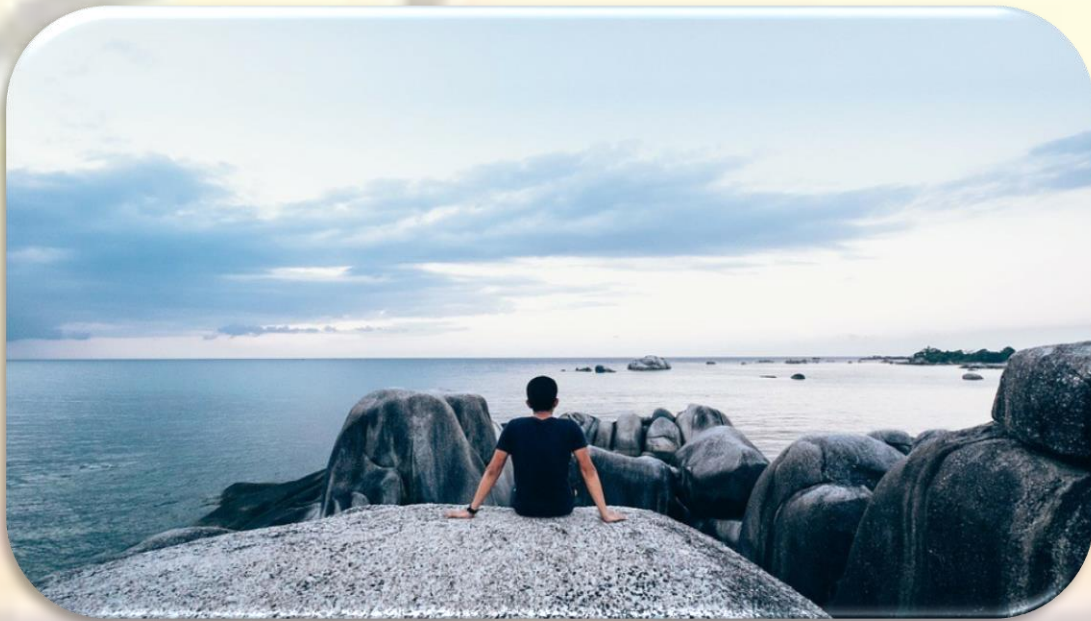


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# DREAM LIFE FORMULA TO TAKE CONTROL OF YOUR LIFE & YOUR FUTURE



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## Introduction

Do you want to be successful, pursue your passions, and live a life full of happiness and self-fulfillment?

Making your dreams become a reality requires leaving a comfortable environment and challenging yourself on a regular basis. Staying within your comfort zone is bound to derail any efforts you make towards achieving the goals you've set for yourself.

If you'd like to live a better life, but your fear and uncertainty of leaving your stability has been stopping you, you will probably stay stuck for the rest of your life.

## There is good news though?

This dream life activity formula sheet can help you conquer your fears, step away from your comfort zone and start a change in your circumstances without risking everything you have already established in your life.

## Stepping Out of Your Comfort Zone

The moment you decide to leave your comfort zone is the moment you'll start developing exceptionally fast. This is because extraordinary results are achieved in the *discomfort* zone.

Constantly questioning yourself, improving your skills and developing new ones will allow every new change you make to be a great source of motivation to keep going.

It's essentially a snowball effect: a will to change just a little implants a deep desire to grow more and more. This consistent change over time will provide the huge transformation that takes place in your life.

In times of stress or discomfort, remember that some of the best things happen when you're afraid or are put into an uncomfortable situation. These experiences will both challenge you and help you grow.

You may be at a crossroad in life and feeling undecided about something, or you may feel like you're not happy with where you are currently. This could manifest in the form of a job that you're not happy with, a relationship you're not satisfied in, or just being too comfortable with

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where you are and not feeling challenged.

All of this uncertainty can be traced back to your intentions. **What is it that you want?** What is it that you're looking for?

### **How to Successfully Create the Change You Want**

Making a change is scary. The good news is that just like most things we are scared of; the fear is mostly in our own head.

The first essential step to breaking free is to work on the way you think.

At Reignite your Career - Coaching, our Dream Life Framework helps people shift their paradigms and consistently turns any limitation into an opportunity that is achievable.

The following steps are built upon this Framework and will help you create the change you want.

#### **Step 1: Find Your Hidden Opportunities**

In life, you will always have constraints of some sort. It's you who decide whether these become your limitations.

Every obstacle has a hidden opportunity. Instead of fighting these or resigning yourself to them, notice that there are two sides to every obstacle.

*Break free from where you are and train your mind to think of opportunities instead of limitations?*

This is what the 1st Pillar is about -- An opportunity is a turning point that can create a break through.

All you need is to get the right focus and know exactly what is limiting you **right now** -- not anything in your past or anything in your future.



**For example:**

My busy work schedule leaves me no time to spend with my family. It stops me from having a close relationship with my wife and my kids. This is a **limitation statement**.

Let's reframe this in Opportunity Language

If only I could manage my time better, then I'd be able to spend more quality time with my family.

See how limitations can be turned into opportunities? The last statement we have reframed a limitation into an **opportunity statement**. In doing this we can now start thinking about ways to be more efficient with our time to allow us to fit more into the time we have.

Now it's your turn to come up with your opportunity statements by reframing your limitations. Go on give it a try.

Once you're clear about what you truly want and what's stopping you, you'll be more driven to move forward. You now have a direction on how to turn your limitations into opportunities. This is when you can start to think about what you can do to achieve those dreams you thought were out of reach.

**Step 2: Brainstorm Ideas around What You Can Do**

Now that you have started to realize your hidden opportunities, it's time to decide exactly what you can do about these opportunities.

This brings us to the 2nd Pillar -- Planning your progression towards what you want.

Let's take the opportunity statement from above "If only I could manage my time better, then I would spend more quality time with my family." as an example. This "if only" wish helps to reflect on what can be done to achieve the goal:





How many possible ways are there to achieve this goal?

**Example:**

I could leave work at the designated time rather than putting in all that overtime which I don't get paid for anyway.

I could commit to being home for dinner three times a week.

I could delegate some of my workload to my team.

And so on....

Now, it's your turn to reflect on what you can do to achieve what you want.

**Step 3: Make the Uncertain Less Uncertain**

After brainstorming a list of things you can do to achieve your goal, create a concrete plan to make these things happen.

Here, the 3rd and 4th Pillars come into place -- invest your energy consciously and make a self-sustainable plan.

A self-sustainable plan comes from your inner motivation. When you are clear about what motivates versus what demotivates you, you can plan how you spend your energy to achieve your goals. This is where brutal honesty is important. Focus on what truly motivates you, what you spend time doing without even realizing how long you have spent doing it – not on what others think you should be doing. One thing that demotivates people easily is the fear of uncertainty and failure.

**Example:** If spending time with your family is truly important to you and not something you feel you need to do out of obligation then affecting the changes to your diary will not feel like a burden or necessary evil. You will feel a sense of relief in giving yourself permission to do it. To better control your circumstances and get what you want, there's a formula we use in our Motivation for Success. This formula is about reclaiming ownership and responsibility of your external circumstances. It's a mental shift in your attitude.



Accept that no-one else controls what you want. However, there are some circumstances that are in your control and there are some that are not. There are some things you can influence and there are things you cannot. Being able to influence something 50% is far better than nothing at all.

When you look at any situation --- there are all 4 factors that need to be considered

People

Places

Things

Timing

Try to review each of the possible ways you've thought about achieving your goal (refer to Step 2). What are the factors that are within your control to change? What are the factors that are out of your control to change and then reflect on those factors that you may be able to influence to some degree. Take one of the potential ways from Step 2; as an example:

External Circumstance: My manager's response to my request for a reduction in workload

People: Who are the key people that consider my request?

Places: What's the best place/channel to send my request?

Things: What key items should be included in the request?

Timing: When is the best time to talk about this?

Next, generate some actions based on this information:

Do some research/observe more about my manager's routines?

Think about how to present your reasons as convincing and reasonably as possible

Anticipate what concerns / questions your manager will have about your request

Now, it's your turn:

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External Circumstance 1:

People:

Places:

Things:

Timing:

Actions:

External Circumstance 2:

People:

Places:

Things:

Timing:

Actions:

Does following this framework guarantee your success? No --- Nothing in life is guaranteed.

However, it significantly raises your chances for success by proactively taking more control over your future. It will make the uncertain less uncertain and give you a plan to achieve your goals and dreams.

Change doesn't need to Be Difficult

Making changes only happens when you get out of your comfort zone where you feel safe and stable. Remember that unless you step out of your old life, you will never be able to live the life you desire.

You can break free as long as you change the way you think and make up your mind about what is important to you.

With The Dream Life Formula, you can figure out what you want and what's stopping you from getting it. You can take better control of your circumstances to make successful sustainable changes.

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If you'd like to learn more about how to expand your capacity and start changing your life for the better with the Dream Life Formula, then stay tuned for tips and tricks that will help you breakthrough and live your best life delivered to your inbox.

Remember Ideal Careers and Lives happen by Design

For more insightful articles and tools to help you take control of your life and your future click [here](#).



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