

FROM

DREAMERS

TO DOERS

✦ with Beth ✦

PODCAST ON A PAGE

7 Ways to Help You to Move Forward.



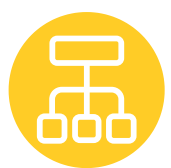
Consider What Keeps You Sane and What Makes You Smile

Is it walking, cooking, live music, or Margaritas? Identify what keeps you sane & happy. Write it down ready for future reference. Do it!



Spend Time With Those Who Help You Grow

Spend your time with the right people & identify those who don't have a wholly positive impact. Decide when & where is best to spend your energy.



Create even a Small Amount of Structure

Have a time to be out of bed or decide which day of the week you do certain tasks. Creating a little routine will set you up to be a Doer.



Find Things to Celebrate Even When it's Hard

Look back at social media, ask your friends, look at your diary, go back through emails or messages. You may be surprised by how many successes you find!



Give Yourself Permission to Do What's Right for You

When working out what works for you ask yourself: 'What would I do if I wasn't worried about what people thought?' And then go ahead and do it!



Work Out What Dreams You Can Do

If you're putting off a dream ask yourself 'why can't that happen today?' If there's something you can do to fix that, find a way to make it work..

Repeat After Me:

*"I am a Dreamer
and a Doer"*



PODCAST EPISODE 15



2020 in Review:
The Questions that
got me Through