

HOLDING ON TO YOUR DREAMS TO FEED YOUR HEART  
AND YOUR SOUL LEADS TO "EFFORTLESS" PERFORMANCE



## Holding on to Your Dreams to Feed Your Heart and Your Soul Leads to "Effortless" Performance

For over a decade I have been working with women managers and leaders. What strikes me the most is the fact most of them put their dreams and aspirations on hold to support their family or the career of their spouse. Without noticing it, their work and lives have less savor.

They feel drained, push through and live with regrets. Finally, they abandon their dreams because it is too late, too comfortable, or simply because they don't have any more



**Schedule Your Complimentary Call Now**

by Belinda MJ Brown,

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energy to believe in reaching those dreams.

No wonder women often break down. Did you know women experience more challenges with their mental health than men? Research confirms this: women whose earlier career aspirations were not fulfilled report significantly higher levels of depression and a lower sense of purpose in midlife, even after accounting for background, family, and health factors (Carr, 1997, [PubMed](#)). By contrast, women in Dhaka who pursue their personal dreams and values, showing greater agency, experience significantly lower mental distress ([arXiv, 2022](#)). And when they do break, we blame the menopause, their emotional fitness, the mental charge... All of these elements have an impact, but the ones who love their dreams experience less negative thoughts, have less doubts, feel more aligned, are in nurturing relationships, are surrounded by people who care and it makes the entire difference.

Responding to life and work situations when you are living fully aligned with your values, choosing your path, is energizing.

Depleted from their joy, I observe they rarely nurture themselves. It happened that they never realized they were serving everyone else's agenda and dreams but themselves until we explored their aspirations and deepest fears.

The shift in their energy when they open

this door is incredible. A part of themselves ignites itself and it benefits everyone.

Finding one's place, becoming visible, daring to ask what we want make us equal. Living our dreams makes us equal. Too often, women still act and behave as if they are less worthy of it or not legitimate to do so because of beliefs, habits or lack of communication.

Performance is not an issue at all when we have energy, when we are clear on the path we walk, when we honor our core values. Seeking performance while exhausting our reserves is very paradoxical, don't you think?

Each day, I am getting one step closer to having a child regardless of what the odds are. Each day, I am working on getting one step closer to financial freedom to not having to work but to have the luxury to work however it makes sense for me.

I am getting obsessed with living my dreams because what else matters most in life than being aligned, loving, joyful, and to share all of that with people we love, we meet, we work with.

Ladies and gentlemen, what is your biggest dream and how are you aiming to make it a reality?



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**What small step can you take today to get  
one step closer?**

**How are you engaging in these  
conversations at work, at home?**



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