

Dream Seeds



**Simple Steps to Help You Become More of Who
You Are and Achieve What You Want in Life**

by Joan Morais

Dream Seeds: Simple Steps to Help You Become More of Who You Are and Achieve What You Want in Life

By Joan Morais



ISBN: 978-0-9746304-8-9

copyright 2007 Joan Morais All rights reserved. This booklet is intended for the personal use of the reader. No part of this book may be reproduced or distributed in any printed or electronic form without written permission from the copyright holder.

You are filled with dreams and visions of who you are meant to be and what you want in life. These are the unique gifts you have to offer the world and have been with you since the day you were born. It is who you are and why you are here. Most of our lives we have fought against being who we truly are. We are always trying to be someone else so that we can fit into someone else's belief system of who we should be. When we try to be someone other than ourselves, our lives are complicated and we suffer. An eagle is born an eagle. An eagle does not go around trying to be a blue jay. It exists solely to fulfill its purpose being an eagle.

I've created an easy formula to become more of who you are and achieve what you

want in life, achieve your dreams. A dream is a goal. A dream always starts in the mind as a thought before it comes into material as a reality. Not only do you need to think your dream will happen you must see it and feel it. To be able to see and feel your dream is the result of taking small action steps and thinking repeatedly that your dream will become a reality. You must train your mind to see and feel like you are already living your dream. Don't worry about how it is going to happen, just begin by thinking, seeing, feeling and doing for your dreams.

All it takes are small action steps to accomplish dreams, even Big Dreams! The power of creation is the same process with everything on this planet from creating a

flower, a baby, a new job, or an invention. Everything you have in your life right now started as a thought and you took small action steps for it to happen. This powerful process that is within each of us to create what we want in our life isn't acknowledged. Instead, we quickly move on to our next thoughts and actions never realizing that we can create our dreams to happen when we put deliberate action towards them.

A child falls many times before learning to walk. That child doesn't judge and put him or herself down for falling. They get up again and take more steps. Falling or failing is part of the process to achieve your dreams. It is a natural part of life. Many times the biggest failures create the greatest successes.

All of us have become so busy. If you are always trying to get things done so that one day you can start on your dreams, it will never happen. There will always be other things to get in your way and keep you busy. You won't hear the subtle whispers of your soul calling. When you stop, become quiet and still, **Intuition, Inspiration** and **Ideas** come easily and flow right through you.

We are living in an age of information overload. We are fortunate because there are so many opportunities available to us but with these opportunities come an intense amount of information that can paralyze us. It is hard to focus and take the necessary action steps to begin or follow through with our dreams. Try this easy

formula to get what you have been longing for in your career, your health, your finances, your relationships, etc.

Here is the formula, it is simple and easy.

Do what you normally do each day. The only adjustment you will make is to add 30 minutes to complete your dream action steps. You may need to wake up 30 minutes earlier or keep the TV off until you have completed your action steps.

First, figure out what is most important to you at this time. What is something you have wanted to do for a long time but keep putting off because of the many reasons you come up with that it won't work? Don't think

how it is going to happen, don't even worry about that. Your job is to dream and think of what you want just like giving your food order at a restaurant. Order your dreams.

A flower seed must be planted. If it stays in the package, it will never be the beautiful flower it is meant to be. When it is planted and nurtured it can serve its purpose on this earth bringing joy, beauty and healing to the world.

Don't get overwhelmed with which dreams to begin with, dreams can always be adjusted and changed. The important thing is to begin by writing your dreams down, planting your dreams. Write your dreams on the **Dream Seeds** planting sheet.

Example: Dream Seeds
Dream Planting

My Dream (short term 1-4 weeks)

date: _____ get rid of clutter from my office

My Dream (mid term 1 year)

date: _____ write a book

My Dream (long term 3-5 years)

date: _____ take a trip to Italy

Next, you need to energize your dreams with small action steps. These are written on the **Dream Steps** sheet.

But first, before you start your dream action steps, you must give to yourself, so you can be well and give more of yourself, your inborn gifts to others. This may be hard for you to do. If you don't do this step, it is

easy to burn out and it will take a lot longer to achieve your dreams. You can't give freely to others until you can receive freely. The more you can receive, the more you can give to others. You also allow others to feel good by sharing their gifts by giving to you.

You must plant the seed for it to grow.

You must nurture the seed for it to grow.

You must take action and water the seed for it to grow.

It takes time. It's a process.

You watch it grow.

Stem, Leaves...A Beautiful Flower.

From a tiny seed it came to Be.

We plant seeds, nurture and care for them, and trust that flowers will grow. ~Flavia

Dream Steps

1. Fill out the **Dream Steps** sheet for the week. List one small action step a day under each section - **For My Well-Being & For My Dreams**. Write one action step on four of the days for your **short-term dream**, two action steps for your **mid-term dream** and one action step for your **long-term dream**.

You can always customize these to what works best for you.

2. Take 30 minutes a day to complete your small action steps.

3. Once you complete your small action steps, draw a star or cross them out showing you are done for that day. Give yourself credit and celebrate your

accomplishment for focusing and following through with your dream steps.

In four weeks, you will have done 28 small action steps towards your dreams.

Place your **Dream Steps** sheet somewhere easy to view; on the refrigerator, mirror or bulletin board.

See example on next page.

Try this...

Create a “Dream Seeds” Board.

Pin pictures, brochures, etc. of your dreams on a bulletin board and place it somewhere you can see it everyday.

This is the same as planting your flower seeds in the ground. When you declare and see your dreams, your desires, they plant into reality. Trust in your dreams.

Here is an example

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday	watch the clouds, the birds, the trees	buy 3 binders to file papers
Tuesday	take a bath	write
Wednesday	go for a bike ride	file or throw away papers (at least 6 papers)
Thursday	relax & drink a cup of tea	get rid of 2 things I don't use in my office
Friday	go for a bike ride	file or throw away papers(at least 6 papers)
Saturday	take a nap	get a brochure on Italy & place on my Dream Seeds board save \$20 for Italy
Sunday	take a bath	daydream

1. Short term dream: get rid of clutter from my office

2. Mid term dream: write a book

3. Long term dream: go to Italy

If you did this similar formula each week for four weeks, you would have cleaned out or filed at least 48 papers in your office, got rid of 8 items from your office, written 4 times for your book, daydreamed 4 times, went for a bike ride 8 times, collected and displayed 4 items to help you go to Italy, taken 8 baths, sat and watched the clouds 4 times, relaxed and drank tea 4 times, taken 4 naps and saved \$80.

Wow, that is a lot towards your dreams and your well-being!

Save your **Dream Steps** sheets so you can see the process of how small action steps create your dreams into reality.

If you become discouraged, read the **Powerful Thoughts** pages to help you re-train your mind to think in a more powerful way. You can also post these on your mirror, your computer or someplace that is easy to see them.

We are all programmed to think a certain way, and it becomes our habit, a pattern of the way we do things. To change a behavior you don't like, all you have to do is replace it with a better behavior and perform it over and over to create a more powerful habit or way of thinking. Here is a simple example of how our mind responds from habit. You keep your toothpaste in a drawer by your sink, and it has been kept there for a long time. You decide to move the toothpaste to the cabinet on the wall. For many days you

will continue to open the drawer where your toothpaste used to be until you repeatedly re-train your mind to open the cabinet door where it now exists.

Another powerful way to re-train your mind is to do the exercise **Rise to the Top**.

Rise to the Top

It is normal to be excited about creating your dreams and then to become scared and feel they won't happen. When you are feeling scared, unworthy and negative about your dreams coming true, try this powerful exercise. This exercise will quickly change your mind to think in a more powerful way, to lift the energy higher and keep your dreams energized so they can happen quicker.

Create this picture in your mind. Picture a tube filled with water. At the top of the tube is your dream, at the bottom is discontent. Visualize and make sure the water level stays at the top. Several times a day or when you are feeling discouraged, check in with your mind and picture that particular tube and see where the water level is. Keep the level at the top. Picture a tube in any color for whatever you need help with.

If you are feeling overwhelmed about money and your bills, look at the money tube in your mind. If the water level has dropped down the tube, raise the water level back up to the top to wealth and prosperity. At the same time say some powerful thoughts like I am grateful for all the good things in my life right now.

Rise to the Top

Example

Full - Fulfilled Dreams: Content



Empty - Unfulfilled Dreams: Discontent

Powerful Thoughts

My dreams are important and are a huge part of me, they are me.

When I take action towards doing good things for myself, my dreams start to happen.

I am worthy and deserving for my dreams to come true and become a reality.

Powerful Thoughts

Health

- I am grateful for my healthy body.
- I feed my body nutritious foods.
- I respect and love my body.
- I say only good things about my body.
- My body is beautiful right now.
- I let go of what is not working for me and let in what feels good to me.
- I am connected to my body and spirit.
- I am calm and my body is relaxed.
- My actions promote a healthy, strong body.

Rise to the Top Wellness



Illness

Powerful Thoughts

Money

I am grateful for all the good things in my life right now.

I am grateful for the abundance now in my life.

I am wealthy.

I am responsible, intelligent and trust myself with money.

My actions promote wealth and prosperity.

My bills are paid.

I am worthy and deserve prosperity.

Having money helps me to give more of myself to others.

In this moment, everything is ok.

My income is consistently increasing.

I am financially free.

Rise to the Top
Wealth, Prosperity, Grateful



Poverty, Lack, Envy

Powerful Thoughts

Relationships

I am grateful for the loving relationships in my life.

I feel peace and happiness.

I am in a loving, romantic relationship.

I give and receive love easily.

I am worthy of love.

I am loved by many.

My actions promote love in my life.

My relationships are supportive of me.

I have clear boundaries with other people.

I treat myself the way I want others to treat me with love and respect.

Rise to the Top Loving relationships



Painful relationships

Powerful Thoughts

Career

I am grateful for my career.

I love what I do for a living.

My gifts are my career.

I am successful.

I have ample financial support from a career I love.

My actions promote a passionate career.

I receive lots of help so that I may give my gifts to others.

My career helps me to be the best person I can be.

I am paid abundantly for my career.

My career fulfills me.

Rise to the Top

Career I love



Job I dread

Powerful Thoughts

Intuition, Insight, Creativity

I am grateful for my unique gifts and talents.

I take time to daydream and just be and creativity flows through me.

I have an abundance of creative ideas.

I listen to my intuition.

I have fun creating and let the creation go when I am done with no expectations.

My actions promote creativity and intuition.

I receive insight when I slow down.

I honor my inspirations and visions.

My intuition is a guidance system built just for me.

The insight I receive is information to help make life easier for me.

Rise to the Top Intuition, Insight, Creativity



Checked Out, Stuck, Blocked

Powerful Thoughts

Mood/Emotions

I am grateful to feel my emotions.

I am happy.

I feel love.

I am a loving person.

I am content.

My actions promote happiness.

I am experiencing sadness and soon will be happy again.

It is ok to sometimes feel tired and overwhelmed. I now take extra tender care of myself.

In this moment, I am ok.

My emotions tell me what is working and what is not working in my life.

Rise to the Top
Happy, Content, Loving



Depressed, Bored, Angry

Powerful Thoughts

Safe, Secure

I am safe.

My loved ones are safe.

Everything is as it should be.

I control only myself.

Change begins with me.

I am the change I want to see.

My actions keep me safe and secure.

The other side of fear is love, I move through the fear to love.

I am grateful for my safe space.

When I face my fears, scared now becomes sacred. (scared and sacred are spelt with the same letters, the only difference is the letter c is switched)

Rise to the Top

Safe, Secure



Afraid, Worry, Anxiety

Take Another Step

When things go wrong and you feel down,
You share your dreams and others just frown.
When the money is low,
And everywhere you owe.
Take a little break and have some fun,
But don't leave your dreams undone.
The rhythm of life is a natural swing,
Filled with highs and lows that sometime sting.
Many times when close to our dream,
We give up as hopeless it does seem.
We don't see the dream is only a step away,
If we hung on, it would happen in another day.
You were born to achieve the dreams in you,
Take another step until your dreams come true.

~Joan Morais

It's up to each of us to get very still and say, "This is who I am." No one else defines your life. Only you do.

~Oprah Winfrey

The world needs dreamers and the world needs doers. But above all the world needs dreamers who do.

~Sarah Ban Breathnach

Your mind is everything. What you think you become.

~Buddha

Your life is already a miracle of chance waiting for you to shape its destiny.

~Toni Morrison

Faith is taking the first step even when you don't see the whole staircase.

~Martin Luther King, Jr

Every thought we think is creating our future.

.~Louise Hay

When you are born, your work is placed in your heart.

~Kahlil Gibran

I never said, "Well, I don't have this and I don't have that. "I said, "I don't have this yet, but I'm going to get it."

~Tina Turner

You alone are enough, you have nothing to prove to anybody.

~Maya Angelou

The greater danger is not that your hopes are too high and you fail to reach them; it's that they're too low and you do.

~Michelangelo

Without an open-minded mind, you can never be a great success.

~Martha Stewart

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

~Aristotle

A child, learning to walk, keeps falling, so must you, in learning to achieve your dreams.

~Joan Morais

There is no human failure greater than to launch a profoundly important endeavor and then leave it half done.

~Barbara Ward

Follow what you love! Don't deign to ask what "they" are looking for out there. Ask what you have inside. Follow not your interests, which change, but what you are and what you love, which will not and should not change.

~Georgie Anne Geyer

You must quiet the noise of doing to hear the whisper of your soul.

~Joan Morais

Become so wrapped up in something that you forget to be afraid.

~Lady Bird Johnson

A Note from Joan Morais



I've always been a dreamer, a Big Dreamer. I got in trouble in second grade because I was always looking out the window, staring at the clouds and daydreaming. I have been told many times to be realistic and that I am just a dreamer. This used to upset me, and I would put myself down because I didn't fit into the societal mold. The funny thing is I am still a dreamer! My favorite thing to do is to be in nature, watch the clouds and daydream. Now, I embrace being a dreamer because this is who I am. It is my inborn personality and my reality. I love dreaming and dreaming Big. I have created many good things in my life including my career. I have created a life I am grateful for and love. I can no longer try to fit in a mold that isn't me because the suffering is too great.

What I have learned is that if you are a dreamer, you must root your dreams and take action steps for them to happen. One of the hardest things to do is to focus and follow through. That is why I created **Dream Seeds**. It has simple steps to help you be the real you and jump start your dreams. It seems too easy, but it works. And once you start putting action behind your dreams and you see results, it gets easier to accomplish your dreams. Try it for three months and see what happens. Your life will change for the better.

I wish you much success and that you find freedom and joy in discovering and living your truth and sharing the gift of you that only you can do. All you have to do is go and get what has been waiting for you!

Wishing you the Best,
Joan

Joan Morais started her own business in 2003. She self published her first book. Joan teaches natural skin & body care product making classes. Visit her website at www.joanmorais.com

Dream Seeds

Dream Planting

Think It, See It, Feel It, Do It!

Today's Date: _____

My Dream (short-term, 1-4 weeks) date: _____

My Dream (mid-term, 1 year) date: _____

My Dream (long-term, 3-5 years) date: _____

www.joanmorais.com

Joan Morais

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date:: _____

(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date:: _____

(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____

(fill in 1 row in the For My Dreams column)

www.joanmorais.com

Joan Morais

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____

(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____

(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____

(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)

Dream Seeds

Dream Steps

Think It, See It, Feel It, Do It!

Small Steps Transform Dreams into Reality

Date	15 minutes a day... For My Well-Being	15 minutes a day... For My Dreams
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

1. My Dream (short-term 1- 4 weeks) date: _____
(fill in 4 rows in the For My Dreams column)

2. My Dream (mid-term 1 year) date: _____
(fill in 2 rows in the For My Dreams column)

3. My Dream (long-term 3-5 years) date: _____
(fill in 1 row in the For My Dreams column)