# Never in Your Wildest Dreams with Natalie Ledwell

with Natalie Ledwell · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Natalie Ledwell grew up one of eight kids in an Australian country town and became a serial entrepreneur before co-founding Mind Movies, which has now reached 10 million people.

- [ ] Follow your breadcrumbs: list what you're good at, what you like to do and what people compliment you on.
- [ ] Pick one specific moment that will show you've reached your goal.
- [ ] Imagine what you'd see, smell, taste, touch and feel in that moment.
- [ ] Write affirmations for your goals and pair each with a photo of you living it.
- [ ] Choose a song that brings up the feeling you want and attach it to your mind movie.
- [ ] Watch your mind movie every day, and edit it as your goals get clearer.
- [ ] When you don't feel qualified, team up with someone who has the expertise and own what you bring.
- [ ] After a win, call the people who helped, then take time to sit with the moment.
- [ ] Keep a running to-do list and use short gaps between meetings for a task you can finish in that time.
- [ ] Don't look at the whole mountain; just work out the next step.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/how-to-visualize-your-goals-natalie-ledwell/
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