

START THE LIFE OF YOUR DREAMS

7 steps to create the
life of your dreams

**You
deserve
love,
happiness
and
abundance!**

BARBARA DURAN



Introduction

Welcome to my FREE Course on starting the life of your dreams. Are you ready for a new journey?

Be prepared. Your life will never be the same again! In the beginning, it may look and feel the same from the outside but on the inside, you will experience something completely different.

Hello – my name is Barbara and I am excited to help you shift your perception and thought process. Plus, I am curious about the effect it will have on you.

First, let me tell you a bit about my personal story. I'm happily married, the mother of 3 wonderful children and have been studying personal development and spirituality all my life. Helping you find a way to a happy, abundant and fulfilled life is my real passion and a dream come true.

Throughout childhood that included intense adolescence, I developed severe cancer at 32-years old when my youngest son was only 3 months old. It made me really think about what legacy I wanted to leave behind.

And that was a SHOCK!!

Being an ambitious young woman, having had 3 children in 4 years without a day off and running a construction business, I was very ambitious. It takes a lot of work to build a successful business but it made me realize several things.

(You can read the complete story in my e-book.)



The number one thing I was asking myself was: *Am I Living The Life Of My Dreams?*

I was surely not. I started a business in construction because I grew up in that business (my parents ran a similar business). I liked the freedom of being my own boss. But my heart wasn't in it and I didn't have enough time to spend with my 3 kids.

It was a long process, but step-by-step, I started to make changes in my life. By sharing my mistakes and lessons, I hope I'll be able to help you in your search.

What is the #1 reason you are not living the life of your dreams yet? There must be something keeping you away from a wonderful, fulfilled life that you're entitled to.

It is one or more limiting beliefs that are building an invisible prison around you that is keeping happiness, love and/or abundance out of your life.

Here are the most common ones:

“I don't deserve a happy, abundant, fulfilled life.”

Bullsh*t! You deserve the best possible life!! You can contribute more to the world when you're abundant and happy than being a struggling, poor you.

“I don't know the right people.”

Bullsh*t! Explore the Internet and get coached. You'll see there are a million ways to connect with the right people. You will see and feel attracted to certain coaches and programs.

“I’m not that lucky when it comes to money.”

Bullsh*t! There’s no luck in it. It’s about setting goals, staying focused, and being persistent, and making priorities that count in your life.

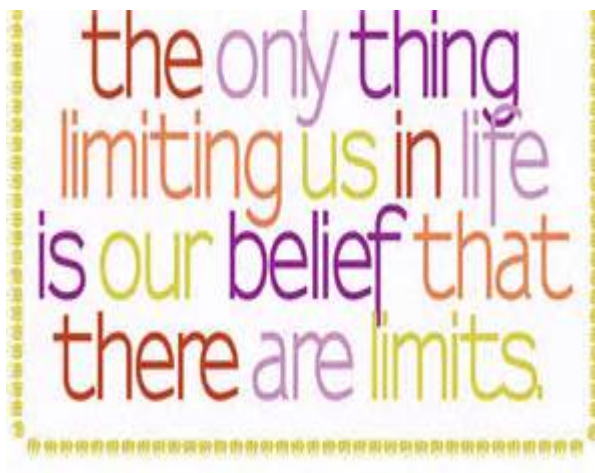
“I don’t think it’s spiritual.”

Bullsh*t! This is an old one and very embedded in our society that rich people are frauds. There are plenty of spiritual rich people. For example, Deepak Chopra, Louise Hay, and Oprah Winfrey to name a few. It’s essential to start from a place of love, of giving, of sharing.

“I don’t have the time.”

Bullsh*t! Honestly, how many hours do you spend watching TV or surfing the Internet? Get up an hour earlier to be able to do what you really want in order to reach your goals.

Take the time to watch your current life closely and see which belief is holding you back.



Your New Life

Here are the 7 steps to start your new life:

STEP 1: WHERE ARE YOU NOW?

Look honestly without being deceptive, but with careful consideration and compassion, at the different areas of your life:

- **Health:** Are you in good health? Do you have unhealthy habits like smoking cigarettes, drinking too much alcohol? Where do these habits come from?
- **Relationships:** Are you having fulfilling relationships? Do you spend enough time with your significant other? With your kids? Parents? Siblings? Friends?
- **Career:** are you happy at work? Do you have a fulfilling job? Do you use your unique talents?
- **Finance:** Are you in debt? Or just making ends meet?

A Story About Steve And His Heart

Steve was diagnosed with atrial fibrillation (an irregular heartbeat) when he went for his required physical for the company he worked for. It turned out; his heart condition had been going on for the past few years. The truth was he was in the habit of eating fast food several times a week, enjoyed a soda daily and didn't do any type of exercise.

It was a good thing that the company he worked for required a yearly physical. During his exam, the doctor wanted to send him to Urgent Care by ambulance. The diagnosis was certainly a wake-up call. The thought of being on medication for his heart the rest of his life did not sound appealing at all. Steve knew he had to make some changes in his lifestyle and eating habits. He did just that with the help of a Nutritionist. The changes included the following:

- *Instead of bacon and eggs for breakfast, he began eating cooked oatmeal made with cinnamon, raisins and topped with walnuts and strawberries.*
- *In order to de-stress his body when he got home from work, he put on relaxing music, laid on his back with his legs straight up on an empty wall for 15 minutes. It is a restorative yoga pose that is very efficient in lowering blood pressure naturally.*

- *To support his heart, he started taking supplements that have been proven to support heart function including Omega 3 Essential Fatty Acids, Resveratrol, Garlic and Ubiquinol, a more absorbable form of CoEnzymeQ10.*
- *He had to his lower cholesterol too. In addition to making time for walking, he made a point of eating an apple every day with about a tablespoon or two of almond butter for an afternoon snack, in place of drinking a soda. He added chromium picolinate and cinnamon to his supplement routine.*

The good news is his blood pressure dropped 20 points in the first week. Cholesterol readings were much better and he didn't have to go on any medication.

Facing the hard truth about his life and not being honest with himself about his health helped Steve to rationalize and justify his thoughts and actions prior to discovering his heart condition. The diagnosis helped him to simplify his life and create healthy habits that made a true difference in his life and health of his heart.

STEP 2: HOW DID YOU GET THERE?

Think about the following questions:

- If you're in good health, is it by chance or did you spend time, money and energy to be in good health?
- Did you spend time to really connect with people who are contributing positively to your life?
- Have you been able to let go of toxic or abusive relationships? How come? What belief blocked you?
- Did you feel like you were responsible for the happiness of others?
- Are you not spending enough time to focus on your own dreams?
- Are you stuck at your job?
- What is your real passion?
- What would you do with pleasure even without being paid for it? Teach children? Give drawing classes? Have your own healthy restaurant?

Regarding Your Finances:

Do you earn enough money to pay the bills? If not, why is that? Are you living in debt?

In my e-book, I will teach you to identify your limiting beliefs and give you different tools to help you clear them so that you can open your heart to a gateway of abundance, joy and fulfillment.

STEP 3: WHERE DO YOU WANT TO GO?

Get a notebook or piece of paper and write down the following:

HEALTH

Are you happy with your health or do you need to make some changes?

- Get more exercise
- Quit smoking
- Eat healthy

RELATIONSHIPS

Do you want to make some changes here?

- Find the partner of your dreams
- Life in a more fulfilled marriage with real connection
- Make real time with your kids

CAREER

What goals do you want to reach here?

- Define your passion
- How could you make a living at it?
- First as a second job and later on as a full-time job

Let's say you are a graphic designer. Why not learn about fashion or study a type of architecture that interests you? If you are a Nutritionist or Registered Dietician, why not share your passion with a larger audience through public speaking? Studying unrelated topics or a subject that you are not familiar with

allows you to develop a deeper understanding and insight into your chosen field or passion. It helps you be more creative and generate new ideas.

If you find yourself studying the same information all the time, then dive into subjects or areas of study that you are less familiar with. It may not be a part of your current job or position, however you never know where it might lead or what opportunities may come about as a result. Become the expert in your field and know all there is to know. It can open up a whole new life you never dreamed of. Never stop learning.

FINANCES

Are you happy about your finances? What is important to you?

- Owning your own home
- Making up a saving plan
- More financial freedom to travel
- Give an exact number

Take a look at Sara's financial situation:

Sara was not savvy about financial matters and made an appointment to meet with a Certified Financial Planner to help her evaluate her finances. They began by adding up her basic living expenses, including her housing costs, student loan payments, car payment, and other basic expenses such as food, gas, medical bills, etc. Her basic living expenses equal \$40,000 a year.

Sara took the time to think about what truly makes her happy in life. That included spending time with family and friends, meeting new people, traveling and maintaining her healthy figure. She decided she wanted to spend her money on the following each year:

- *A personal trainer to help her stay fit and healthy: \$1,200 per year.*
- *Traveling once a year to learn about and experience different cultures: \$4,000 per year.*
- *Spending time with her friends and family over nice meals and mini getaways: \$2,500 per year.*

Sara also realized what was NOT bringing her much happiness in her financial life and decided to make some changes:

- *Spending a monthly fee for cable television was not serving her and she called the cable company to reduce her fee per month with fewer channels.*
- *She realized that she had a wonderful selection of clothes to wear for any occasion and made a decision NOT to spend too much money on clothes.*
- *Even though the latest electronics were engaging but she could do without the latest model and committed to not upgrading her cell phone*
- *A savings plan was developed that included an emergency fund, paying down her student loan and contributing to her 401K for retirement*

Planning for your financial future can make you feel happy and satisfied with work and finances. It becomes easier when you know what you need to allocate both monthly and on a yearly basis that will bring you satisfaction and joy. Happiness is yours.



STEP 4: HOW DO YOU WANT TO GET THERE?

HEALTH:

- Follow a program to quit smoking
- Get a membership in a fitness club
- Go to a nutritionist

RELATIONSHIPS:

- Spend more quality time with the kids
- Go to a restaurant with your significant other and connect really
- Tell your mum, your dad, your brother or sister how much you love them
- Invite some good friends over to dinner

CAREER:

- Study businesses that are like the one you want to run
- Do you need to learn some extra skills or take evening classes?
- Do you need a life coach to help you sort it all out?

FINANCES:

- How much money/property/savings do you have or do you need to obtain your peace of mind?



STEP 5: IMMERSE YOURSELF WITH NEW CHOSEN BELIEFS

This is the fun part. In my e-book, I'll share the programs, coaches, systems and affirmations that worked for me.

It is ESSENTIAL to create new thoughts in your mind.

New beliefs and eventually new behaviors create a new life. A new input gives you a new output.

Sitting and waiting for some magic to happen won't get you anywhere. You won't get healthy, happy and wealthy simply by envisioning it. Nobody got fulfilled sitting on a couch watching soap operas. There is nothing wrong with watching TV once in a while (I have to admit that I love Grey's Anatomy and watch it 40 minutes a week) but spend your time WISELY and ask yourself: is watching TV for 4 hours per day going to get me the fulfilled life I want?

STEP 6: ALWAYS, ALWAYS, ALWAYS BE GRATEFUL

This is a real accelerator for a fulfilled life. If at first, you have nothing to be grateful for, search till you find something that you are appreciative of or feel thankful for.

It might be a nice sunrise in the morning, the beautiful trees in your neighborhood or a smile from your (grand) child. Be grateful for the mistakes and misfortunes because they teach you a lot more than your lucky shots and fortunes.

**I Will Be
Grateful For
This Day.**

STEP 7: NEVER STOP LEARNING

Attend seminars, webinars, read books, watch motivational videos on YouTube.

There's a load of free stuff out there and I'll be happy to guide you and inform you about the most interesting ones in my e-book.

When you do all of these steps, from a place of love, joy and fun, from a place of an abundant personality, **YOU WILL SUCCEED!!**

Sure, there will be roadblocks along the way but by making some adjustments with the firm belief that you are worthy and taking the right action steps, you will get there step by step.

Reinventing yourself requires a desire to learn with an open mind that can take you into the future. It is not about constantly comparing yourself to others, something that can make you feel unproductive or unworthy. Instead, choose a model of aspiration that will motivate you to find your own particular talent or rhythm.

Take Advantage of FREE Educational Resources

With advent of the Internet, online course, books, ebooks and other tools provide access to any subject of interest. There are many websites that offer quality information and content that can improve your mindset, educate and challenge you to new depths. The desire to learn throughout your life will help you grown and understand yourself and the world we live in. Without that desire, we can become stagnate. We can always improve, no matter whether at home or work. Discussing and experimenting with the knowledge we learn is important for our success.

A life of infinite abundance is yours!



Images (In order of appearance):

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