

WRITE YOURSELF INTO YOUR *Dreams*

Additional Reasons You May Fear Your Dreams

In chapter 8, we debunked four of the most common fears about realizing your dreams: “I will die,” “The point of my life will be over,” “If I fail, I’ll lose the dream,” and “I won’t like myself anymore.” Here are some additional reasons you may fear realizing your dreams and why you don’t *actually* need to be afraid:

1. “I MIGHT LOSE PEOPLE I LOVE.”

You might be afraid that if you realize your dreams, you’ll become too different from the people you love. You may fear becoming wealthy if your loved ones are poor; you may fear having the freedom to do what you love if your loved ones feel stuck; you may fear being happy if your loved ones are depressed. And you may also fear making your loved ones jealous. Behind each of these fears is the greater fear that if you become too different from those you love, you will lose them. However, realizing your dreams *can* actually bring you even closer to those you love. It can help you to inspire those around you to reach greater heights *along with you*. The truth is, keeping yourself small won’t benefit anyone. Those who are meant to stay in your life *will* grow with you. And if anyone gravitates out of your field as your life improves, you can let them go with love, knowing that it’s best for both of you. When space opens up in your life, it will always be filled with new people who are an even better fit for where you’re traveling next.

2. “I’LL FEEL GUILTY.”

Realizing your dreams and doing what you love for a living can feel like a luxury—especially in a culture in which so many people hate what they do and want to take a hatchet to their desks. It’s common to feel guilty for *not* torturing yourself in a cubicle, like most others do. For artists, especially, it’s common to feel like it’s already a leap to let yourself do what you love for a living, and it’s just *too much* to let yourself make a great living at it, too. But the truth is, success, money, happiness, and love are unlimited resources. Having more does *not* mean less for others, and there’s no reason to feel guilty. On the contrary, the more joy and success you allow yourself to have, the better you make the planet for everyone.

3. “I MIGHT NOT DESERVE MY DREAMS.”

some level, most people in our culture are afraid that there’s something wrong with them. You may be afraid that if you *do* shoot for the moon, you won’t make it—and you’ll have a long way to fall. You may assume that your lack of success is evidence that you must not deserve it in the first place. If this fear is strong enough, it will keep you from being honest with yourself about what you truly desire and feel called to create. The reality is, you deserve to have your heart’s desires fulfilled, simply because you’re alive.

4. "I'M AFRAID I'LL LOSE MY EDGE."

You may be afraid that if you realize your dreams, things will become too “easy” for you, and you’ll lose your “edge” and authenticity. Struggling and facing constant challenges can create a sense of grit that you may feel proud of. It’s true that facing challenges can be character building, but realizing your dreams won’t eliminate challenges altogether anyway. You’ll experience new challenges when you’re realizing your dreams—challenges that’ll help you to grow and know yourself in even greater ways than you did before.

5. "I'LL BE ATTACKED."

More often than not, realizing your dreams brings with it more visibility, which means exposure to potential scrutiny. It can also mean that “skeletons” in your closet might be revealed by disgruntled loved ones or acquaintances you may no longer be in good graces with. These fears can make you unconsciously avoid pursuing your dreams. Just remember: if someone else is invested in trying to bring you down, it’s almost always to make themselves feel better. It’s important for you to have compassion for them, *and* at the same time, to not let their issues become your obstacles. It can be helpful to actually appreciate the fact that any time you’re receiving criticism, it’s evidence that you’re making progress toward your dreams. And if your skeletons get aired, it’s an opportunity to unconditionally love yourself and be an example of a *real* human being who is choosing to stand in their own power—in all your imperfect glory.