

Be The New Human!

Cross The Threshold: 7-Steps To Create Your Ideal Lifestyle

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If you have found your way here, know you are in the right place. Dreams really do come true. Yet, they must start with YOU.

In this guide, you will learn **7 Steps To Create Your Ideal Lifestyle** which can open doors for you as you start living as The New Human - one who consciously chooses to co-create their reality as one with the Divine.

This practical, yet inspirational how-to guide, shows steps to take, to make those dreams of your heart, your tangible life experience by using the divinely given tools inside you.

In this guide, you will discover how to focus on creating your:

Vision - You must have a crystal clear knowing of what is in your heart and soul

Relationships - You must attract people with whom to share your life vision

Energy - You must build positive momentum so your dreams become reality

The information is simple, not new, but powerful. If you put at least one of these 7 steps into practice, your life is going to improve. This is a great way to start a new year or cycle of change. Start with where you are then cross the threshold towards your ideal life.

Much more is waiting for you when you go within and dream yourself awake.

With heart,

Holly Shantara

P.S. After you read this free guide, if you are inspired to take another step with your personal or business leadership, go to HollyShantara.com to schedule your 20-Minute Complimentary Consultation.

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*"God gave us the gift of life;
it is up to us to give ourselves the gift of living well."
~Voltaire*

Shortcut: **7-Steps To Create Your Ideal Lifestyle**

1. Write your visions down
2. Use all your senses when imagining
3. Make a collage or vision board
4. Take action on your dreams
5. Build momentum by repeating your visions
6. Get out of your own way
7. Acknowledge your victories

You are invited to "Cross The Threshold" to creating your ideal lifestyle. To open up your energy potential, and activate The New Human within.

The New Human incorporates but is not limited to the 5 senses. A New Human has sixth sense - intuition, empathic abilities and talents to influence life. They live life using what some call "Super Powers." What are these Super Powers? They are the organic supernatural innate gifts, talents and abilities that influence a life of fulfillment, purpose and greater experience. They involve intuition, imagination and creativity.

In this free guide, **7-Steps To Create Your Ideal Lifestyle**, we will touch on key information you might have heard before. In fact, you already know some of these Universal Laws. It is good if you do. It means you are aware of using your gifts for the greater good in your life.

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Part of my "Super Powers" is to be intuitive and to use that ability to coach you to becoming all you were meant to be. If I can inspire you, then you will want to reach for your dreams. I hope to do so. Thank you for receiving this gift. I assure you there is much more. Yet, we must start somewhere. So, It is here that we will begin.

What is meant by lifestyle? It is the way in which you live your life based on how you choose to experience your life.

Why is lifestyle important? Because it is your groove - your shtick - Your bag - Your reality. It is the world you have made for yourself.

The question is: Is it working, or not?

If it is, great! Keep going. If not, then it is time to change things up.

Your lifestyle is not limited to the recreational aspects of your life. It can also include your business, your relationships, your environment and your spiritual life. Ideally, your lifestyle is congruent with who you are in your most authentic self. This is the crux of the work I do - helping you align your life to the True You.

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This 7-Steps guide is a journey. Like any journey, it is good to begin by reviewing where you are compared to where you want to be. I will start with a few self reflective questions to guide your discovery. What in your life is already working and what needs to change? Just respond with the first thought that comes into your head. Listen to your own answers. Are your answers enthusiastic and empowering? Or, downtrodden and disconnected? Maybe somewhere in between? Let's dive deeper.

How Do You Experience Life?

- Do you enjoy your own company? Or, prefer the company of others?
- Does your life reflect the qualities, values and desires of your heart?
- Are you happy? Is happiness a priority?
- Do you feel like you are on track with your goals and dreams?
- Are you fulfilled?
- Are you doing what you love and loving what you do?
- Or, is something missing?

That uncomfortable feeling of "something missing" can be a good sign, that you are in need of a shift. Sometimes, it is just a change in perspective. Or, a new experience that is needed. Either way, know that change is just around the corner. Embrace the "missing" feeling if you will. Because if you don't, you can't progress. All life goes through evolution. It may be time to **"Level Up!"**

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You have arrived. You are here. And, I am here to welcome you! **If you don't know me by now, I am Holly Shantara, a guide on the journey of life, here to help you transform your life, leadership & legacy. I am in the business of making dreams come true and have been doing so for a very long time. It is my Divine Commission to connect you with YOU!**

If you are reading this, you may be one who likes to feel in charge of creating your own reality. You may desire to make a difference in your own unique and significant way. You might even be interested in inspiring, motivating and empowering yourself and others to live life outside of the "box." Dreams are likely to be important to you, both in your personal and business life and when you make them happen for you and your people, you feel great. When you don't, it can really get "under your skin."

I assure you that you are more than you think you are. To make the best use of your "Super Powers" (your talents, gifts and abilities) you must rise and acknowledge that you are part of **The New Humanity** - those that are tapped into a greater Source and have chosen to lead from inspiration, heart and soul. Usually sensitive to energy, empathic and intuitive, they desire to live on purpose and make a difference. New Humans are attracted to consciously creating their reality and being master of their destiny. They are often independent-minded entrepreneurial leaders in their field. Those are just a few of the components.) Can you relate to this New Human in you?

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I will show you how to awaken further to **The New Human** within and create a lifestyle that matches your true authentic self. By opening the doors to your dreams and guiding you to become the co-creator with the Divine that you were meant to be, you will achieve more clarity, courage and confidence to move forward in your life. It is your Divine destiny to do so. You are needed. It is time to do your dream.

What do you need to be ready? Show up and take a step forward in the direction of your dreams.

If you are reading this, there is a Visionary in you - One who sees and embraces the possibilities of life and makes them happen by paying attention to the subtle and not so subtle messages that life gives you.

Let's continue "Crossing the Threshold" to your ideal lifestyle by talking about vision. Your vision.



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Create The Vision To Build Your Dreams

"Imagination is more powerful than knowledge."

~ Albert Einstein

Vision to create is a Universal principle that is often overlooked and minimized in importance.

Ironically, most people don't think so much about vision and yet we use it every day. In fact, every physical item around you has been imagined first, before it came into form. Think about this very important piece of information. All items you see around you were created from an idea, visualized, and then made.

The chair, your computer, your phone. Your house, car, and bath soap. EVERYTHING was ideated, visualized and then created.

We too are made in the likeness and image of our Creator, as it is written. So, why would we not use this very valuable and important skill set of conscious visioning? Just because we take it for granted perhaps?

Starting with a vision is such a necessary step for seeing the successful unfoldment of your plans and the fulfillment of dreams.

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All successful entrepreneurs, leaders, athletes, actors, engineers and writers **hold to a vision** of what is possible in order to keep themselves on track and serve their clients, followers and fans.

For example, if you are an architect, you will want to know the vision your clients have of their new structure, so that you can help their dream to be fulfilled. If you work in a restaurant, your customers will look at the menu to see what they want to order, and will expect you to help deliver their vision to them in the form of a meal. To run a country, the vision must be aligned with the people.

No matter what profession you are in, you are going to be a part of fulfilling a need. And, it will take vision to fill that need and bring it into form. **By making the vision happen, you can find ways to take the action, which will manifest the results.**

Being The New Human means you **consciously use the meta-physical tool of focusing your imagination into your everyday life.** This becomes a valuable process for designing, creating, building and living your ideal lifestyle. Whether you're ideal lifestyle includes living in a house of your dreams, or having your dream career or relationship, you will be envisioning first, in order to make your dream, your reality.

Tip: It is best to create a vision of what you want your ideal lifestyle to be, before you start to build.

Sounds simple, but many people overlook this important point.

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If you go into building a structure with a blind eye i.e. no vision, and just have a go at it, you'll quickly learn that it's more work than you anticipated, and your structure might fail. You will likely experience compromised results. But, if you design it in your mind ahead of time, your success potential is going to improve.

You can be spontaneous in your pursuits, and sort of "wing it" and go with the flow, which has its own merit, yet you might be spinning your wheels and wasting a lot of time and money in the process. Imagining ahead of time is using "success consciousness."

You, **The New Human**, on your path of realizing your goals, will often add to, delete or refine the original vision as you experience your dream being fulfilled. Just remember, a key element to **your future success** has to do with having a vision at the start. I will elaborate further.

If you needed to make a move from your home, but you didn't know where to go, how would that make you feel?

Yet, if you took the time to visualize what kind of place you wanted, and where you wanted to live next, you would most likely align your focus to finding a new home that matches your vision.

By getting the vision first, you will feel hopeful, empowered and confident, especially when your vision becomes your reality.

The wise rule of the jungle says: **"Never let go of a vine before you've got the next one in sight."** It takes vision to see where you are going. If you don't know where you are going, you will end up where you are headed.

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Look up. Look within. Look out. Then, look forward.

What Is Your Vision?

What are you "seeing" in your future? What are you thinking about when creating a goal and building your new lifestyle? How do you imagine your life? What do you think is possible for you to achieve?

I encourage you to take the limits off what you think is possible and cross that threshold into the world of limitless possibilities! Day dream, night dream, take power naps, visualize, imagine. Think about the life you want to create.

Accept yourself and the responsibility that comes from being The New Human. Then take a step forward into the future.

Some "Thinking Forward" Questions To Ask Yourself:

- Ideally, what kind of business would I want to create? Or, how would I like to change my current business?
- Do I want to work for myself or for another?
- Would I like to realize a financial goal that previously seemed unattainable?
- Do I envision myself having a more joy-filled life?
- Do I want a spiritual or soul-based vision like contributing to world peace or helping to conserve a diminishing resource?
- What is my vision really about making a difference in the world?
- What about my relationship goals?
- Where do I want to be in my health and fitness?

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Stretch your mind and heart into your visions by thinking expansively.

- If you could not fail, what could you do?
- How would you live and with whom would you create?
- What are you creating with your vision?
- How are you changing your life from what it is now?
- If you had Super Powers what would they be and why?
- How are you leveling up in your life to be The New Human?

Change it up. Be bold. Be daring. Have courage. The only limit to your imagination is the one you place. If you are having a hard time with this exercise, it may be that you have beliefs or commitments holding you back. Give yourself permission to dream anyway. Just to see what comes up for you. You can deal with the reality later. For now, just let your imagination go and **feel into what is real.**

Next to do is **place yourself inside your vision.** Think as your best version of Self within the scenario you are creating. Live your vision!

A vision ideally is a full sensory experience complete with movement, color, sound and emotion.

Like watching a movie, you are going to have feelings about what you see. Pay attention to what you **feel when you visualize.** Upon viewing your vision, if it evokes powerful and positive feelings, pay attention! You are on the right track.

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Keep going with visualizing and feeling. Imagine yourself LIVING the scenario of your dreams. Breathe it in and feel it all the way through. Try it on, like a brand new outfit. How does it “suit” you?

Note: the more energy you pour into your vision, the greater the potential for powerful results. Give it your life force. Fan the flames of your dreams. **Be The New Human** creating a life you love. As you do so, you cannot help but be a blessing to others.

Whether yours is a personal or professional goal, or a complete all encompassing lifestyle change, remember to **create the vision FIRST to build your dreams.**

Now we have stimulated the foundation of bringing your dream to life with a vision! Next, here are the **7 Key Steps** to help refine your vision and start you on the path to creating your dream of your ideal lifestyle:

Step 1: Write Your Visions Down

Writing down your vision anchors it in the physical dimension. Meaning, it makes it real. You take it out of the idea realm and begin to make it tangible for the human experience.

To keep the vision stimulated as you write, frequently ask yourself, **“In a perfect Universe, what is my ideal life?”** This helps you get out of your way if you start to hit those limiting belief systems. If you hear yourself saying, “yeah, but...” then you know you need to keep asking yourself that question! I am not asking you to think about what is possible. I am asking you to think what is ideal in a perfect universe! Okay? Okay.

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Write down your vision of how you see "it." Get specific. The more detailed you are, the more **alive** it becomes.

Here Are Some Ideal Lifestyle Visualization Questions For You To Write And Then Answer:

- **Would you work leisurely for yourself as a solopreneur at home? Or, at a lovely office with amazingly helpful coworkers?** Remember you can change it up. It is your vision after all. Make it your own. These are just examples to get those lifestyle "imagination wheels" turning.
- **Would you shine as a leader in your field or handle the backend as a silent partner at your ideal firm?**
- **Would you have fame, fortune and luxury or live simply and happily in your Zen community? Or both?**
- **Would you live in a bright and palatial penthouse in a high rise in the city or with your organic garden and sustainable lifestyle in your dome home in the country?**
- **Would you be happily married with kids or living it up being single and exploring new dating options?**
- **Would you arise to greet the morning with meditation and journaling or to a stimulating and enjoyable exercise routine?** It can be both.
- **Would you dedicate your weekends to leisure time with friends and family or to volunteering for your favorite cause or charity?**

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- **Would you finally be making that trip to a far away land? Or, are you hiking and biking with new people in your new town?**
- **Would you bring your old wardrobe to life with a shopping spree at your favorite store or have your clothes designed especially for you?**
- **What is your new story?**

By writing the new "story" of your ideal lifestyle, as if you are living your dream now, you are one step closer to doing so.

Note: If you are not a writer, then speak it into a recording device for you to listen to later.

It could sound something like, "I, _____ (fill in with your name) am unique and brilliant and valuable to my Universe. I am a successful owner of a business that makes a difference in the lives of others. I live in a mansion on a hill overlooking a lovely valley. My family and friends are with me often. Every day I create new and amazing ways to live life and be happy."

Or, " I, _____(your name) have met my ideal partner, and we are happily married and a great example of a healthy relationship. We complement each other instead of compromise each other. We are a team and the best of friends. Our love and companionship grows stronger every day. I am grateful for the person I am becoming through this union."

You are probably getting the gist by now.

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Let the spirit of the moment take you and move you and the visions along as you write or record them. Have fun and enjoy the process! As you do, you are writing the new script for your life.

Step 2: Use All Your Senses When Imagining

Remember to pay attention to how your vision feels. This is key!

Tip: If it excites you and delights you, then there is something within your vision meant for you to pay attention too.

Let your senses be your guide.

Make sure you are including not only visual awareness, but auditory, olfactory and kinesthetic sensing.

Sensory Examples:

- Is your ideal house a haven of **soft** textiles?
- Is your high-rise penthouse surrounded in **cool** glass and metal?
- Does the **aroma** of the local coffee shop wake you up in the morning?
- Can you smell the sweet **scent** of morning dew on your freshly mowed lawn?
- Does a beautiful sunrise **peek** through your office window each morning?
- Have you an ocean **view** from your kitchen?
- Can you **hear** birds singing with your daily walk in nature?
- Are you elevated from the sound of your fans **cheering** you?

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Did you notice that the "vision" in those questions had sound, smell, sight and touch too? Your vision can be multi-sensory. The more senses you add to your vision the more alive it becomes.

A New Human Secret Here: Use and develop your 6th sense and intuition to boost your visions and activate your Super Conscious Self for greater results. This is woven within the work I do, So, if it speaks to you, stay tuned! More to come.

Step 3: Make A Vision Board

"Cherish your visions and your dreams for they are the children of your soul and the blueprint of your accomplishments."

~ Napoleon Hill

A "Vision Board," dream board, or collage, is really a compilation of images and words that bring your dreams out of your head and into reality. Plus, your inner child will love this process.

The benefit for creating a vision board is that you find yourself attracted to images and words which can grow your vision better than you originally conceived. This is because your subconscious mind is being activated and stimulated to bring out your hidden desires.

We only know what we know. We don't know what we don't know. But, our consciousness is vast. Part of being The New Human and activating your Super Powers is being able to consciously navigate into different realms of consciousness to access new information, tools and abilities to grow you beyond the known into the world of possibilities. One way to do this is through the exploration of vision, dreams and imagination.

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Not everyone is gifted with a colorful imagination. What a vision board does, is pull things out of your psyche that you may not even be consciously aware of thinking. It is a fabulous tool.

Examples Of Vision Boards:

*"In order to carry a positive action
we must develop a positive vision."
~ Dalai Lama*

- **New Home** - If you always wanted to live in the country (but you live in the city), create a collage of images that contain all the qualities you want in your new home or on the land you'd love to live upon.
- **Career Shift** - If you want to be an entrepreneur, or have always worked corporate and want to open your own business, choose images and phrases that reflect your new and ideal career.
- **Healthy Body** - If you desire to improve your health in any way, this is an excellent process to help you see where you want to go. Often times it is far too easy to notice the problem, not the solution. With a vision board, you can focus on the results you want to achieve. This starts training your brain, to see where you are going, which will help bring you to your destination sooner than later.

These are just a few examples of what kinds of vision boards you can make. It is up to you to get clear on your dreams and

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match the images that represent the real You - your awesome, connected, authentic, thriving self.

Creating a vision board is extremely powerful messaging to your subconscious that **you are making your dream, your new reality.**

In addition, a vision board helps you clarify and visualize your ideal lifestyle further. Remember, your lifestyle includes ALL aspects of your life.

How To Make A Vision Board:

- Materials Needed:
- Any type of canvas
- Collected images and words
- Exacto knife
- Scissors
- Clear glue, glue stick or spray adhesive
- Rubber roller or rolling pin for smoothing

To begin, get your platform - Your canvas for making your "dream" collage. I tend to like poster size foam board as it is sturdy yet lightweight. But, you can gather any kind of paper, cardboard or even a scrapbook journal.

Once you have your canvas, start gathering photos, clippings, words and other images. You can collect these images from magazines you have lying around or find magazines and picture books at thrifts shops, garage sales and libraries. (They often will sell or give away their outdated periodicals.) The process of searching for materials becomes like a treasure hunt right from the beginning, and your subconscious will want to engage.

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As you leaf through the pages, notice the images which randomly catch your attention, especially around the subject matter of your dream collage.

Then start tearing or cutting out the images. Look for nice background images as well, as you will be placing the most noticeable images on this area to fill up the blank space. I like to go through a National Geographic and find beautiful landscape images to use as my background.

For instance, if you found a landscape image of an island and you want to live the island life, tear it out and then find similar images. Use them as the base images for your vision board, filling up the total background.

As you gather your pieces, from your magazines, put them aside for sorting later. Take your time leafing through and when you have had your fill of looking, go on to the next task.

Now that you have your loose images and your background images have been placed, you can start trimming and placing your largest to smallest images.

That being said, **watch for “playing small”** and really use the space well. This is your ideal life we are talking about here. Really honor yourself and make sure your images match what you are wanting to create, not necessarily where you think you are. That is a whole different exercise with a completely different intention and result.

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The intention of THIS vision, dream collage board is to bring yourself beyond where you are, into where you want to be - creating your ideal lifestyle.

After your images have been placed and your design is pretty clear, start glueing them down. Ideally, a clear glue and a roller for smoothing, is ideal. You can use a spray glue too. Just be careful about keeping the glue light as it dries easier and has less of a warping effect on the images.

Trust yourself when you feel like you want to stop. There is usually a reason. You can always come back to it later.

Keep it fun. Keep it light. Watch your dreams come to life right on the board. Don't try so much as have fun and then assess after. I learned this writing my book - just write, edit later. If you edit as you go, you will arrest the creative flow.

With a dream board, you can always add or change content and bring your vision to life as you get clearer on what you want to create and as you are sorting your images on the board.

You can also include in your vision board, images of people who represent the qualities you'd like to **experience** in a person or within your relationships. Ideally a type or person or people that will share in your lifestyle.

Examples Of Relationship Vision Boards:

"Life is so much better with two."

~ Winnie The Pooh

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- If you are single and want to create a life with a significant other, put images into your collage of couples enjoying themselves. Having dinner together, perhaps with candle-light on a tropical terrace in Hawaii. (This worked for me!!!) Add images of made up phrases that you would say to each other.
- If you want that love of your life to walk through your door, place images that convey the qualities you seek in a partner and/or pictures of couples engaging in ways that match your ideal vision. Add words, that reflect your desires.
- If you want to create a happier family life, add images of families delighting in experiences together. Walking in parks and laughter at a picnic. Or, camping and hiking in an area like the Swiss Alps. You can add your own photos too of great times you have already spent with your family. By focusing on the positives you will bring more of those situations to you.
- Want a business partner or a team? Pick images and words that reflect those qualities you want to share most in your professional relationships.

By adding relationships to your vision of an ideal lifestyle you are adding life. Relationships bring life to the mundane.

Tip: Design your people into your vision board but don't forget yourself in there! Make absolutely sure you have images in your dream collage that represent you.

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Your first and primary relationship is with yourself. It is easy, when focusing on relationship creation, to let others be the focal point. Yet, too often you can leave yourself out of the mix. As a result, you will attract a lifestyle that is completely focused on others and then you will have to rebalance from that later.

By connecting with your own authentic self first, you will be able to more easily connect to the truth of what you are wanting to create in your ideal lifestyle relationship space.

It's great to have a new car for yourself but at some point you may want to take someone for a ride. Same with your new house or the way you want to make a difference in the lives of others. People add life. Animals and plants do too! And, so do you!

Step 4: Take Actions On Your Visions

"Action is the foundational key to all success."

~ Pablo Picasso

Once your vision board is complete, you will have the **blueprint** of your ideal life. Now you need to start building actively, your ideal lifestyle.

Not later — but now. As in, right away.

Take the first step by taking on your vision.

Tip: You must ACT to make your vision real.

You don't have to do everything right away, but you do have to start the process. This step is crucial because when you take

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action it shows your psyche that your vision is ready to become real.

Examples Of Action Steps:

- If you want that ideal life partner, **take action by joining a dating site** and search for possible mates with the qualities you've identified as most important to you.
- If it's that "dream" house you want, **take action by going to a real estate office** or website and searching for the type of home that matches your vision. Then go for a visit!
- If you need help re-defining and clarifying your vision, invest in your dream of success, and **take action by hiring yourself a life or business coach** to guide you along the way.
- If you want a new job or to start your own business, **take action by picking up a newspaper or magazine and looking in the classifieds** or online for possibilities. See what others are doing in your desired field.
- If it's your favorite car you want, **take action by going to a dealership and test driving your ride.**

Whatever you do, **do something**. Anything! Just get the ball rolling in the direction of your dream. Good things take time, so be patient if you can and know you are moving in the right direction. Just start moving forward.

Tip: Remember to enjoy the process!

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If you don't enjoy the process of creating, then even when your dreams happen, they may not feel as fulfilling as you thought they would. Remember, it is about the quality of the journey not the destination. Add joy and good feelings to your creative intentions.

Step 5: Build Momentum With Your Visions

*"Many times momentum is the only difference
between winning and losing."
~ John Maxwell*

Now that you've taken those first steps to turn your vision into reality, take another. Daily steps will get things moving, quickly.

Watch for staying in the old familiar comfort zone. Bust yourself on limiting beliefs and habits designed to keep you stuck and unhappy.

Tip: Remind yourself WHY you want your new life.

Your "Why" is the anchor. It is the most powerful question that gets you back on track. If you lose your way, ask yourself questions like "Why am I doing this?" Or, "Why is this important to me?"

Build momentum by setting time limits, **commitments** and appointments with yourself.

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Examples Of Building Momentum:

- Commit to interviewing for a new job by the end of the month.
- Set an appointment with yourself this weekend to visit a realtor and see 3 possible "dream" homes for sale. Follow through.
- Invite a potential ideal mate to share a meal.

By setting time limits, you build momentum with the tasks you need to do which will have you making progress.

By making appointments with yourself and putting them on your calendar, you are taking your vision seriously and showing self respect.

By keeping your commitments to your vision of building your ideal lifestyle, your confidence will increase and the faith in your dreams will grow.

When you press forward, momentum builds and events begin to unfold as if by their own accord. Good things start to happen. So, get the ball rolling and keep it going. You'll be excited by the results!

WARNING! Watch the temptation to put your new dream on hold because your current life is already dominating the landscape.

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Step 6: Get Out Of Your Own Way

*“No one can make you feel inferior, without your consent”
~ Eleanor Roosevelt*

After a few decades of work with clients and my own personal self improvement path, what I have noticed is that there is an inherent Divine Pattern within all of life, and that the work is really about getting out of your own way, in order to let the emergence of that Divine Blueprint to take precedence.

I have also learned, there are the naysayers and dream crushers within oneself with the names of doubt and fear. Additionally, there are well meaning “others” in the world that are so intent on being “realistic” that they do not even dare to entertain the thought of an “ideal” and will settle for mediocrity because “tall poppies” shouldn’t dominate and “first is worst.”

Let me tell you, dreams only come true to those that know they are possible.

This is why **you must commit to the dreams of your heart and getting out of your own way. Do not let yourself or anyone else, stand in the way of your dreams.** It is for your own protection.

When you compromise yourself and your vision in order to not ruffle feathers, you put yourself in danger of losing your dreams.

It is so easy for even the most determined “dream growers” to let life, friends, family and the familiar get in the way of a new

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dream. We all want to be liked, accepted and received. Yet, the greatest achievers are usually the mold breakers. That is what it means to be The New Human. We are not going to evolve anything, if we do not evolve ourselves.

It is by getting out of your way, valuing your dreams, moving in the direction of your ideal lifestyle and your new life, becomes all worth it, because you will see results. You will feel more fulfilled. You will be at peace knowing you are doing what you came to do.

So, trust the process, and get out of the way. Life is happening anyway. There is a Divine Plan. You might as well give it your best!

Step 7: Acknowledge Your Victories.

*"I have failed over and over and over in my life
and that is why I succeed."*

~ Michael Jordan

Once you achieve a goal, even a small one, **celebrate your victory**. This is very important.

It is easy when you start to build your ideal lifestyle to notice how much more there is to accomplish. To notice your failures more than your successes. To be aware of how far you have to go instead of how far you have come. This can be disheartening. Go easy on yourself. Think "glass half full" consciousness instead of "glass half empty."

Acknowledge that you succeeded. Appreciate how far you have come. Give yourself a hug, a high-five and a "good job"

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compliment. It builds positive identity and confidence. Too many suffer from a negative ego that won't acknowledge any good they have done. Make a valiant attempt to validate your results, no matter how small they may appear.

TIP: Give yourself kudos for your achievements thus far.

Celebrate with your loved ones too, and their victories as well. When "two or more are gathered" for a common goal, great things can be accomplished.

To review, the **7 Steps To Create Your Ideal Lifestyle:**

- 1) Write Your Visions Down**
- 2) Use All Your Senses When Imagining**
- 3) Make A Vision Board**
- 4) Take Action On Your Visions**
- 5) Build Momentum With Your Visions**
- 6) Get Out Of Your Own Way**
- 7) Acknowledge Your Victories**

This completes the 7 Steps. I hope you have found value in this guide. Remember to put these steps into practice. After all, great information means nothing if not applied.

For special bonus tips, see the following page.

Remember if you have not done so already, schedule your **20-Minute Complimentary Consultation** at HollyShantara.com

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7 BONUS ACTIVATION STEPS!

Here are 7 additional BONUS steps that will insure your success at this visioning process:

1. **Place your vision board where you can see it daily** - This starts anchoring your dreams in your subconscious as a reality. Images are powerful to the psyche and just by having your visions around you in the physical world, they will do their magical work.
2. **Create some affirmations that match your vision.** Affirmations are "power statements" that help voice your new reality .
3. **Use your affirmations daily** - Say them out loud. This way your subconscious hears your words and places them as seeds in the garden of your dreams.
4. **Let go and let flow** - No need to get uptight about all of this. Just know you put things in motion with your steps and if you let go, trust, and keep your focus, your visions will take on a life of their own.
5. **Trust the process** - You will find value in reminding yourself that you are taking positive steps and moving in the right direction. The more you do, the more you will trust.
6. **Have fun watching your vision come to life** - Look for evidence that what you put into motion is happening. Watch for the signs. Expect to see results.
7. **RECEIVE it when it comes** - Let it in, saying "yes!" to your ideal lifestyle. Have the "attitude of gratitude" and more will come your way.

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Now you're on your way to crossing the threshold to creating an amazing life. Remember to start with where you are, as that is the beginning of all great endeavors.

FINAL TIP: Know to seek help when you need it.

*"The purposes of a person's heart are deep waters,
but the one who has insight draws them out" "*
~ Proverbs 20:5

I, am with you, as your guide to support you in bringing your dreams to life. It is my passion, power and purpose to do so.

I look forward to hearing how you have used this tool of **7 Steps To Create Your Ideal Lifestyle.**

To your success,

Holly Shantara

Transform Your Life, Leadership & Legacy

Get in Touch with the Leader Within

P.S. Wishing you new beginnings and empowerment. Allow me to support your next step, schedule your **20- Minute Complimentary Consultation** at HollyShantara.com