



## **How to Identify Your Dream Stealers**

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## ***Identify Your Dream Stealers***

You might have made a vision board and you're super excited about reaching your goals! Woo Hoo!!

So, what's next? Do you just set back and let all these magical things fall in your lap?

Pretty soon nothing has changed. More often than not the vision board gets put in the closet (or garbage). ***It's gone but the desire for those things isn't!***

You *know* what you should do but you just can't get yourself to do it. There's a feeling of indecision, procrastination, and even fear.

***And...isn't it ironic that you need to have confrontational conversations with your Inner Critic?!***

You know...that voice in your head that asks you what the heck do you think you are doing?

The Inner Critic *insists* that you eat that chocolate-covered custard-filled long john (or the bag of potato chips) even though you *vowed* to stay on your diet. The Inner Critic that says who are you to talk or teach about \_\_\_\_\_.

*These urges and thoughts become your dream stealers.*

## **What are *Your* Dream Stealers?**

What are the things that you *feel* either externally or internally stop you from achieving your goals? What scares the bejeebers out of you or what keeps you awake at night?

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**What are your specific triggers that send all your best-laid thoughts and plan up in smoke?**

*One of mine used to be chocolate chips straight out of the bag.*

In order to create your dream life, you are going to have to find out what is getting in your way.

By recognizing what your Dream Stealers are you will become *aware* when one of them is talking to you.

**Sometimes you're not sure what you want.** *At those times it's easier to write down what you don't want.* (Write down what you are tired of struggling with within your life. Consider the topics of Health, Wealth, Wisdom, and, Fun.

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**Write down what you do want if you were to create your perfect life.**  
If you're going to have dream goals ... you might as well dream big!

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**Write down what your inner negative voice (your inner critic) says about your goals.**  
You're too young, old - not smart enough - not enough education...

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Make a commitment to yourself that no matter what - you're going to stay on track as long as it takes in order to reach your goals... *and btw goals do change throughout your life as you change.*

*Then consider if it's an External Dream Stealers - What are the things that you feel are outside of yourself that keep you from success? Your job, lack of a job, your education level, your boss, other people's opinions, your bank account balance, food, drugs, alcohol, tobacco?*

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*Internal - What are the internal signals that keep you stuck from moving towards your goal? Fear, procrastination, self-sabotage, lack of focus, I'm not good enough, I'm not smart enough?*

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***But, all of these Dream Stealing voices are coming from one source - your Inner Critic!***

It – your Inner Critic - *has picked up on what opinions, attitudes, and beliefs you have about things.* Then Inner Critic files them in its *fact* file.

Your Inner Critic reacts differently to perceived threats to *its* comfort zone.

Your Inner Critic causes procrastination, fear, and self-sabotage.

It can cause your feelings to range from, "I'll do it tomorrow", "I'm NOT calling that wholesaler because I'm afraid", and "WHAT DO YOU THINK YOU ARE DOING??!!" Your Inner Critic can actually cause physical symptoms. Sweating, butterflies in the belly, and (not funny)...diarrhea!

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*Something MUST be done to get your Inner Critic under control!*

Initially, your Inner Critic will immediately react with its own *feelings* to attempted changes and it will point out. "That's just a lie. Nothing ever works like that so don't be stupid for considering it."

*Poor brave Inner Critic is only trying to do its job, the job of keeping you in its comfort zone.*

*Don't be fooled by Inner Critic's attempts. Instead, focus on who you are being and how you are feeling.*

*Developing who you are being will take practice.* You weren't able to walk the first time you tried. Remember when you were learning to ride a bike? I'm sure you fell over more than a few times. *If you persist you will not fail in your quest to change your life.*

There is an old saying, "I fell off the wagon..."

**The reality is that you are not on the wagon of life. You ARE the wagon! Sometimes the wagon gets stuck in the mud when you make poor decisions or choices.**

You can then either decide to let the *wagon* sit there in defeat or ask yourself why the wagon got stuck in the first place. Brush yourself off and take different actions to avoid the *mud holes* in life.

After decades of arguing with myself, I developed a simple process that helps me to tame my Inner Critic.

By following this process I have created an online multi-year seven-figure retail business, lost 30 lbs, started running 5k races and half-marathons by being able to know

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and understand the feelings and emotions that Inner Critic throws at me when I push it outside of its comfort zone.

Here's an invitation to check out more of my transformational content at [I Create My Life Today](#)

Live intentionally,

Janna Lynn Skroch

Founder of I Create My Life Today™



Put the pieces in place to create a Happy, Healthy, Wealthy, and Wise life.