

BUT FIRST,
dream
BIGGER

*How to Unlock Your Potential and Find
Your True Calling in 21 Days*



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Contents

Preface

Introduction

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Acknowledgements

Testimonials

Offerings and Resources

Affiliates and Product Suggestions

About the author

You Are Here to Dream Bigger

Day 1

But First, Dream Bigger

21 days to your true calling

I first decided I wanted to work online from home in Hawaii when I was 16 years old. The Internet entrepreneur was barely even a thing, social media did not exist, and I had no idea how I was going to make this dream my reality.

I simply knew that I wanted to be able to stay home with my kids while also having a career. I was always so grateful that my mother was home when I got home from school, and I wanted the same for my kids. I had no idea what that meant or what career I could have, but anything and everything felt possible. I was setting myself up to thrive on what would be the future of work in the online space.

I always knew I was meant to do something creative that I loved.

Fast forward to today, and I am all about the laptop lifestyle. Honestly, I've been working online from home for so long, since 2011, I couldn't even imagine returning to an office. It was my dream to move back home to Maui and work online, and if I can create my dream life, then you can too. There is no limit to what you can achieve, and it can be done using the skills and knowledge you already have.

Especially after 2020, working from home and online is no longer seen as a “utopian” idea by most people. It is the current state of the world; thank you, Internet. There has never been another time like this, and your time is NOW. Take this opportunity, and create the life you want doing the work that LIGHTS you up!

If you could take action on any dream, what would you do? What would you create? Where would you go? Who would you go there with?

But First, Dream Bigger

Exercise

When I think about dreaming bigger, the word “audacious” comes to mind. It’s the grand, out-of-this-world dream that you can hardly imagine coming true. While audacious dreams are exciting, remember that dreams are made on the other side of taking daily aligned action. I think many of us believe that dreams will come true without little action. Don’t get me wrong. Miracles are real; we see them every day. But in most cases, making your dreams a reality requires you to first believe in them and then take daily action. The action will always be one you can take, and this book is meant to guide you toward bridging the gap between where you are now and where you want to go. You can use this guide for as many dreams as you wish. To begin, I recommend starting simple with a dream you really identify with. Then, as the smaller dreams start to take shape, go with bigger and bigger ones. Each manifestation will prove that you have the power to create anything you want in your mind.

To help you connect to the dream you will create in the next 21 days, I want to share a simple exercise to get started. Have you ever heard of a brain dump? It is the practice of getting out a piece of paper and writing down everything that comes to mind. I usually do this with coaching clients when they have many ideas and need help figuring out which one to move forward on. While it works for airing out your thoughts, it also helps to narrow a list down to your dreams.

Most of us have more than one dream to bring to life. Our plans range from wanting to start a business to learning how to make pasta from scratch to dreaming of flying a plane. Learning to fly a plane is one of my husband's biggest dreams so that we can easily travel interisland. I can't wait for this one to manifest.

Each one of your dreams is just as important as the rest. However, we often get so overwhelmed by which dream to take action on first that we never move forward with them. That is why getting all your dreams, no matter the category, out of your head and down on paper is essential.

I invite you to get your favorite journal or a piece of paper and dream dump your ideas. Before you say you don't know what to write or only have one, I encourage you to clear your mind briefly.

Find a quiet spot outside or somewhere in your home and sit still. Allow yourself to calm your breath. Be aware of the sounds around you and pay attention to the thoughts coming to mind. Try not to judge them if they seem all over the place. It's okay to think about what you want to make for dinner or that phone call you need to make that you've been putting off; pay attention to the thoughts that are naturally coming to you.

After sitting quietly for three to five minutes, I will give you a simple journal prompt.

If I could have any of my dreams come true without anything getting in the way, what would they be?

You should make a list of 21 dreams, big and small. If you end up with more, great, and if you can't make it to 21, don't force yourself. Just make sure you have something to work with.

Now that you have your list, circle the top ten dreams you want to bring to life in the next 21 days. From the ten dreams, put a star next to the top five dreams. Then look at the five dreams and honestly ask yourself which goal you can start taking action on in the next 21 days without putting anything in the way.

Which dream stuck out to you most? Write that one down again in your journal or on a piece of paper. This is the dream you are going to focus on. Before you start questioning whether this is the right dream, I want to remind you that your initial feeling is intuition.

Now that you have selected your dream, we will run it through a filter. I like to refer to it as your soul-led filter. This will help you connect your vision back to yourself and the skills you already have to bring this dream to life. In addition, it will provide you with the path you need to take and confirm that this dream is the right one for you to take action on in the next 21 days.

Dream Outside the Box

Day 1 Journal Prompts

Make space for your dreams today and watch as they unfold.

Somewhere along the way, we stopped dreaming bigger. We settled with what we had and stopped believing in magic. But that time has come to an end. It is time to Dream BIGGER again.

What dream did you put on the back burner?

What inspired idea has been tapping you on the shoulder?

What aligned action can you take today?

What simple step is right in front of you?

What Is Your Soul Calling You to Do?

Day 2

Uncover Your Soul Calling

Do you know who your soul is calling you to be?

I often wonder why I started my spiritual-awakening journey so late in life. I lost both of my parents in my mid-20s, two years apart, and one would think this would catapult me into spirituality. But it didn't. At the time, I was focused on graduating from college and starting my career. Looking back, it was almost like I pushed grieving aside to stay on track. I numbed myself with my ambition and just powered through.

It wasn't until after I had my daughter, at the age of 30, that I started to feel that change. After that, I started to feel like something was shifting in me, and I was experimenting with all of the endless possibilities.

In 2017, this chapter of my life went from dreamy fun and experimenting to stuck, lost, confused, and this unsettled feeling of longing. I started to feel very clearly that I was supposed to be doing something, but I wasn't doing it.

The problem was I needed help figuring out what this something was. Do you ever feel like that? Do you feel like that now?

I feel embarrassed sharing this because, with all the time I spent dreaming up ideas, I could have just taken action on at least one, like my husband

suggested, but I just couldn't.

I started to feel like something was wrong with me. So I went to see a therapist for the first time. I thought talking to someone who didn't know me personally would help. I felt a neutral perspective would give me greater insight into the answers I so desperately sought.

Therapy was the most-awkward experience for me, and I remember during my first session asking how it was all supposed to work, which I'm guessing the therapist hears a lot.

The first few sessions were helpful. I started to see where I was holding onto things from my past that kept me in a loop. I began to understand how I persevere through things without giving myself a break.

The biggest realization was that I valued hard work and the hustle mentality over rest, relaxation, and giving back to myself, a.k.a. self-care and self-love.

I thought because I was working online from home in tech while helping clients build their dreams in my side hustle business, I had a work-life balance figured out. But what I had was the complete opposite. I was working, working, working without giving myself time and space to relax.

And that's when I had the most significant realization: I could never move forward with any of my ideas because I was not giving them time and space to breathe and to allow them to flourish.

It was almost like I was planting the seed, and as the sprout started to emerge from the soil, instead of watering it, I was giving the water to my laptop, clients, friends, and family, and I was completely neglecting myself and my idea. So the idea would die, and then a new one would form, but the cycle would repeat itself.

It may seem obvious, or this gives you some realization about your ideas and dreams. But it was an important breakthrough for me to realize that I had to give them the honored attention they deserved for my ideas to grow.

I needed to create space and time for them, which meant I needed to give myself time and space and take a pause from anything else that was getting in the way or distracting me.

I know this can be easier said than done, as we live in a world where constant distractions are pulling us in every other direction. But it is necessary. We must create the space—something I like to refer to as sacred space—every single day to focus on our ideas to help make them a reality.

In this book, I will guide you through creating this space so that you can find clarity, pick your one idea, and start taking daily aligned action on it to bring your dream to life.

One particular therapy session was incredibly enlightening for me. When I told my therapist about all my ideas and that I couldn't seem to bring anything to life or move past the beginning stage, she asked me a straightforward question: "When was the last time you took time off?"

I stopped for a moment because working online from home and traveling, I never really felt like I needed to take time off. I felt like I had this beautiful work-life balance that allowed me so much space and time. The problem was I was not taking this space and time. In all available moments, if I was not working, I cared for my daughter. If I was not caring for my daughter, I was running my side business with my husband. If I was not doing that, I was working.

There was no space. I was not creating space. I was using all available space to work and constantly stay busy. While the hustle mentality is celebrated in the United States, there is a better way. A way that allows you to give back to yourself, to others and your work, and is called flow.

Flow allows you to create that sacred space, taking daily aligned action to give back to yourself and others. But it has to be intentional. It has to be honored, respected, and encouraged. You cannot neglect this flow—sacred space—you need to focus on it. And when you do this, things will start to fall into place.

After thinking, I finally responded to my therapist, “Well, I took time off to get married, and I took time off to have a baby. But that wasn’t really time off.”

She said, “Right. When was the last time you took time off to have fun?”

I paused again and replied, “Well, we went to New Zealand as a family, and it was really fun, but I wouldn’t say it was relaxing. We road-tripped around the North island the entire trip, went surfing, stayed with friends, and were in constant motion. I usually take a few days off when I travel for work or for our business to enjoy the city we are in, but it is not strictly for fun because it’s ultimately a work trip.”

She looked at me peacefully and said, “What about taking time off just for you to recharge and refresh?”

I almost fell off my chair. Do people do that? I thought. It was such a strange and foreign concept to me.

At this point, you are most likely in two camps: You can either totally relate, as you have never taken time off to rest either, or you think I am absolutely nuts, as self-care is a consistent part of your life. If you are in the first camp, this book will help you create the space and infuse more self-care and rest into your life. It will also allow you to amplify your efforts using what I call work and woo modes. More on that later.

But if you are already taking time for yourself, this book will help you elevate this process even more and work with your current routine. If you are in the second camp, let me just say I admire your respect for rest.

I finally replied, “I’ve never really taken time off to rest.”

“Nadia!” she replied, almost as stunned as I was that people rest. “You will not be able to bring your ideas to life if you are not taking time off to rest and give back to yourself. This is why you are stuck and unable to move forward. There is nowhere for your ideas to living, breathe, and come alive.”

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