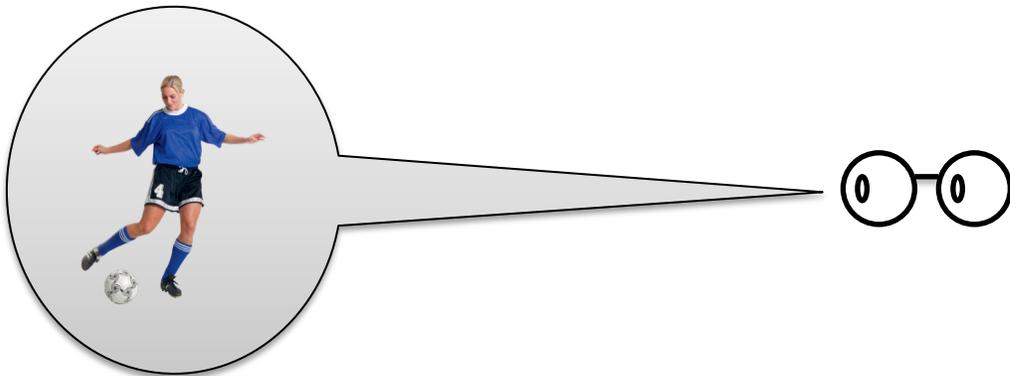


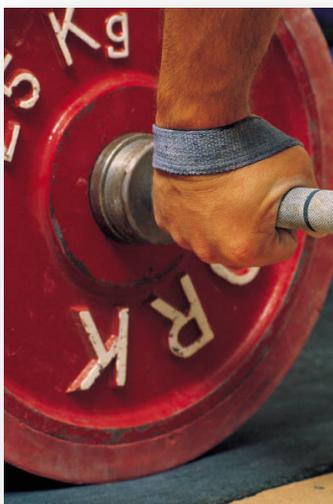
「I'm stuck and I can't make my dreams come true!」

What does it take to move forward from that invisible jail cell that blocks us from taking the next step to attain our wishes?

Moving forward, reinventing our methods and becoming disciplined aren't easy tasks for some of us. It becomes more manageable when we start centering a lot more attention on our interests and goals. Do you want to be an athlete, a dancer, a better mother, a more organized individual, a better student or merely better at just about anything? Me too!



So many ideas are developed in our brains. Half of the time, some of us get lost in the world of creating one thought after another and instead of making our concepts a realization, we move onto the next one. Our brains turn out to be idea makers and that's it! How about making them happen? Being stuck is common. It can be tough to follow a dream when it becomes difficult to achieve or we do not know if we want to go as far as doing all of "that work" for what could turn out to be a "waste of time". Think about it, why did you want to do it in the first place? Let that be your fuel that drives you. At other times, we think we did enough and the rest should be placed on a platter for us.



Nope, that's not going to cut it. It takes a lot more work to keep yourself in a position you feel comfortable

in. Once we begin sagging our willpower, the attention on you (or your goal) is lost. Your momentum is gone. Keep fighting until you are in a strong enough position that things are naturally working in your favor for the long haul, not only the beginning. In order to maintain a company strong enough to compete with others, it perpetually has to keep modernizing itself, its products and/or service. Or else it will go bankrupt. It may only be the beginning for you so keep working hard at what you want. Maintain that fire. It is almost like working out. Some people do it until they see the lining of muscles, and then they slack off and think it's time to relax. That's when you need to hit the weights even harder to see stronger results.

I have had a tough time following some dreams in the past due to similar reasons. I have one idea after the other and fail to focus on one at a time. I constantly refurbish my goals. At times, my mind races with new ideas. It's exciting, but it can be quite perplexing if I don't remain absorbed on completing the first one.

Why do people lose
interest in some of
their goals?

In my case, I can attest to definitely losing interest in so many goals throughout my life, which is frustrating. It is mainly because I let my mind wander so much that I don't get a strong hold of one area I want to get done. Things have gotten a lot better ever since. Yet, it can be a struggle. However, I am becoming well aware of this repetitive issue that only hinders my decision-making skills. I have learned so much from other people. I'll share some of the areas that have been presented to me and have been part of my process in changing some of my worst habits.



What can you do?

- Although we can be creatively abundant and sluggish at the same time, we could jot down our process on a special notebook or electronic pad day in and day out.
- If we begin losing interest, revamp the way of reaching your goal for a more interesting and exciting way of looking at it.
- Find out what made you **hungry** enough to get that dream accomplished in the first place. Then move back to that state of mind even if it means to deduct some of your comfort zone activities. Stay hungry!
- If you are not as organized, (as I have been and still am from time to time) get yourself a planner and map out the activities you are doing month by month.
 - It's fun!
 - This helps you stay focused. Look at your planner on a daily basis to keep you on point.
- As weird as this may seem, organize...
 - your closet
 - your dresser
 - your home and clean it from corner to corner as much as you can



This is a great way to keep your mind clear and just as your body needs healthy food for you to look good on the outside, your life needs to be organized from the inside out.

- It begins with your health and home. Everything else follows.

Work on disciplining yourself and your mind a little bit at a time until you can work on bigger areas. If you follow these steps as often as you possibly can, you are well on your way to carrying out just about anything you embark on.

In Japan, one of the remarkable aspects I have noticed in the quotidian lives of the many people is the discipline that they have to carry out so many tasks. The people here are good at learning and maintaining busy schedules, that is, getting a lot of their work completed because they have been trained from early ages.

This is the orderliness that many of us want, but do not know how to sustain. We get tired, bored, and restless. For some of us, our bodies haven't been trained to work as much so we get lost in the course of it all.

If we keep our eyes on the target without any distractions, we will get it done. Nevertheless, if we constantly bounce from one place to the next, which I am pretty good at doing, it will be nearly impossible to stay put on one goal. *Fear* may play a role on keep us stagnant and that affects our brains, which in turn leaves us motionless in more than one way.

One of my friends in the Atlanta, Georgia area once told me that the reason she couldn't move forward was her fear of success. She did not know how she would be able to handle it. We are all affected in so many different ways. Barriers of various kinds hold us back. Some feel these are **excuses** and others call it **feeling stuck**. People have reasons for being stuck or at a halt in certain parts of the process. It is about taking the time to find out how to break through those barriers that hold us back and releasing them from our aura. Another technique I have learned from risk-takers is to **do it** without thinking too much about it. The more we think, the less we are prone to triumph. If you want it, go for it and don't think too much unless it could hinder your life or outcomes.

I know that I have a lot of work to do and if you feel this article is directed at you, let's work on making our lives better today and ready for a mind-blowing future.

Stay in love with your dreams!



Enough to maintain them a reality!