

A silhouette of a person climbing a dark rock formation against a sunset sky with orange and red hues. The ocean is visible at the bottom.

7 STEPS TO DISCOVERING AND YOUR LIVING DREAM LIFE

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MARQUE MUNDAY

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Discovering
and Living Your
Dream Life
Guidebook**

Dream Life Just Ahead

MarQue Munday

7 Steps to Discovering and Living Your Dream Life

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Introduction

7 Steps to Discovering and Living Your Dream Life – is a shift in your thinking to walk you consciously into an extraordinary life of passion and purpose. With each step you will be encouraged, inspired and motivated to take charge and make a change in the present circumstance. You will have both the opportunity and ability to add any needed or extra components to help you along the way. Failure is not an option now that you have taken this first step. Congratulations, I look forward to connecting with you and celebrating with you as you Discover and Live Your Dream Life!

Once I have given them validation I automatically begin thinking of an action plan. My plan of action is, what steps do I need to take to get closer to achieving my desire, and I then write that down next to it on the list. Is it a five step process, ten step? Can I combine steps? Will this take a team of people or an assistant, or maybe I just need an accountability partner. An accountability partner is someone who will check in with me to see that I am moving forward toward my goal. **Being decisive is the decision to take action, to do.**

STEP Two

2. Believe in Yourself

Sometimes the hardest thing to do is to believe in yourself, believe that you can.

You can win, you can do it, you can make it, you simply can. What I find really ironic is, just like you believe you can't, you could make the choice to believe you can. Do you ever ask yourself why? Why do you think you cannot do something instead of just going ahead knowing that you can do something?

To believe means to accept as true or truth. To believe in yourself is to accept yourself as true or truth. Our minds were designed with the incredible ability to

create. Think about the great inventors like Thomas Edison, Alexander Graham Bell, The Wright Brothers, and more recent Steve Jobs, Mark Zuckerberg. These inventors created from a thought that they believed in, they accepted as true and today we have the materialized outcome. The lightbulb, the telephone, the airplane and so on ... These were and are ordinary people of their time and my question to you is, what made them so special? I think it was their ability to believe in themselves and their thoughts, seeing them as true to the point of them materializing. They had an idea, and it was so strong that they had to try it, make it, and or build it. There wasn't an option to stop or quit, and that my friends is what we have to do. Believe in ourselves to the point of achievement. Whatever it is that you dreamed of being or doing, as long as you

have the breath of life, you can still try, take action to achieve it. Don't quit, keep going until you reach your dream life.

Please understand that you are not reading this by accident. You have come to this point, a cross road in your life because there is something you need to fulfill and I say that from my own personal experience. This time right now is the time for you to take action and reach for your dreams, wishes, desires, aspirations and goals.

As I continue to develop, and grow believing in what has been placed inside me, my passion (dance) - I use that as a springboard or vehicle to my purpose. This, your passion is what points the way and shines the light on your extraordinary life.

When you believe in yourself you are making the conscious decision and choice to live out the extraordinary life of

passion and purpose you were created for.

STEP Three

3. Take Action

Belief in yourself ignites a fire within you, which is the passion inside of you that is a driving force for you to achieve and of course we know driving is movement and movement is action. In order to achieve we must be operating on a level of doing. We have to write the vision and make it plain. This provides us with clarity and validation for our dream, desire or goal. With it written for us to see, our mind begins a process of thoughts to accomplish our desires. Next we take the necessary steps to see it through, action. Now we have a starting point to begin. As you receive thoughts about your list, write them down. They may be ideas to help, or ideas to fill in any missing pieces. Now let's get started. "Believe You Can Achieve"

STEP Four

4. Believe You Can Achieve

We know that believe means accepting as true or truth so, to believe you can achieve would tell us that we accept as true 'I can achieve' - accomplish, reach or attain.

However believe you can achieve also speaks to the belief of our worth, worthiness or self-worth. Believing that you deserve it speaks to your ability to keep it, maintain.

This is a mind changer.

Most people are great for 'Special Occasions' where they get dressed up and attend a formal event, but not everyone can do this on a daily basis. It's too much! It requires attention to detail that we are only willing to put forth effort for, for those 'special occasions'. **Well, believing you can achieve is a mindset of continuous 'special occasions'**. I am using this analogy because

you are worth that formal event everyday of your life even if that is not your choice.

When you make a choice there are multiple factors that are considered. Time, cost, location, consequences and the list goes on.

When we look at our worth, it is based on how we consider or what we consider ourselves. Good, bad, pretty, beautiful, ugly, fat, skinny, smart, dumb and the list goes on.

And that list dictates what choices we will make or what choices we believe we can have consistently. Having a healthy self-worth will help give you consistency in your life. It will also help you maintain that consistency and regulate your choices.

When you value yourself it shows in the way you carry yourself and in the choices you make.

As many inventors, business owner, and entrepreneurs before you have succeed you

must know that you too were created to
create, so walk in the knowing of what and
how you were created and 'Believe You can achieve'.

STEP Five

5. Take Ownership for Your Life Now

When you physically take ownership of something, there is usually a contract involved that you read, understand and sign. When purchasing a car or house, there are dozens of papers you sign that transfer ownership from the dealer or builder to you. This is exactly what we are going to do with your Dreams, Desires and Goals. We are going to make a physical contract to transfer ownership to you!

The act of physically signing a contract, just like listing your dreams, validates and gives life to the existence of it. It becomes tangible so we can begin to walk in it, live in it. This is also the seed planting process

where we have just taken the seed and placed it into the dirt. And now we cultivate it. Each day we water the dirt where the seed is and make sure it gets sunlight, and sometimes we have to stick our hands in that dirt and turn it. Even though the first couple of weeks, we don't see any change, things are occurring under the surface. The roots are developing and growing deeper in the soil to stabilize and give foundation for what's coming.

If you are not sure what your next step is, this would be where a coach or an accountability partner comes in and this is now your next step. Doing nothing is a non-negotiable. Remember, in order to achieve your dreams, desires and or goals, you must keep moving in the direction toward it because you own it, you have taken ownership.

STEP Six

6. Become A Good Receiver

When you are a person that enjoys giving, receiving can often seem to be a chore. You find yourself shying away from receiving opportunities. Well, listen up here is the truth. When you graciously, joyfully, humbly accept, you are actually blessing the giver. There is a scripture that says, give and it shall be given unto you good measure pressed down shaken together shall men give unto your bosom. In short that means, giving and receiving go hand in hand. I am sure you've heard the saying, you reap what you sow. Well, if you sow good seeds then you will reap good seeds. Again we are seeing the cycle.

Life is going to give us a whole lot of stuff, some good, some bad, some great and some

sad! Be thankful, acknowledging that someone else thought of you so much that they wanted to give you a gift. Receive it, graciously, acceptingly, joyfully, and humbly, Be Good Receiver!

STEP Seven

7. Share and Giveback to Others

In the cycle of life, things continue to go around and around and sharing with others and giving back is a part of that cycle of life. Once you've learned and gone through the process of becoming proficient and skilled, next you in turn show someone else that is interested in learning. You might coach little league or teach music lessons, sewing, cooking, computers any number of skills that others want to learn. The importance here is, to giveback into society and help someone else. Be an encouragement, and support for someone who is seeking to learn, grow and develop. This is important for many reasons however what we are focusing on in this chapter is your seventh step which completes your process and immediately

starts another, creating your next cycle.

If you do not share and giveback into the next person, your work and accomplishments eventually stop because there is no successor, no one to carry on the process that was started in you. You plant seeds that become the fruit of your labor.

Each time the process is past on, it picks up another component, that being the unique gifting of the next person. So it grows and matures organically.

Somewhere in the beginning, chapter 3, I mentioned taking action. That is what life is, creation and creation is movement, development, evolving - CHANGE. Like a caterpillar to a butterfly - who would have known that the caterpillar would end up the beautiful butterfly, flying around in the sky.

That is what our life can be when we

Discover and Live our Dream Life - we all

have the opportunity to Believe, Achieve
and Receive an Extraordinary Life of
Passion and Purpose.

- Your Dream Life Just Ahead!

Visit her website:

www.DiscoverandLiveYourDreamLife.com



MarQue strives

to reach the highest level of excellence in her career field possible, maintaining a humble and respectful stature.

scripture 2 Tim 2:15 “Study to shew thyself approved unto God, a workman that needeth not be ashamed, rightly dividing the word of truth”. She is a former Radio City Music Hall Rockette (Dancer), graduated from the United States International University (now Alliant Univ.) in San Diego, CA - with a Bachelors degree in Fine Arts (Musical theatre -

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Originally from Staten Island, New York, She is honored to answer the call of being an Author under The Eagles International Authors Institute – instruction of Pastor Rekesha Pittman. MarQue has made the transition to Independent certified Coach/Teacher and Speaker as part of the John Maxwell Team, and expert Branding and Marketing Mentor Debbie Allen. MarQue is also a mother and flight attendant. She loves The Lord and truly believes

ALL things are possible for him who believes.

Mark 9:23

Discover and Live Your Dream Life – Believe, Achieve and Receive and Extraordinary Life of Passion and Purpose... Your Dream Life Just Ahead!