



from Suzanne Devereux - BelieveInYourDreams.net



Tapping in to Inner Guidance & Working with the Law of Attraction

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Are you "stuck" in an area of your life?

I offer one-on-one coaching to support you as you're creating a life you really want to LIVE.

For more information, please see the "Coaching" pages

on my website by [clicking here.](#)

Changing the "buts"

Most of us hold ourselves back with one tiny word: *but*. We squash our dreams and desires with *buts*. "I want to take dance lessons *but...*" or "I want to travel to Europe *but...*" or "<insert your dream here> *but...*"

I would like to suggest that you (and me, and everyone) notice the "buts" and replace them with a step that you could take toward your dream. Try saying to yourself, "*and I'm going to take this step...*" You will change the focus from a "but" that holds you back to a positive, forward momentum. "*And I'm going to...*" allows your brain to go into creative idea mode.

For example, say to yourself, "I want to travel to Europe, *and I'm going to take this step...*" What step could you take? Start a savings account to pay for the trip? Get a guidebook and language cds from the library? Book the airline ticket? You might even want to start a list of the positive steps you come up with, then choose one to start on right away.

Just being aware of how you allow *buts* to rule your life can free you up to take forward steps toward your dreams.

Putting it into Practice **Catching your "buts"**

For a week, try becoming aware of when you are saying "but (I can't)" to yourself, and change it to "*and I'm going to...*" Stick up little notes as reminders to eliminate the restrictions you place on yourself and instead to allow your mind to think creatively of how you can advance toward your dreams.

For suggestions of books, dvds and websites to support you in your journey, please visit my [Resources Page](#).

My website: [Believe in your Dreams.net](#)

MySpace page: [AwarenessInside](#)

Or show this article to a friend, and agree to help each other for the next week (or month, or from now on) to eliminate the "buts" that restrict you and to think only of positive steps forward.

Once you become supportive of your own dreams, this awareness can affect every area of your life.

HayHouse Publishers and HayHouse Radio are sponsoring some great online events this summer, including a program on "The Four Agreements" and Cheryl Richardson's "The Art of Extreme Self-Care." You can check out their lineup here:



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