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# Tell Tale Signs You're *Living* YOUR Dreams

## 1. YOU KNOW WHAT YOU WANT

You have to know what your dreams are to live them! Or at least you have to be open to where life wants to take you. Life is about expansion, if not, you wouldn't have dreams!

## 2. YOU'RE FOCUSED ON WHAT YOU WANT, NOT WANT YOU DON'T

Since you get what you think about, you focus on the steps to getting what you want. You know that by focusing on what's wrong, or what's missing in your life, it won't get you what you want. Mindset matters - and you got yours in check!

## 3. YOU FEEL EXCITED EACH DAY

Maybe not all day every day, but excitement and feeling happy are part of your daily life. You have places, people, or experiences in your life that excite you, and you are excited about your life.

## 4. YOU FEEL HAPPY WITH YOUR BODY

You embrace your body as it is and you do your best to stay in optimal health. Your body feels good!

## 5. YOU FEEL CONNECTED TO SPIRIT

You have a connection with something bigger than yourself (nature, Source, God, Infinite Intelligence) and you check-in and get guidance, before you meet with the world outside you. That way, you let your Spirit and YOUR dreams lead you, rather than the voices and ideas of others.

## **6. YOU ENJOY YOUR RELATIONSHIPS**

Relationships are an essential part of life. Whether with friends, family, your spouse or business partner, your relationships uplift, inspire, and give you energy (rather than leaving you feeling drained), and contribute to you living your best life.

## **7. YOU KNOW HOW TO BE BY YOURSELF**

Solitude is different than loneliness. If you can't enjoy your own company, how can you expect others to enjoy being with you? Plus, spending time with you is how you come to know what you truly want and enjoy!

## **8. YOU'RE NOT AFRAID TO FAIL**

Even if you are, you're willing to risk success and living your dreams. Plus, you have healthy "pick me up" strategies for when you're feeling down or you need support.

## **9. YOU HAVE THE RESOURCES TO DO WHAT YOU WANT**

You may not be independently wealthy, but you have the money you need now or you have a concrete plan for making it. Having money, and other resources, makes it easier to live your dreams.

## **10. YOU SLEEP WELL**

Good sleep may be even more important than the number of hours. You're able to turn off your mind and rest deeply, knowing you're recalibrating, rejuvenating, and healing as you sleep. You can dream sweet dreams and wake up ready to live them!

Notice which one(s) of the above you may need to work on and make notes below. Connect with me to let me know what you may be struggling with so I can provide support, and checkout my resources at [www.IntentionFirst.com](http://www.IntentionFirst.com)

