



We must learn to unravel  
the thoughts that say,

“I'm not enough.  
I'm not ready.  
It's too big for me.”

- Sandra Joseph

## ***2. Am I dreaming big enough?***

*“What’s true about the mystical journey is that when you are given guidance and you hear it deep in yourself, a characteristic of it is that there’ll be a mark of, ‘Are you kidding me?’ It’s not rational. It’s not logical. It’s almost absurd. And, in fact, you should actually say, ‘Is this absurd enough to be from God? Is this preposterous to require faith?’ because if it is not preposterous enough to require faith it is not from God.*

*If it’s something that doesn’t require you risk yourself and come out of it a better person because you’ve risked yourself then you’re not listening and you have not heard correctly. Because every true counsel from God is actually about a journey of empowerment in which, at the end, you have become more of a human, more of a soul, more integrous, more congruent than when you began the journey. It does not shatter you, it makes you whole, though it may shatter the world you are leaving, though it may shatter the cocoon you’re stepping out of in order to become that butterfly. And in order to survive this journey you have to rely on two things: your creative instincts and all the faith you have.”*

– Caroline Myss, *Your Creative Soul*

When I was 8 years old, during a family trip to see the musical *Annie* at the Fisher Theatre in Detroit, I was struck with a deep inner knowing: I wanted to sing and act like the red-headed girl on stage. This knowing, however, made no sense to me – a shy, introverted kid who went out of her way to avoid the spotlight. A couple of years later, I backed out of the first solo I was ever given just moments before my 5<sup>th</sup> grade Christmas concert began because I saw the crowd and panicked. But despite the belief that I might never learn to cope with my stage fright, my love for musical theater was strong enough to override my fear and keep me moving forward. I started taking singing lessons, acting in high school plays, and eventually—baby step by baby step—love carried me all the way to Broadway.

## Exercise



Set a timer for ten minutes. Write without stopping. No editing allowed.

Consider what you could create, accomplish, achieve or become in every area of your life if you followed the path of love instead of fear and write it down. No one needs to see this but you, so really let yourself go for it and think big.

Unleash your inner dreamer, the you that you were before anyone (including you) told you what was rational, logical, or likely.

Let's awaken your capacity for limitless potential. Here's a prompt as a jumping off point. See where this exercise takes you in only ten minutes.

**If I really allowed myself to dream big, I would . . .**

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