

The Wisdom of and Power of Your Dreams

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Take time to dream. Why? Because dreaming is the best vehicle I know for personal and economic growth. I would argue strongly that before you take pen in hand or palm pilot in hand and start charting out goals, or writing New Year's resolutions that you consider the merits of letting your dreams precede your goals and plans. Let me explain.

From a personal point of view, dreaming is a sojourn into emotional escape and release that allows us to dance with our inner wants and wishes and to also grow in self understanding and awareness. While we are used to paying for entertainment, we often forget that within our mind there is a native ability to entertain ourselves with our dreams. Dreams can make life easier, nicer and more enjoyable as they provide a mental time out from the self imposed boundaries that we all construct to deal with the hectic pace of life.

We have moved from the Age of Information, to an Age of Innovation where ideas will become come the new currency of success. Ideas start in our mind, and the wellspring that

fuels our ideas is our imagination. We can try to control or manage change, we can brainstorm with ferocity, but at the end of the day it is our ability to innovate, to stretch out of the comfort zone and the boundaries of what is that will determine our economic power.

As a society we face many problems and challenges. The ability to create peace, liberty and justice for all rests in the hands of those and valiant men and women who have the courage to dream. So many of us are starved for meaning and purpose in our lives. We turn to a return to universal and basic human values to restore a society that works, lives and thinks with hearts and minds aligned; but, we need more than a yearning to align life purpose with values and/or meaning. We need a leap of thought and of creativity and will open doors for new solutions to new and old problems. We need to start to open our heart and are minds by opening the doors to our dreams.

Understanding the importance of nurturing our ability to dream, both as a personal and emotional safety valve, and as an economic, organizational and societal necessity is so important. Developing our imagination means learning to dance with our dreams. It means learning to listen to the language of our inner voice.

The cycle of all life is one of constant birth, growth, death and renewal. Our choices are clear. We can rely on models of business and life that speak to consumption, domination and control and risk ending up in a dead zone. Or we can embrace our purpose and potential by starting to develop the ability to connect our heart, soul, and our values with our dreams.

If we are to truly embrace human capital as the currency of success we must nurture and cultivate creativity in the hearts and minds of our home place, social place and workplace. We must start to stretch out of the comfort zone by learning how to nurture and embrace our dreams and using them to create the

wisdom, joy and innovation that we need in our life and our world.

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The Quality of Your Life & Work-Article and Self Quiz

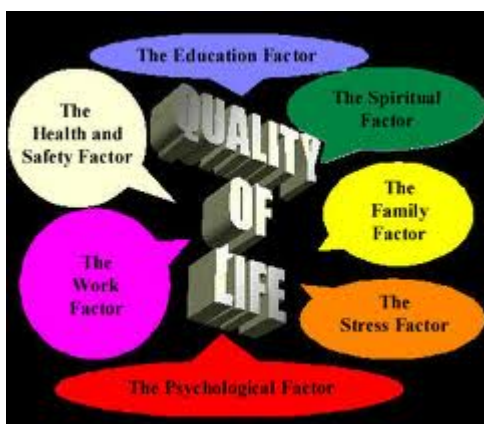
THE QUALITY OF YOUR LIFE AND WORK...Article
and A COOL TOOL
to help you measure both!

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*Helping smart people & organizations communicate and lead
forward*

smarter, faster & happier is what I do best!

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Pain lurks behind the skyrocketing rates of divorce, discord, aggression, violence that plague our society.

Pain that we each feel when we realize that for all the wonders of modern technology, for all the bells and whistles at our disposal that would have been unimaginable to our great grandparents, most people cannot say that they are living lives or working at jobs or careers that make them feel satisfied, fulfilled on purpose.

Sometimes we are so busy doing, that we forget about being.

We are so busy looking at our lives and our careers through the looking glass of the financial bottom line, or comparing what we have or what we do with others, that we have forgotten about the human bottom line. Why is this human bottom line important? Because it is the human bottom line that drives the ultimate success or failure of our relationships, our careers and our lives.

We cannot build a better life, a better business or a better organization with brains and agility alone.

Success means a unique balance of independence and interdependence, a platform of increased communication, collaboration, flexibility and creativity that cannot be bought or acquired, rather it must be learned by using the very changes and challenge we face to help us learn to communicate better, collaborate more and to ignite the flexibility and creativity that will help us let go of pain and embrace our power to transform the problems we face into

the strategies and solutions we need.

What is the human bottom line in your life and your work?

Have you established relationships where communication, collaboration, flexibility and creativity flow? If not now, when?

Self Test: THE QUALITY OF YOUR LIFE AND WORK SELF TEST

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www.thomasleonard.com

Instructions

1. Check the box if the statement is consistently true for you.
2. If the statement doesn't apply to you, please change it so that it does, or replace it with a different one that fits within that category.
3. Add up your section and total scores.
4. Check back every 30 or 90 days and you will likely see progress, even if you aren't focusing directly on this program.
5. Work with a coach to help you get through the challenging items.

Family & Relationships

___1. I am both pleased and content with my spouse/partner, or happy being single.

___ 2. I am close to my parent(s), alive or not. There is nothing in the way; nothing between us.

___ 3. I have a circle of friends who I truly enjoy, without any effort.

___ 4. I have a best friend and treat him/her extremely well.

___ 5. I am very close to my children. There is nothing in the way.

___ 6. I enjoy my family/extended family; we have worked through any dysfunction and past problems.

___ 7. I am part of a professional network that stimulates me intellectually and emotionally.

___ 8. I get along well with my neighbors.

___ 9. I have at least 20 friends and colleagues who live outside of my country of residence.

___10. I am loved by the people who mean the most to me.

___ **Section score (Number of checked boxes)**

Career & Business

___11. My work/career is both fulfilling and nourishing to me;
I am not drained.

___ 12. I am highly regarded for my expertise by my manager,
clients and/or colleagues.

___ 13. I am on a positive career path that leads to increased
opportunities and raises.

___ 14. I work in the right industry or field; it has a bright
future.

___ 15. I look forward to going to work virtually every day.

___ 16. My work is not my life, but it is a rich part of my
life.

___ 17. I work with the right people.

___ 18. My work environment brings out the very best of me because it is wonderfully stimulating and/or very supportive.

___ 19. At the end of the day, I have as much energy as I did when started the day; I am not drained.

___ 20. The work I do helps to meet my intellectual, social and/or emotional needs.

___ **Section score (Number of checked boxes)**

Money & Finances

___ 21. I have at least a year's living expenses in the bank or money market fund.

___ 22. I am on a financial independence track or am already there.

___ 23. I don't have to work at financial success; money seems to find me with very little effort or pushing.

___ 24. I have no financial stress of any kind in my life.

___ 25. I invest at least 10% of my income/earnings in my ability to increase/expand that income.

___ 26. I do not carry credit card debt; I do not overspend.

___ 27. When I buy something, I buy the best possible quality.

___ 28. I don't lose sleep over my investments.

___ 29. I am financially knowledgeable – I know how money is made and lost.

___ 30. I make money because I provide more than enough value to the people/customers who need what I have.

___ **Section score (Number of checked boxes)**

4. Joy and Delight

___ 31. I spend my leisure time totally enjoying my interests; I am never bored.

___ 32. Weekends (or other days off) are a joy for me.

___ 33. I have designed the perfect way to spend the last hour of my day.

___ 34. I look forward to getting up virtually every morning.

___ 35. I am very, very happy.

___ 36. I have designed – and am living – the perfect lifestyle for me right now.

___ 37. I have at least an hour a day that is exclusively for me and I spend it in a chosen way.

___ 38. I am able to stay present during the day; I don't lose myself to stress or adrenaline.

___ 39. I easily take delight in the smallest things.

___ 40. My home brings me joy every time I walk inside.

___ **Section score (Number of checked boxes)**

5. Effectiveness & Efficiency

_ 41. I don't spend time with anyone who bugs me or who is using me.

_ 42. I have more than enough energy and vitality to get me through the day; I don't start dragging.

__ 43. I have no problem asking for exactly what I want, from anyone.

__ 44. I have all of the right tools, equipment, computers, software and peripherals that I need to work well.

_ 45. Whatever can be automated, is automated.

___ 46. Whatever can be delegated, is delegated.

___ 47. I reply to all emails as I read them; I don't maintain an inventory of unanswered emails.

___ 48. I don't put things off; when it occurs to me, I do it, handle it, or have it done.

___ 49. I know what my goals are and I am eagerly and effectively making them a reality.

___ 50. I don't do errands, except by exception.

___ **Section score (Number of checked boxes)**

Responsibility & Foundation

___ 51. I love my home: Its location, style, furnishings, light, feeling.

___ 52. My boundaries are strong enough that people respect me, my needs and what I want.

___ 53. I tolerate very, very little; I'm just not willing to.

___ 54. I don't see a cloud on my future's horizon; it looks clear.

___ 55. My wants have been satisfied; there is little I want.

___ 56. My personal needs have been satisfied; I am not driven or motivated by unmet needs.

___ 57. There is nothing I am dreading or avoiding.

☐ 58. My personal values are clear; I am oriented around them.

☐ 59. I have resolved the stresses and key issues of my upbringing and past events.

☐ 60. I don't have a lot of unfinished projects, business or hanging items; I am caught up.

☐ **Section score (Number of checked boxes)**

Personal Development & Evolution

☐ 61. I could die this afternoon with no regrets.

☐ 62. I am living my life, not the life that someone else designed for me or expected of me.

☐ 63. There is nothing that I am not facing head-on; nothing that I am putting off dealing with.

☐ 64. I attract success; I don't have to strive for it or chase it.

☐ 65. I have more than enough natural motivation, inspiration and synergy in my life; I am not stuck.

___ 66. I am evolving, not just improving, because I continually experiment.

___ 67. I have progressed beyond the notion of beliefs.

___ 68. I am at that place in life where I initiate and cause events, not wait for others or events to do so.

___ 69. I have learned to take the path of least resistance as I accomplish my goals.

___ 70. I am beyond striving for success; I simply enjoy my life and focus on what fulfills me.

___ **Section score (Number of checked boxes)**

Self-care & Vitality

___ 71. I take at least 4 vacations a year.

___ 72. Life is easy; I have virtually no problems or

unresolved matters affecting me.

___ 73. My teeth and gums look great and are in top condition.

___ 74. I have more than enough time during my day.

___ 75. I eat food for sustenance and pleasure, not for emotional comfort.

___ 76. I am not abusing my body with too much alcohol, television, caffeine or drugs.

___ 77. Whatever health problems I have, I am receiving proper, effective care for them.

___ 78. My body is in great shape.

___ 79. I reduce stress daily by meditating, taking a long bath, exercising, walking, etc.

___ 80. There is nothing I am doing that is messing up my mind or heart.

___ **Section score (Number of checked boxes)**

Happiness & Contentment

Please write down 10 situations, routines or scenarios that make, or would make, you the happiest and most content.

___ 81. _____

___ 82. _____

___ 83. _____

___ 84. _____

___ 85. _____

___ 86. _____

___ 87. _____

___ 88. _____

___ 89. _____

___ 90. _____

___ Section score (Number of checked boxes)

Pleasure & Excitement

Please write down 10 activities that you truly enjoy, whether you currently do these things in your life or not.

___ 91. _____

___ 92. _____

___ 93. _____

___ 94. _____

___ 95. _____

___ 96. _____

___ 97. _____

___ 98. _____

___ 99. _____

___ 100. _____

___ Section score (Number of checked boxes)

___ Total score (Number of checked boxes)

Scoring Key:

90-100. Awesome. Congratulations. Incredible.

80-89. Excellent! Your score is very high – this is a tough test.

70-79. Very good. You're definitely on track. Keep going

60-69. Pretty good, but there is some work to do.

50-59. Average score. Why not make your quality of life a priority and score 10 more points in the next month?

40-49. You may need to make some important changes.

30-39. Weak. What's up with this? Make yourself a priority.

00-29. Hello? Anybody home?

**Is it time to REACH- Redirect-empower-actualize-communicate
and harvest YOUR potential to lead forward?**

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insightful and inspiring keynote?

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**Irene Becker, Chief Success Officer, Just Coach It-The 3Q
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True Power-True Happiness

True Power-True Happiness

*Helping smart people & organizations communicate & lead
forward smarter, faster, happier is what I do best*

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The power that we seek, and the power that we encounter in our life and our work is often counterfeit power. False power can be detected because it is based on the ability to use position and authority to manipulate or control others. While false power may lead to short term success, it inevitably creates long term failure because it stymies communication, creativity, innovation and the ability to use every change as a fulcrum for opportunity. When we use false power, we forget that the success of any organization today starts with its people. From another perspective, a personal viewpoint, the success and the joy of our personal life journey cannot be accomplished without engaging our true power.

As we move into a flatter and more connected world power by force, counterfeit power, will become the least efficient way to produce results. While power used to represent the ability to control the forces of production; in a world where ideas have become the currency of success, the greatest power that we can get or give is the true power that is founded on integrity and our ability to bring out the best in ourselves and in others. We can each access our true power, but the lure

of counterfeit power offers what appears to be an easier, quicker solution. Using the force- false power, to manipulate others is much easier and faster than inspiring others to work with us in collaboration to reach a universal and collective goal that speaks to our best self and our best work.

Our economy, our society, our world, and our lives cry out for true power. In a world of constant change we need more than the short term positional advantage that false power brings. We need to cultivate true power as a personal code of conduct that will create our personal advantage, our ability to inspire the best in ourselves and others. We can each do our part by stretching out of the comfort zone to embrace the values, the integrity to be open and honest with ourselves and with others. Often, true power means absorbing a bit of short term pain for long term gain. Winning is no longer about just beating the competition, because our competition can change as fast as one day turns to another.

Winning means finding our true power and using it to cultivate our personal and collective advantage, our purpose, our potential—our happiness

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and harvest YOUR potential to lead forward?**

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