



Heart & soul

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

Find time to achieve your dreams

Don't get distracted by the here and now, discover how taking a moment for yourself can help you plan for the future

You may have heard the couples among your friends and family talk about their five-year plan – what they hope to achieve in the coming years, milestones they wish to conquer.

The problem is, with our hectic lives, it's sometimes hard to find a quiet moment for reflection so you can begin to plan the future you've always dreamed of.

Allowing time, however, to feel calm and present lets you hear your inner voice and listen to what your soul truly longs for – it helps you create the best life you can for you and your loved ones.

First of all, try doing something that helps you let go, for example walking or meditating in nature. This will draw you into a peaceful, relaxed state where you can then sit and write out a vision of the best life you could live – looking ahead from one week to one month, one year and so on, all the way to five years.

Remember, though, to write in the present tense, as if your dreams are happening right now.

For example, I might write:
'In one week, I am exercising, planning my first book and sorting my paperwork.'

'In one month, I've started yoga and am eating organic food.'

'In six months, I have begun writing down ideas for my first book and I am regularly doing yoga and dance.'

'In one year I have developed my website for online courses and started book one.'

'In three years, I have bought a home by the sea, and I have written two books. I also run courses for couples.'

'Get started today on your plan for a brighter tomorrow'

'In five years I am living blissfully by the sea with my husband. I do yoga and dance regularly, and I write books on being loving in a partnership. I also run online courses and I am abundant.'

Once you have put your plan down on paper, ask a friend to become your 'action buddy', someone you can check in with as you make progress on achieving your goals and be accountable to.

The more you talk about your dreams, the clearer you will feel about what you need to do each week to ensure you are working your way towards reaching your five-year goal.

You can then start to take steps towards making these dreams reality. For example, if you want to buy a house open a savings account, then look up some ideal places online and print them off so you can start to connect with their energy and send out a message to

the universe that this is what you really want in life.

Your 'action buddy' can help you make sure that you follow through with these plans.

Also, keep a notebook listing all the goals you want to accomplish and each night sketch out a heart with your name in it, drawing lines off the heart with a few of the things you will do the next day that are important in helping you move towards your dreams.

Five years may seem like a lifetime away, but it will be here before you know it. Don't let the days and months pass you by, get started today on your action plan for a brighter tomorrow.

TIP

If you are struggling to visualise your goals, sit down with a notepad and imagine that you are the best-selling author of a book called *Living Your Best Life Ever*.

Then, write down what chapter one would be about, followed by the contents of the second and third chapters. This should spark your imagination and help you begin visualising your future. ■

Meditate in nature to feel calm and present

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