

# Your Delicious Life

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cook up the life of your dreams

## BITE SIZE STEPS

by Alison Nancye ©

Sometimes the enormity of your dreams can seem unobtainable if you allow yourself to be overwhelmed by your ultimate goal. But if you create bite size action steps along the way, you will find your overall goal becomes a lot more enjoyable and manageable to create.

Use this life-recipe in any area of your life to help you achieve your goals and create your dreams come true.

### COOKING TIME

30 – 40 minutes

### INGREDIENTS

- ✓ Notebook & Pen
- ✓ Quiet space
- ✓ Imagination

### COOK'S TIP

Sometimes it's easier to take bite size steps whilst having a coach, mentor, friend or colleague leading and supporting you on your journey. Don't feel you have to do this all on your own, enlist the support of others when you need it most.

### PREPARATION

- 1 Get comfy in the kitchen or quiet spot generally – and turn off that mobile phone!
- 2 Choose a theme or goal you would like to work on eg creating a new job, or discovering ways to relax and take it easy more.
- 3 Now turn that goal in to a choice starting with 'I choose' eg 'I choose to create a new job I love', or 'I choose to relax and chill out more on a regular basis'.

**Take one bite size step at a time**  
**to create your dreams come true!**

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## I N S T R U C T I O N S

### COOKING UP BITE SIZE STEPS TO SUCCESS

- 1 On a fresh page in your notebook write your choice at the top of the page and today's date. Underneath your choice, write the word 'vision'.
- 2 Close your eyes and take a few deep breaths in and out. Let yourself become more relaxed with each new breath. Allow any thoughts or feelings to arise. Toss the thoughts out with each new breath.

### turn on your imagination oven

- 3 Imagine you are in a picture of nature anywhere in the world. Explore and enjoy being there. Imagine you can smell, taste and touch the nature all around you.
- 4 Imagine you are a child now in that picture of nature. Have fun being a child again.
- 5 Imagine looking up and seeing a clear blue sky. Imagine the vision of your choice or goal appearing before your (closed) eyes. Allow it to play out as long as you like. Enjoy feeling what that would be like to receive and live that life every day. Take everything in.
- 6 Now open your eyes, and write everything you noticed. Don't stop, don't analyse, just write. Some images and insights will be quite literal, whilst others may be a symbol for something more. Keep writing until you feel complete.

### reality check

- 7 Write the words 'current reality' on your page now.
- 8 Close your eyes again and take yourself back to that picture of nature from earlier. Become a child again in that picture of nature.
- 9 Imagine looking up to the sky and this time noticing a grey cloud appearing. The grey cloud is holding your current reality on it, where you are right now in relation to the vision of your choice or goal. It may be a literal image or a metaphor suggesting any blocks or obstacles.
- 10 Take everything in and when you have a sense of what your current reality is, open your eyes and write in on your page.
- 11 Ask yourself what that image or insight means to you. Don't over analyse it, simply accept and acknowledge it and allow yourself to move on from it.

### one bite at a time

- 12 Now write the words 'bridge'.
- 13 Close your eyes and become a child in your picture of nature again. Imagine looking up and seeing your gorgeous blue sky from before. Reconnect with the vision for your choice.
- 14 Now reconnect with the grey cloud from earlier for a moment, your current reality in relation to this choice and now choose to let it go. Let it drift off somewhere in the sky. As it does, a bridge appears, which has your next steps or action to take, to lead you closer to the vision of your choice.

- 15** Choose to receive your bridge now and when you feel complete, open your eyes and write what happened.
- 16** What does your bridge mean? Is it specific like getting out the newspaper on Saturday and checking out the jobs relating to your career dreams? Or is it a metaphor that needs further interpreting such as a new way of behaving eg 'believing' your goal is obtainable, that you are good enough already to have it? Whatever insights you received, keep interpreting them until it 'feels right' intuitively, to give you action to take.
- 17** Make a note of the bite size steps you are going to take, then TAKE THEM. Some steps may feel more comfortable than others. Just keep asking yourself if it 'feels' right in your gut and in your heart, and if it does go for it, try new things.
- 18** With each action step complete, go back to the beginning of this life-recipe and work on a new goal or perhaps this one again to discover your next bite size steps and so forth.
- 19** Before you know it your everyday reality will be as a result of the dreams you cooked up in this life-recipe.