

BRINGING YOUR DREAMS INTO REALITY HOW YOUR BRAIN CAN HELP

FREE WEBINAR



Ursula

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1. **Balance Dreaming and Doing:** It's important to find a balance between dreaming (default mode network) and taking action (task-positive network). This balance helps prevent burnout and ensures that you can both envision possibilities and execute plans effectively.
2. **Use Journaling Prompts:** Utilize journaling prompts to identify and reflect on the challenges you face in dreaming and taking action. Consider how factors like stress, trauma, environment, and limiting beliefs might be affecting you.
3. **Understand Your Brain:** Learn about the neuroscience behind your brain's functioning. Understanding the roles of the default mode network and the task-positive network can help you better manage your mental states and activities.
4. **Engage in Experiential Exercises:** Participate in exercises that help you physically and mentally shift between dreaming and doing. This can help you become more adept at switching modes as needed.
5. **Develop Personal Strategies:** Reflect on and develop personal strategies for accessing your dream network and taking action. This includes maintaining an optimal level of stimulation for your brain function.
6. **Homework Assignment:** Take the time to develop strategies for balancing dreaming and doing, adjusting your priorities, and managing your stimulation levels effectively.

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