Christopher Reeve - Make Your Dream Inevitable

"So many of our dreams at first seem impossible, then, they seem improbable, and then, when we summon the will, they soon become inevitable." ~Christopher Reeve

The last lesson used the inspiring words of Walt Disney in discussing the importance of leaving your fear behind when pursuing your dreams. In this lesson, Christopher Reeve talks about how you can make your dream a certainty.

Christopher Reeve became a quadriplegic due to a horse-riding accident in his early 40s. Even as a quadriplegic, Reeve went on to act, write books and screenplays, direct in film, and become involved in activism for those with spinal-cord injuries.

This particular quote of Reeve's carries a powerful message to all who dare to dream.

In this quote, Reeve points out that when a dream first enters your mind, it might seem ludicrous to even think it could come to pass. Later, down the road, it seems not likely that it could ever happen. Ultimately, though, if you determine by your own personal choice that you *will* make your dream happen, you'll see your end result is "inevitable."

Make your dreams inevitable with these actions:

1. **Allow an outlet for your dreams. Find ways to express your dreams.** Draw pictures or paint something to signify them. Take a walk each morning and use the time to think about the logistics of making your dream happen. Meditate on your dream for ten minutes in the morning.

2. **Even if you believe your dreams are impossible, continue ahead.** Rather than ceasing to think about them, charge forward and problem-solve your way around all obstacles.

3. **Decide to pursue your dream.** Make a conscious decision to begin doing small things that relate to what you want in life. **You could even say out**

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loud something like, "I am making this happen by doing everything necessary to accomplish my desired results."

4. **Act on your ideas.** For example, perhaps you think that giving to others who are less fortunate than yourself is a wonderful thing, yet you've done nothing with this thought. Maybe it's time to follow through with some of your ideas.

5. **Set up mini-goals and celebrate when you achieve them.** For example, if one of your dreams is a trip to Hawaii, what could you do now to get started in that direction? **Identifying several mini-goals will compel you to move forward.**

    - Feel free to jot down everything you'd do in advance of the trip. Perhaps now, you could read a book about Hawaiian history. Then, you can research specific Hawaiian landmarks you'd like to visit. Next, gather info to help you determine what your travel budget should be. And so on, until you make it to Hawaii.

Allowing your thoughts to flow wherever, whenever, and however they come to you is an integral part of the process of accomplishing your life goals. To achieve something, you must first dream it.

In the next lesson, we'll pause to summarize and reflect on this Dare to Dream module. Then, we'll go on to Module 2 where you'll find valuable inspiration to help you make your dreams come true.

Here's what you need to do today:

Keep your dream alive! Make a list of activities that you could do each day to support your dream, such as drawing, journaling, and more that relate to your dream.

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