

It takes a while to do this reprogramming. Fortunately, on the way to our dreams, we'll have lots of opportunities. Each time fear, guilt, unworthiness, hurt feeling and anger surface—and they will, they will—we can either choose to run from them, or use them as the energy to take yet another step toward our dream.

**Fear** becomes excitement—the energy to do our best in a new situation.

**Guilt** becomes the energy for making personal change—to change our behavior (sometimes) or to change our mistaken beliefs about what our behavior *should* be (most of the time).

**Unworthiness** keeps us on track. We tell ourselves that we *are* worthy of our dream, and then let the feelings of unworthiness we have about pursuing all the other dreams in the world guide us to success.

**Hurt feelings** remind us how much we care. If we didn't care, we wouldn't hurt. Hurt feelings can remind us to return to the caring. We use the energy to care for ourselves, thus healing whatever damage the hurting did. Then we direct the caring toward our goal, our big dream.