

Define Tomorrow by Its Potential

If a little dreaming is dangerous, the cure for it is not to dream less but to dream more, to dream all the time.

– Marcel Proust

When was the last time you allowed yourself to dream? I mean really dream. Big, luscious dreams, unfettered by the need to be “practical,” or the urge to be “realistic.”

There is an epidemic of “realism” going around. Inoculate yourself against it. Tell yourself, “It’s OK to dream.” Tell yourself that, not only is it OK to dream, it’s absolutely mandatory if you want to make the most of what life has to offer.

So often I hear people talk about their dreams and immediately begin to shrink them down by a barrage of minimizing comments. “I can’t... That doesn’t... That’s not...” And on and on it goes.

Resist the urge to define the future by what you can’t do or what you won’t have. Define tomorrow by its potential. Give yourself permission to dream! It costs absolutely nothing to allow your dreams to exist. Zero. Zip. Nada. And there is no risk whatsoever. The cost of continually squelching those dreams, on the other hand, is astronomical.

You’ve heard the old cliché, “The sky’s the limit.” But when you try to stuff your dreams in a box, it’s not. When you buy into a dream-in-a-box, the limit is set at what you can easily see and easily reach.

The truth is, often we have no idea what is realistic.

Steps you take today open up doors tomorrow that you never knew existed. Steps you take this year open up new doors five years from now that would remain closed if you simply sat and made “practical” decisions.

So admit to yourself that you don't know what tomorrow might bring – you *can't* know what it might bring. And define tomorrow by its potential, not by its lack.

Putting It to Work

- *Start a dream list.* What have you dreamed of doing over the years? You don't have to pursue any of them – just start the habit of letting your dreams into the light.
- *Imagine following each of those dreams.* Notice where that minimizing voice comes up. Remind yourself, “Maybe I could and I just don't know it yet.”
- *Remind yourself to dream.* Write a quote and put it in your wallet or purse. It could be as simple as, “Dream!” Or it could be a question like, “What could tomorrow bring?”