



# 10

*Ten*

Steps to Getting Unstuck  
and Reaching Your  
Dreams Without Feeling  
Overwhelmed



*Alethea Felton*



## Utilize Alone Time

Are you someone who enjoys the peace of being alone? Do you find it necessary to be away from others during certain moments of your life because such a space allows you to think and to process more effectively? Well, alone time is necessary for anyone seeking to accomplish their dreams. Alone time provides the space where you can be by yourself to not only think about the dreams you wish to achieve but also so that you may write those ideas on paper. There is power in having time by yourself for introspection and reflection because those processes clear mental clutter. When mental clutter is released and you have initiated the process of being unstuck, then you move toward putting the goals you have set into action.



# 2.

## Research What You Want to Do



While you may have ideas about a dream you want to achieve, it is still valuable to research that dream. Do you envision yourself going back to school to get a degree or certification? Do you have a dream of opening a business? Do you wish to begin a food bank in your community? Whatever dream you have, no matter how big or small, research is critical for its success. Researching your dreams affords you the chance to learn about those who have had similar dreams as you have and have acted on those dreams which can help you avoid pitfalls as well as learn methods of success. Furthermore, research gives you clarity in making final decisions as to how much financial investment and time will be needed to pursue, accomplish, and sustain your dream.



# 3.

## Confide in Someone




Sharing your dream with someone is beneficial for getting unstuck because it enables you to entrust another with your private matter. Confiding in another is a form of confession because it sets the stage for you to not only share what you plan to do, but it allows the space where you can solicit feedback and advice on how to accomplish that dream. The person with whom you share your dream can be your spouse, a close friend, or even someone who has already done what you seek to do but make sure it is someone who will be a listening ear and be supportive. The worst thing that you want is confiding in a person who will discourage you from what you want to do out of the sake of jealousy or simply being negative, so be mindful and wise about who you confide in.

A top-down view of a desk with a calendar, several pens, and a small white container. The calendar is the central focus, with a large yellow number '4.' overlaid on it. The text 'Block Out Time' is written in purple below the number. The background is a light-colored wooden surface.

# 4.

## Block Out Time



Even with 24 hours in a day, it seems as if we never have enough time. This is the very reason why it is imperative to block out strategic time in your calendar to work toward your dreams. Blocking time increases your productivity because not only will you see your vision clearer, you will know exactly what you need to focus on and how much time you will need to accomplish specific tasks. Nowadays it is so easy to be bombarded with multiple tasks that we often say to ourselves we will do this and that toward our goals and dreams, but yet when the day has ended other things have taken priority. Our dreams then become leftovers because we set a bit of time here and there to chip away at them, but no real progress is made. Therefore, setting strategic times on your calendar to work on your dreams holds you accountable for getting work done, causes you to know which essential tasks need to be done, and it helps you manage work-life balance necessary for your overall well-being.



# 5.

## Get Further Training




While we are passionate about pursuing the dreams we have, there are times when we act on them prematurely without having all of the tools we need to be successful. We may talk about wanting to do something, but yet we are not equipped initially to be at our best in that given area. This is why taking further courses or getting more training in the area of your dream can be beneficial. The more you know about what you want to do, then the more valuable you will be for others because you will build your credibility and your expertise in that area. Suppose, for example, that your dream is to run a marathon. If you decide to sign-up and run the marathon without preparing your body first, then you will inevitably fail. This same principle applies to any dream you have because training and greater knowledge prepare you to be supreme in what you do.



# 6.

## Hire A Coach



Despite the fact that you have a dream and perhaps have taken steps toward getting unstuck yourself, hiring a coach provides key benefits. Whether you need a life coach, business coach, health coach, or another type of coach, coaches can assist you with getting unstuck and reaching your dreams. A coach will help you develop and set specific goals and a timeframe for which to achieve those goals, and they also hold you accountable for what you get done and what you do not. They provide input that is meant to increase your skills, grow your mindset, and to maintain your focus while aiding you to eliminate distractions that can get you off course from the goals you need to accomplish. Research and educate yourself on which coach to hire, and never be afraid to ask questions of the coach themselves or from the coach's current and past clients.



# 7.

## Incorporate Self-Care



In today's fast-paced society, we are consumed with the responsibilities of daily living that we often overlook our basic needs of rest and rejuvenation. It is for this reason that we must make self-care a priority if we wish to achieve the goals we set forth. Self-care is anything we do purposely to take care of our mental, emotional, physical, and spiritual health. Balance is essential, and while we put so much attention on working hard, we need pauses to reflect simply on ourselves. When we incorporate self-care into our regular routines, our mood improves, and we begin to remove the anxiety and the distractions which delay us from reaching our goals.





# 8.

## Recite Positive Affirmations

There is power in what we think and what we say. We manifest the law of attraction when our mind shifts to that which we desire to have or to become. For this reason, reciting positive affirmations focused on goal attainment can guide your execution of your dreams. These affirmations transform your mind from a negative space into one that is productive, positive, and peaceful, which inspire you not to be complacent with where you are. In addition to reciting positive affirmations daily, write them on sticky notes and post them throughout areas of your home or your office space. You may even record your affirmations and play them in your car, in your alone time, or at night before bed. In this way, the repetition of positive affirmations will keep you focused and motivated. Here are five goal-setting affirmations to get you started:

I am grateful for what I have and who I have in my life.

I am committed to being all that I am created to be.

I believe with confidence that I will achieve my goals and, therefore, I release excuses that try to block me!

I am taking clear actions daily to fulfill my dreams, and I will let nothing stop me from reaching those dreams!

I choose to keep a positive mindset while attracting the right people and resources into my life.




## Pray and Meditate

Prayer and meditation are proven to improve both emotional and physical health. Some people do one or the other while others do both practices regularly so that they feel a connectedness to a power higher than themselves in addition to being centered. When a person seeks a transition from being unstuck to stuck, prayer can provide the belief that a turnaround will happen. Meditation then opens the door of transforming the mind to visualize desired dreams and can cause you to act more intently on achieving those dreams. Moreover, both prayer and motivation can provide peace, which aides to alleviate the feeling of being overwhelmed.



# 10.

## Trust the Process



Let's face it: Reaching your dreams takes time! We live in such an "instant" society where we expect everything to happen quickly. We do not like waiting, and we grow impatient when our timeline takes longer than expected or when unforeseen detours come, which may delay our plans. Learn to trust the process of reaching your dreams and allow yourself to learn the essential lessons needed that will enable you to increase not only your knowledge and understanding but also to build your character. Trust the process of getting to where you desire to be and never quit regardless of how frustrating your journey may be. There is a purpose in it all; simply enjoy the ride!



# Alethea Felton

Coach • Speaker • Writer

Empowering others through a holistic approach to uncover the blocks which hold them back and launch them toward fulfilling their wellness goals.



[www.aletheafelton.com](http://www.aletheafelton.com)



[coach@aletheafelton.com](mailto:coach@aletheafelton.com)



[@aletheafelton](https://www.instagram.com/aletheafelton)