



# Heart & soul

**Cate Mackenzie**, our resident love coach, helps readers open their hearts to relationships they never thought possible



## Find success through self-love

*Discover how banishing self-doubt can make your dreams come true and open you up to fabulous new relationships*

We all have dreams and aspirations, both big and small. Maybe you hope to have children, get a degree, finance home improvements, or take a trip of a lifetime. It could be as simple as learning how to sing, or finding the courage to stand up in front of an audience and give a speech.

But the one thing that stops so many of us from achieving these goals is self-doubt and a lack of self-belief. I'm going to show you how, with simple baby steps, you can repair this negative relationship you have with yourself and start realising your dreams.

If you're unsure of what your ultimate goal is in life, don't worry. I believe we are all incredibly gifted, and if we tune in to our inner voice, we will discover what our heart truly desires.

Then we need to water and nurture those desires so they grow bigger and eventually become reality. By fulfilling these dreams, we are also opening up new and exciting avenues of discovery that can lead to new friendships and relationships, while perhaps reviving old ones.

Whatever you want to achieve in life, it all starts with finding your voice and learning how to love and respect yourself in order to give you the confidence you need to reach new heights.

Firstly, admit to yourself what your deepest desires are, and tell someone you trust. Many people have had their dreams crushed by someone, so it's important you

find a person who can support you in following your passion. You may only want to discuss it with this person until you feel more confident about your path.

Once you know what you want to achieve, fully embrace your dream. Many musicians, writers and performers have said they

**'We need to water and nurture those desires so they grow bigger'**

feel they are a channel through which their talents flow – you can visualise this, too.

Sit in a quiet room and imagine a beautiful white light (this symbolises your dream) floating down from the universe and resting on top of your head, then

see the light spread through your body and settle in your heart. Do this daily and notice the positive effect it has on helping you feel more confident about your goals.

Start to imagine yourself doing the very thing you would love to achieve – and being happy doing it. Help this along by gently

rubbing your hands together and placing them on your heart chakra in the centre of your chest. Sit quietly in

this position for five minutes and see yourself physically doing what you long to achieve. Also, during this meditation, begin to listen more clearly to your inner voice to guide you towards your dreams.

Next, find a mentor – someone who is doing what you want to

do – and ask them for advice. Then start to complete simple weekly tasks. For example, if you want to sing, learn a song; if you want to run your own workshop, give a talk to some friends. Next, you might sign up for singing classes or invite friends of friends along to a preliminary workshop to test your skills.

It's important to remember that, although you might want your dreams to come true in an instant, they will take time, and you will falter along the way. It's important to always embrace your failures – remember, every successful person has experienced them.

So every time your adventures don't work out exactly as you planned, congratulate yourself on trying, and recognise what you have learnt on your journey.

The preparation, commitment, failures, missed opportunities and time spent chasing your dreams are all part of the learning process. By acknowledging them, you'll avoid becoming complacent and instead stay focused on reaching your goals. Eventually, you will see them on the horizon.

As you make your dreams a reality, you will love yourself more, banish your self-doubt and be a more confident person. You'll also find that you will pick up new friends and perhaps strengthen old relationships with your fresh outlook on life. ■

Visualise yourself happily living your dream



**WANT TO FIND OUT MORE?**

Cate Mackenzie is a love coach and couples counsellor with more than 20 years' experience. For more information about her work, visit [catemackenzie.com](http://catemackenzie.com)