



## Episode 85: ACCOMPLISH YOUR DREAMS

This is the *Become an Unstoppable Woman* podcast with Lindsay Preston Episode 85, Accomplish Your Dreams.

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Welcome to the *Become an Unstoppable Woman* podcast, the show for goal-getting, fear-facing women for kicking ass by creating change. I'm your host, Lindsay Preston. I'm a wife, mom of two, and a multi-certified life coach to women all over the world. I've lived through enough in life to know that easier doesn't always equate to better. We can't fear the fire, we must learn to become it. On this show, I'll teach you how to do just that. Join me as I challenge you to become even more of the strong, resilient, and powerful woman you were meant to be. Let's do this.

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Hi there, Ms. unstoppable. Welcome to yet another episode of the show, so happy to have you here. Today, I am going to let you listen in to day one of my free Accomplish Your Dreams training series, that I typically only give to people who subscribe on my email list. I'm going to give you it today for free, for nothing, not even an email address. As you listen today, I'm going to walk you through day one of the training. It's a four-day training in total. On this day, we are talking about how to paint a vision in your life, so that you can go out and, of course, accomplish your dreams.

Get ready. Today is punchy and fast, but yet, it allows you to think. It gives you some homework exercises on what to do to create a bigger vision for yourself. I just released this training, I think like two or three months ago. I haven't gotten a ton of feedback back on it because it's pretty new. The feedback I have gotten on it, everybody says they love day one the most because it is the most fun since they are painting the vision of this dream life that they want to create.

Get ready. Get excited. You're going to paint a very great big vision today for your life. If you like what you hear, realize this is only day one, there are three more days after this training. To get in on that free training, you'll just follow the link that's in the show notes, and then it's also in the outro of this episode as well. Enjoy this training, my friend.



Hi there, my friends. Welcome to the Accomplish Your Dreams free training. This is day one. Today we are going to do something called paint the vision. I'm so excited to have you over these next four days as I teach you how to accomplish your dreams. Get excited, it's going to be a fun journey. In case we haven't met yet, I'm Lindsay Preston. I'm a multi-certified life coach to go-getter women, and I help them accomplish their dreams. This is what I do all day long.

I help them accomplish their dreams in a way where they feel better than ever in the process and they don't give up the success they've already built, because most of my clients, they have already had success. They've built a good life, but now they want a great, excellent, spectacular, whatever you want to call it, life, but they don't want to give up what they've already built already. I help them strategically move into a place where they can have it all kind of thing.

All right. If you're here, you likely feel like you have some dreams you want to accomplish, there's just some things that you feel like you're just not able to do on your own and that's very common. Most women I work with, they've been barrier breakers, and they have done some awesome things in their life, but for whatever reason, they're just not able to take it to the next level. They're feeling a little bit stuck and/or they're realizing, "Hey, maybe I need some help with this. Maybe it's okay to reach out to somebody like a life coach to help me get it all." That's what I do.

It's so super fulfilling. It's so awesome. I love what I do. Every single day people ask me, "What is it like to love your job?" It's incredible. I want this for everybody. I want everybody to have a career that they love, a life that they love. I know it sounds corny, but it's so true. Living a 10 life is so much better than you can even imagine.

I was once living a life that was pretty so-so. I was actually a lot worse than most of my clients when they come to work with me. I actually just got out of a divorce, I found out my then-partner was living a double life with another woman. I was 28 years old at the time, I had a two-year-old, I was a stay-at-home mom, and so it rocked my world. I didn't have any money, and now I was in this high-conflict divorce, figuring out this whole double life thing. I had to really pick up the pieces of everything.

Before that though, I had a short career in human resources and I also owned a dance studio. It was a lot of changes going on. By the time I graduated college, I went to TCU, and then having these different positions and then becoming a mom, and then all of a sudden, it seemed like my whole life was falling apart. I got to rebuild it from scratch. I had actually gone to therapy for a year.



When I was going to therapy, I was still in my marriage, and I was telling her, "I think he's cheating on me. I just have these feelings." She told me that I was catastrophizing and that I had anxiety and depression, instead of really listening to what was going on inside of me. Therapy burned me a little bit, to be honest with you, and so when my divorce finally happened and everything came out, somebody mentioned life coaching to me. I thought it was so wacky and woo-woo and weird. I didn't think it had credibility, but I thought, "What have I got to lose at this point."

I invested the last few thousand dollars that I had in savings in coaching and went for it and I'm so glad that I did. As I was a client in coaching, it was just incredible. In just a few weeks, I made so many changes. I learned who I was on a deep level. I found that coaching was the profession I always wanted, I just didn't know it existed. I had a background in psychology, and as I said, human resources, and so it kind of all came together to create what I have today.

I have been coaching now for six years, at least at the time of this recording, which is mid-2020. I've helped hundreds of women all over the world accomplish their dreams and get what they want. I'm glad you're here. You ready to get started? As I said, today, we're going to paint the vision, `okay?

Before we get into painting the vision, I just want to talk about this concept called society's boxes. We're all a part of it if we're conscious of it or not, but society really teaches us these things. You graduate high school, you go to college, you get a great job, climb the corporate ladder, you get married, buy a house, have kids, and then you build wealth, travel, and give back. Not bad stuff.

Some of this stuff is really great to go into, but what happens is as I find with women is that they check off these boxes, or they check off some of these boxes and they think, "Okay, why do I not feel better? Why do I not feel more fulfilled?" Especially if they get to the ends, they're like, "I should be really happy right now. I should feel amazing and I don't. I feel empty inside. I feel like there's more for me. I feel like there's this higher calling, this higher purpose. I could be doing more."

I just want to tell you it's totally normal, because there's nothing on here about being fulfilled. There's nothing on here about what happiness is and what that looks like. We're just taught that this is happiness. The only thing I see is that when women miss a box, especially if it's this, go to college box, they have typically, a lot of shame, embarrassments, regret about that and that's just silly. [chuckles] It's just really silly at the



end of the day. Granted, I did go to college. I didn't really even want to go to college, my parents forced me to go to college.

I wish I was in your shoes almost in that I didn't go to college because I think that sometimes the pressure to go and do this is not needed. Going to college is not as big of a deal as what it's made out to be. For certain professions, it is. We have to have degrees for certain professions, but there's way too much guilt and shame around this. I also see a lot of guilt and shame with this getting married piece.

When I encounter clients who say, "Oh, well, I just haven't met my dream guy or haven't had kids." Granted, of course, that's a desire in you to want that, but we don't need to have shame and guilt around it. Sometimes, we just need a little bit of cleanup in our mindset to attract the right person, and then be able to get all of this and more. All right, so here's the more. Here's what our boxes and society really should look like or should be.

The first is to find your zone of genius. Your zone of genius is basically just you at the highest level. What I do with my clients is I do an exercise called the puzzle of you. We look at their strengths, their values, their passions, their purpose, their way of thinking, gosh, so many other things, child selves, desires, all of these different things. We're looking for patterns and we're looking for, "What is the big thing here? What were you sent on this planet to do?"

A lot of times, when you sit down and you look at that puzzle, it just slaps you in the face of like, "Oh my gosh. This is me. This is what I'm supposed to do. This is what, again, my zone of genius is." It's pretty incredible to realize this and realize that you have this secret sauce, this big higher purpose, this calling I keep mentioning.

Then it gives you so much passion and fulfillment in life to put that everywhere, in your career, in your personal life. You cannot wait to go and do that because again, it's the natural part of you that you've likely been denying, or didn't even know was there and now you can let it bloom and blossom.

For me, when I did a puzzle of you type exercise, it became really apparent that I was meant to, A, help people, and to be able to get them into action and spark change in them. Coaching just was a really great fit. I actually thought, even before I had my own therapy experience, that I would be a counselor at some point, and that would not have been a good fit for me.



I really like finding awareness and helping people find that awareness and then getting them into action. Whereas therapy at times can be where it's a slower moving process where coaching is awareness move, awareness move. That's really what we should be doing in school is helping kids, or at least in college or 20 somethings to find their zone of genius, and then gain the skills to practice their zone of genius.

Again, for me, I said coaching was a really great profession for me based off my puzzle. Well, then I had to go and get certified as a coach. Now, of course, in the coaching industry, you don't have to be certified, but I just chose to do that. I wanted to gain more skills to practice in my zone more. I actually got multi-certified, and different certifications to be able to go and do that.

The next thing is to learn how the brain works so you can live at your highest potential. This is something I really wish they were teaching in schools, of just how the human brain works. Think about it, the human brain is what's controlling everything in your body, not just from a physical standpoint, but from a mental standpoint, and yet, we aren't learning about basically the driver of your life. How crazy is that?

We're not learning how to process emotions. We're not learning how we can control our thoughts. We're not learning how we can take action based off our thoughts, just like the basic building blocks of the brain, one of which is the brain isn't here to make you happy, the brain is here to keep you safe. When people are saying, "Well, I just don't feel happy." Well, you just haven't learned how to train your brain yet because all your brain wants to do is find threats in your worlds and all the things that could harm you.

Of course, you're just going to see life from a negative point of view. You've got to go in and you've got to work out how to train it to get something different. Then, two, on the emotional standpoint, so many people let their past influence their presence. Until they go in and they learn how to fully heal that stuff, I always say you have to feel, heal, and deal with it, then it just impacts your daily life.

For me, I didn't have the best childhood. There were aspects of my childhood that were really hard, a lot of emotional abuse. I had to go in and I had to heal that stuff because the results I was getting in my life at the time when I started coaching, which as I said was I was with somebody that was living a double life turned and out to be a narcissist. Those kinds of things of like, "Why did I attract that?" Well, it's because, in my childhood, I had some things that I needed to clean up.



Once I was able to do that, boom, different relationship in my life, happily married now. I've even had another child. It's so easy once we figure this stuff out. Yet, so many people are spinning, they're feeling like they're on a hamster wheel or just in this tornado of emotions, and it doesn't have to be that way. We just need to learn how our brain works. The big thing too is that I wish one of the boxes that should be is, do what you want to do. You, Y-O-U. [chuckles]

Many times parents with the best of intentions, they say, "You should go do this or be this." I even see this with my daughter's father. He can be a little egotistical at times, and he's like, "You should be a doctor or a lawyer." I see that starting to play out in her, she's nine right now. I'm very apparent of, "You know what baby? You do whatever you want to do, whatever makes you happy. I know your dad means well, but at the end of the day, this is about you and what you want to do in your life."

Yet, so many of us play into this. For me, it was really taught that I go in the corporate world, and I just climb the corporate ladder, and that's just what success looks like. When I got in there, right out of college, I just thought, "Is this it? Is this what I'm going to do the rest of my life?" It wasn't bad, but it just wasn't deeply fulfilling. I knew I really wanted to help people on a deep level, and I did that sort of in human resources. I help them find jobs, if they had any employee relations issues, things of that sort, but I wanted really, really deep change and to really make an impact.

I wish instead of trying to be forced into a box, that I was taught all of these things and then taught, "Hey, why don't you go do what you do based off some of this other stuff?" Many women I meet too, they end up going into a profession just based off a suggestion somebody made like, "You would be great in law," or, "You would be great as an engineer," or, "You would be great in teaching."

Because they don't know what to do, they just take that suggestion, they start making choices off of that, in a very impactful time in life, which is typically our early-20s, when it's like, "Oh my gosh, I've got to get this ball moving." Yet our brain, if we go back to this one, the brain isn't fully developed until we're in our mid-20s, and yet, we're making all these huge life decisions in our early-20s. It's crazy, right?

I fell into this too even in human resources. I graduated from college with a psychology degree. I knew at some point I wanted to be a counselor, but I didn't want to go to grad school right away. Somebody said to me, "Why don't you just go into human resources." I was like, "Okay." Like, just going to pick up and do whatever somebody tells me to do. I



was 22 years old at the time. It was like, "Whatever." Yet, this is what happens, we get into these places where we're not living life for ourselves.

This is what deep fulfillment looks like. It's to be able to be in your zone of genius, go out and practice that zone of genius, learn how the brain works, so that any time you're not feeling your best self, you know how to manage that, and then doing what you want to do, following your passions, your desire, your zone of genius. This is why you likely don't feel fulfilled is that you haven't learned how to do these things, all right? We're going to start to change that.

What I'm going to teach you now is how to paint your ideal life or paint your vision as I said. I really want you to dream big here, so just keep that in mind. We don't want to go for just the next step of what the next step of your life looks like but really think big picture. There's a couple different exercises you can do to help you do this. The first is to write out your ideal day. This can be from the fact that you wake up, what do you do?

For me, many years ago, when I went through coaching, my ideal day was, I wake up, I'm refreshed, I lean over and I kiss my husband's, and my husband and I have a relationship that looks like XYZ and I list that all out. Then I get up, and I make my children their breakfast for school, and I just have so much energy and passion and I can't wait to get them to school, because then I'm going to go to a job that I adore. I get to help people and it feels like it's the highest version of me. I'm going through, I'm painting my whole day.

You know what's freaking crazy about that? Is that I painted that vision, gosh, 2014, so like six years ago, and I freaking have that. I have that. Dream big, my friends. Go through your whole day. Think about how not only how does that look, but how does it feel. I talk about how I have so much energy because, at the time, I didn't have energy. I felt so drained from just this emotional baggage and not really feeling passion towards certain things in my life. That was a big thing that I wanted was love, connection, energy, presence. Paint what you want and how you want to feel.

Another exercise you can do is your legacy. This is beginning with the end in mind. It's an exercise Stephen Covey did. If you know him, he did all the-- What do they call it? The Seven Principles of Success or something, I forget, for some reason, but he's a big self-help guy. He came up with this strategy of what happens or what does it look like when you've passed?

What are people saying about you? What did you do? How did you make people feel? Go into that in-depth about all the things you accomplished. What you did relationship-wise?



What were your relationships like? How did you feel in your life? How did you make other people feel in their lives, and paint this really big picture of your life.

The third exercise you can do-- This is the one I typically do first with clients, and then we go in and we do these later in the coaching process. If you want to start here, this can be the easiest and it's really a life wheel. What you're going to do is you're going to take different areas of life. These are usually the areas that I measure, which is relationships, career, money, fun, health, spirituality. I want you to rank these on a 1 to 10 scale, 10 being it's your ideal life.

Maybe your relationship is a 6 right now. We'll talk about what is making it a 6. We talk about the good things and then talk about the things that aren't so great that's keeping you from a 10. Then take that same area of life and say, "Okay. Well, what needs to happen to get me to a 10 in my relationships?" Maybe it's, find my ideal partner, heal my relationship with my mom, maybe make more friends, or see my friends more. I don't know. Whatever it is, make it really clear on what it is that would make it a 10 life, and then do that for all the different areas.

Career. Where are you now? What would a 10 career look like? Maybe you don't know specifically what it would look like. For me, I didn't know what career I wanted to go to. I knew how I wanted to feel in my career, and I knew I wanted to help people. I knew I wanted to feel like I was using the best of the best of me. You don't necessarily need all the specifics, but just the general idea.

Money. Same thing. It's your ideal money life. How much much money are you making? How much are you saving? How do you feel about money? Gosh. What are you spending your money on? Think of all of those fun things. Then fun. What are the things you're doing for fun? Think about now and then your 10 life. Maybe in your 10 life, you're traveling a lot because you've got money to go and do that, and you get to go on these amazing trips, these luxury trips.

I get to do that now. It's so crazy cool. I got to go to Bora Bora and stay in the Four Seasons on my honeymoon. I just got off the boat because you have to go on a plane, and then a little plane, and then a boat to get there. I just got off that boat and I'm like, "How in the world did I create this life? How did I do it?" I did it in just a few years. That was 2016 when I went and did that. I did all the coaching stuff in 2014. In two years, I went from being a broke single mom to going on a honeymoon in Bora Bora. Crazy, right?



This is the power of painting a vision, of starting to see what it is we want because then the brain knows, "Ah, got it. Now I know what to go after." Do the same thing for your health and this is all areas of your health, physical, mental, emotional, do whatever you want there, and then spirituality. Even if you aren't a spiritual person, what does spirituality look like to you? It doesn't have to be this traditional religion. It can be something bigger than that and then feel free to add any categories you want.

Sometimes clients want to add romance or sex or they want a specific area for friendships and then parenting. I just do relationships as a whole, but you can separate this out however you want. The big thing again is where you are now, what that number looks like, and then get really specific, what the 10 looks like.

I just want to leave you one more time, dream big. When you're writing this stuff, you should feel almost like a kid again, like you're just dreaming. You're sitting on a tree-- I always have this picture of a kid climbing a tree and sitting on the tree and thinking about, "What am I going to do in my life?"

In my childhood, it was sitting in my room, and I had a lot of turmoil around me with my parents, and sitting there and thinking, "How am I going to get out of here? What am I going to create in my life?" I would start to dream of that, but now you have this adult brain who can dream even bigger. How cool is that, right? It should almost make you throw up a little. "Oh my gosh. Am I going to actually go and do this?"

Your brain is probably going to talk you out of it and be like, "Ah, how are you going to go do this? Who is this Lindsay person? Why is she making you dream big? You're just going to get disappointment." Blah, blah, blah, blah, blah, blah, blah. Trust me. I had all the thoughts. I will tell you, whatever I dream big on years ago has now been accomplished and now I dream bigger. That's crazy, right? Crazy. You have to believe and you have to write that vision first.

That's the big exercise for today. I want to leave you with two quotes. I tend to end all my trainings with quotes. The first one is, "If your dreams don't scare you or they aren't hard, they aren't big enough." That's by Tory Burch. We all love a good Tory Burch bag, right? Again, if your dreams aren't big enough or they don't scare you, and they aren't hard, they're not big enough. Okay, so that's why you want a big dream. Dream big. [chuckles]

Then the second is by Sarah Ban Breathnach. I don't know who this is, but I love this quote. It says, "Playing it safe is the riskiest choice that we can make." So true. We think sometimes that by being safe it's the smart and responsible decision, and really, it's just



leading us to a life that's not fulfilling. When we don't live at our highest potential and a deep fulfillment, it can cause health issues. It can cause this overall mediocracy of life. It's not fun. It's so much better on this other side, I promise you.

I know right now it feels scary and you think, "How am I going to accomplish it?" Tomorrow, we're going to talk about how to get into massive action with this vision. Then we're going to talk about, on day three, all the things that could stop you from taking massive action. Then, on day four, we're going to talk the step by step plan for success, and how to really make sure you go in and accomplish this stuff. Dream big my friends. I so, so hope you do. It'll be worth it, and I'll see you tomorrow in day two. Bye.

[music]

Hey there, Miss Unstoppable. Thanks so much for tuning into this episode. If you enjoyed it, share it with a friend. Send them a picture of this episode via text, via email, share it on social media, I'm sure they would be so appreciative to know these strategies and tips on how to accomplish your dreams. If you are ready to guarantee you're going to accomplish your goals and dreams, then it's time to start coaching with me.

In my nine-month simple success coaching system, I am going to walk you every single step of the way to ensure that you get the goals and dreams that you want. The first step is to apply for a free 60-minute consult call. Just go to [LindsayEpreston.com/apply](https://LindsayEpreston.com/apply) to get started. As always, my friend, remember, you're only as unstoppable as you believe you can be, so believe in yourself. You got this.