut off your "no-meter": when your child says they want to be an astronaut, say "GREAT" It's not up to you to judge their dreams. Kids

can smell judgment from a mile away and will hold back in the future.

- ❖ Watch movies where the characters triumph and achieve their dreams: Rudy, Akeelah and the Bee, and The Ballet Shoes are inspiring.
- ❖ Connect their strengths with those of their dream: "Teachers are very patient, and so are you; you would make a great teacher!"

3) Act

- ❖ Let your children "try-on" their dreams: Bring the aspiring astronaut to a planetarium, help the teacher-in-training develop a class to present to friends, get them involved with the local animal shelter or Community Theater.
- ❖ Connect dreams to school subjects: The aspiring astronaut could do a project on the galaxy for science, write a story about space for English, and report on Neil Armstrong in history.
- ❖ Make sure they understand that dreams do not have to wait. Kids can accomplish a lot! There is even a Children's version of the Nobel Prize awarded by the non-profit "World of Children".
<http://www.worldofchildren.org/>

4) Celebrate

- ❖ Being proud of your children helps self-esteem and encourages action. The act of sharing a dream out loud is brave, and taking steps to try the dream is remarkable. Make sure they know you are proud of them.

- ❖ Let them "overhear" phone conversations where you share your pride in their dream exploration.
- ❖ Leave them congratulatory and encouraging notes on the bathroom mirror or in lunches.
- ❖ Do a special toast at dinner to acknowledge their action.

5) Process

- ❖ Dreams change and that's okay. Help children process what they learned from their dream exploration before moving onto the next dream. If working in an animal shelter helped your child realize they do not want to be a veterinarian, identify WHY. Sometimes figuring out what you WANT to do is about understanding what you DON'T want to do.

Will the aspiring astronaut grow up to be one? Maybe... But we know that there are many, many dreams to live in this world. Tides may turn and minds may change. What will not change however, is the Dreamer's heart, thanks to your support and encouragement of their childhood dreams.

Now, I 'm off to the zoo with my little zookeeper. ☺

Johanna Corcoran is a family enrichment consultant and president of [Familytopia](#).



Business Advice from a Sassy Surfer

As the wave crashed over my head, I felt the chaotic rush of sand and salt around me. I came up for air, and let out a scream. Wiping the salty water from my stinging eyes, I pumped my fist in the air. I did it - I finally rode a surfboard standing up!

We don't experience that triumphant sense of pride and accomplishment in our every day lives. It's not often that we experience the thrill of working so hard for a dream we have wanted forever. Often, we don't take the steps necessary to begin. Whatever your dream might be, instead of putting it on the back burner, learn to ride your own wave to success.

Hunger: acknowledge that inner longing to do something special

Growing up, I spent hours body boarding and watched the surfers in awe. When the right wave came along, they popped to their feet, something I regarded as true magic. I knew I wanted to do it...someday. But not now. Not enough money or time. I'll probably kill myself. (Sound familiar?) *There are often more excuses not to pursue your dream than reasons why you should. Admit to yourself that you want it, then take action.*

Investment: tap into experts who can share their wisdom

Vacationing in Puerto Rico, our hotel offered surfing lessons. Void of excuses, I knew this was my chance! I learned the series of

steps it took to go from belly to stand. Sure enough, in the first half hour of my lesson, I was up on my board, riding my first wave! *Hire an expert, and shorten your learning curve significantly.*

Set goals: be crystal clear, so you know success when it arrives.

I shared two goals with my instructor: to stand up on the board and to learn to choose the right waves. He taught me just that, eliminating other things he didn't have to teach. Setting my expectations for the lesson. I was thrilled with the result. *Clearly define your dreams. Divide the big goal into small, achievable parts, so you can enjoy the journey as much as the destination.*

Have patience: you may not get it right the first time.

This was a painful lesson, literally. My lesson left me exhausted and banged up. Did I quit? No! I took a break and went back for my second hour refreshed and eager. *Take care of yourself, know your limits, but keep pushing until you reach your goals.*

"There are often more excuses not to pursue your dream than reasons why you should. Admit to yourself that you want it, then take action."

Explore YOUR Dream

I'll share an excerpt from the Dreaming chapter of our book, ["The Sassy Ladies' Toolkit for Start-up Businesses"](#):

"Perhaps you know someone who is living her dream... She has a sense of balance, accomplishment, and daily joy. You know the type. You can choose to envy her, or let her inspire you to live your dream. You also have a dream...In this dream, you see yourself doing what you love, and loving what you do. You're filled with a sense of satisfaction, happiness, and confidence. Hold that thought."

Life is short. Discover your dream, make it happen! You can wait a lifetime, or you can begin now to ride that wave of success, and taste the thrill of making your dream come true!

Michelle Girasole is a web marketing expert, mompreneur, and co-founder of [The Sassy Ladies](#).



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The Stuff That Dreams Are Made Of

Dream Party™ '09 was an incredible success! It was my third year serving on the Dream Team, so I can vouch for the fact that this special event gets better every year. I am not only a realtor, but I'm also a firm supporter of putting dreams into action. Yet with all the changes in the economy and the instability in the real estate market, it can be even more challenging to keep focus and continue to pursue goals and dreams.

I saw and spoke with so many amazing people at The Dream Party. Everyone has been affected by the global events of the last year in different ways. Some are confused and struggling with mortgages that exceed the value of their homes. Some have been considering buying real estate but are unsure where to start. I found Dream Party attendees eager and excited to have access to a team of approachable people with the expertise to answer their

questions and help point them in the direction to attain their goals. As a realtor, my mission is to take the fear and apprehension out of real estate transactions and offer real solutions.

Many people are in real estate predicaments these days, yet it's important to keep in mind that there are solutions to even the murkiest of problems. While a bad mortgage can result in feeling that all your dreams are on hold, I beg to differ. If you own property that no longer serves your lifestyle, the first step is to contact a real estate professional to take a look at your situation. It may be simpler than you think to turn the situation around and create a plan to keep your goals on track.

For the new buyer, low prices and low interest rates of today have added the necessary fuel to the fire to get that dream burning. For the seasoned buyer, strategies are available to grow with real estate.

There are many things to consider when buying real estate. Will the property be an investment? Do you plan to live there? Commercial real estate is increasingly affordable as well. Those who are realizing the dream of starting their own business need to determine the space where their business will be run. Opportunities to lease and buy commercial real estate abound.

With all these options and possibilities, a dream is all you need to get started. As the New Year speeds towards us, it is ritual for many to take stock in where they are and where they want to be. These are the things dreams are made of. If developing a plan to attain passive wealth is on your list, please give me the opportunity to explain how real estate investments can assist and realize this dream.

VIDEO: Meet The 2009 Dream Team!



At the 4th annual Rhode Island Dream Party™, our guests crossed over the "Footbridge to the Future" and met the 2009 Dream Team. This special team of experts is ready and eager to help you achieve your dreams and goals with practical advice, encouragement, and support. Whether you were at the Dream Party or not, this team of everyday dream-weavers is available to you year-round.

"Many people are in real estate predicaments these days, yet it's important to keep in mind that there are solutions to even the murkiest of problems."



We help you take your dreams from *Imagination to Declaration to Possibility to Action to Manifestation.*

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...all in support of you bringing your dreams to life.

From Impossible to Inevitable (cont...)

"Be reasonable." "Don't set your sights too high." "Don't rock the boat." "Things are good enough." And of course, the doubts and opinions of others may influence our own – especially if we're feeling unsure.

Consider the amount of energy you are spending on fearful resignation, and on validating why something won't work or can't happen. Too often, dreams are mistaken for fantasies. Imagine...what might happen if you were to redirect your energy toward the creation of what you want?

From Impossible to Inevitable

Christopher Reeve said, "At first dreams seem impossible, then improbable, and eventually inevitable." It's a process, and when you're in the space where a dream seems impossible, you won't be able to fathom how it could ever become inevitable. But that's how it works! I've seen it time and time again, in my own life and in the lives of others.

At the start, you may believe your dream is impossible and through the power of your belief, you make it so. It's a paradox: We hesitate because we don't believe it's possible, yet just beyond our fear and doubt, possibilities await.

Baby Steps are Powerful

Step One To take a dream from impossible to inevitable, we must first

challenge the idea that it's impossible. In this step, I invite you to search until you find even a 1% chance to believe in. With the discovery and acknowledgement of even a 1% chance, your dream ceases to be impossible. Poof! This is a perfect example of the power of a small step.

Step Two While a 1% chance might seem miniscule, once you've determined that it's *not impossible*, you have stepped into a whole new realm – the realm of the possible. Take the time to explore and savor this new space. How does it feel to be here with your dream in your pocket? What's available for you? Tour the landscape of this new realm with the awe and wonder of an international explorer. In this bold step, you've declared your dream to yourself. Wild? Maybe. Outlandish? Perhaps. Yet, the moment your dream loses its status as 'certifiably impossible', it has become possible by default! This is your time to enjoy the view, and to trust that, through your declaration, you have made it so. In the words of Dr. Seuss: "Oh, the places you'll go! There is fun to be done! You're off to great places! Today is your day! Your mountain is waiting. So...get on your way!" This is just the beginning of what you can create.

Step Three Share, nurture, love, and celebrate this possibility by taking action on your dream. Repeat. In truth, there is no such thing as a small step. Each step brings you closer to the tipping point of your dream. All you ever have to do is take the next inspired

action step. Trust that just when you're getting tired, momentum will take over and that your effort alone won't be what propels the entire journey. Your dream will grow and attract, taking on a life of its own. Although you may start this journey alone, trust and expect that the people and resources you need along the way will arrive. With a commitment to the next action, your dream will be on the fast track to inevitable.

Thomas Edison, during his trial and error process of inventing the light bulb, said: "I have not failed. I've just found 10,000 ways that won't work." I'd bet that some had Edison pegged as a bit of a wacko. Meanwhile, he kept at it. Now, look around...how many light bulbs are in your house? More importantly, how many "light bulbs" are in your heart? Will you flip the switch and make a commitment to *your* dreams?

By sharing them, the space for our dreams expands. Mine is that you will join me in contributing to a culture of dreaming by declaring *yours* and taking action to become a living example of what's possible. No matter how big, small, or silly you may think it is, having the bravery to live your dream creates a ripple effect, thereby giving others permission to do the same.

Assisting you in your process is my sincere honor. May your dreams always inspire you more than they intimidate.