

DREAM IT, DO IT

"Pat Mesiti is a dreamer, but he also makes other people's dreams come true."

DR EDWIN COLE

"Dr Liz makes dreams come true by helping people improve their health and quality of life."

PROFESSOR EGIDIO DEL FABBRO

Do you seem "stuck" and not really loving life? What happened to those dreams you had in your childhood? If you are not currently living the life of your dreams then imagine how empowered you will feel when you learn from these two leading international speakers on how to....

- ✓ Leave behind your limiting experiences and move towards fulfilling opportunities.
- ✓ Discover the power of your dream and how it can improve the lives of your family, friends and business colleagues.
- ✓ Learn how to nourish your mind and body for positive performance, profits and wellbeing.
- ✓ Create and follow an action plan for success in ALL areas of your life.
- ✓ Inspire and enable others to live the life of their dreams.



Pat Mesiti

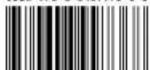
– Pat is an highly effective communicator and income accelerator coach. He empowers individuals and businesses to reach growth and prosperity to their highest potential. In Dream It, Do It – Pat shares the mindset and organisational frameworks responsible for his success.

Dr Liz Isenring

– Dr Liz is a dietitian and nutritionist passionate about improving lives via nutrition that works. An international expert in nutrition and wellness, Dr Liz has published over 150 scientific papers, received over \$4,000,000 in research funding, and worked with Maggie Beer as part of her foundation. Together with Pat, Dr Liz shares her passion for mindset and practical tips to help others to realise their dreams including true health and wellbeing.



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DREAM IT, DO IT

A FRAMEWORK FOR TURNING YOUR DREAMS INTO REALITY

Pat Mesiti and Dr Liz Isenring



DREAM IT DO

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YOUR DREAMS INTO REALITY

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Dream It, Do It!

a framework for turning your dreams into reality

Pat Mesiti and Dr Liz Isenring

“Pat Mesiti is a dreamer, but he also makes other people’s dreams come true. I highly recommend this book as an inspirational tool for success.

Pat Mesiti has lived the essence of this volume... hold on to your dream and never quit. Without equivocation, I commend Pat’s words of wisdom to you.”

DR EDWIN COLE

“Dr Liz makes dreams come true by helping people improve their health and quality of life. I am excited that Dr Liz, one of the authors of nutrition guidelines widely considered the gold standard, is sharing her expertise to help more people bring their dreams to life by improving their health and quality of life.”

PROFESSOR EGIDIO DEL FABBRO

DREAM IT, DO IT!

by Pat Mesiti & Dr Liz Isenring

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Foreword

“Both Pat and Dr Liz have had multiple successes in different areas of life. They have demonstrated that following your dream, inspiring others along the way and taking specific action works. Anyone who aspires to a life of greatness will benefit from the encouragement and principles in Dream It, Do It.”

Steven Essa – Founder of multiple multimillion dollar businesses, best-selling author and award-winning speaker

DREAM IT, DO IT!

Introduction

You've picked up this book and there's a reason for it.

You've shown the first quality of being a dreamer. You're dissatisfied with the way things are as you look around and you want to see changes and improvements. You're not content with the status quo.

You have a vision of a better way. After all, why shouldn't you have better health, a better lifestyle, a better self-image, a better family, community... and a better world?

A while ago, Pat was talking to a group of people, radical thinkers who love to come up with exciting ideas and plans. While sharing thoughts about the future and getting each other motivated, a guy who was really cynical said, "Mesiti, you're nothing but a dreamer." He meant it as a criticism, but Pat took it as a compliment. You see, Pat is a dreamer!

From an early age, Pat has motivated and inspired others to achieve their dreams. He started Youth Alive, a positive movement to bring encouragement and support to our youth in need. Since then, he has spoken in front of thousands and inspired them to create a better future for themselves.

Along the way to becoming "Dr Liz", an internationally recognised leader in nutrition and dietetics, Liz always enjoyed helping people to obtain their goals and dreams. She's been a clinician, academic and researcher and is motivated not just by the theory but by putting it into practice to get results.

You too can improve your circumstances and dream of a

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better future. Why not have the kind of home life you dream about? Why not be surrounded by kind, loving people who have a genuine concern for you and your future? And why not live in a community that is safe and caring? Why not be so energetic, productive and successful that you have the ability to achieve your dreams, whatever they may be? Whether it's helping yourself or others to build a better world. Use your unique passions and experiences to make a difference. Not only can you improve circumstances for you and your family, but you can support causes that are important to all of us.

Why not become a successful business owner? A leader in your community. A researcher, entrepreneur or professor. Why not become the best athlete this nation has ever seen? Why not enjoy prosperity and rewards which today are just fantasies in your mind?

This book asks you “Why not?”, and the answer is “There’s no reason why not.” It all boils down to one thing. Having a dream. Being a dreamer. Then working on a plan to make that vision a reality. The only person preventing your dream is you! Attitude makes the difference.

“I am convinced that life is ten percent what happens to me and ninety percent how I react to it. And it is the same with you... we are in charge of our attitudes,” states Charles Swindoll.

One day in the future, you might be asked if you were part of the dramatic, positive changes of your world. If you would like to be the sort of person who can reply: “I wasn’t just part of them—I was making them!”, then this book is for you!

Part One

WAKE UP!

DREAM IT, DO IT!

Chapter One

**YOU CAN CHANGE
YOUR WORLD**

DREAM IT, DO IT!

We believe that anyone can change their world. This book is the result of Pat's many years of learning and of good and bad experiences in life. Pat is well known for his work in training youth leaders and personal and wealth development. He has helped thousands of people to improve their lives. Dr Liz includes her experiences as a leading nutrition researcher specialising in transforming lives via mindset, menu and movement so that another generation can learn to be a healthier version of themselves. Dr Liz dreams of helping one million people to achieve their vision of optimal health and wellbeing. And more than that, to become achievers in all aspects of life (health and wealth).

We don't care how average you think you are, how ordinary you feel, or how ineffective you might consider your life. We're going to show you that simply by taking what you have, and who you are right now, you can become a radically better person. And you can make a mark on your world. It doesn't matter where you have come from, just where you are going.

How do we know? Because we've lived it. Pat was an average kid. He'd gone from being a so-called misfit at school, getting bad grades and being beaten by drunk parents, to overseeing an international ministry aimed at helping young people and an international business educating others to take control of their lives and their finances.

Dr Liz went from insecure student to top of the nutrition and dietetics profession and now transforms lives all around the world through the best nutrition and wellness support.

Let's start off by giving you an overview of our

childhoods; you'll see that even when life's against you, you can still get out there and make a go of it.

Pat's start

I was born into a working-class Italian family in Bankstown, a strong ethnic suburban area in Sydney, Australia. This is an older part of the city, near the international airport and industrial areas, with a lot of crowded houses and streets full of old cars.

My father was a factory worker and my mother, who was illiterate, was at home. To make this worse, they were both alcoholics. I went to Catholic primary and high schools where the only things I really excelled in were Rugby League, boxing and starting fights!

One of my teachers in high school (I'll never forget this; it's incredible how a single statement can stick in your mind all your life) told me that I'd never amount to anything and I'd most likely end up in jail. Or dead.

I had a very violent home life. My father was continually drunk. He would shout and throw things around the house, use abusive language, beat my mother and take out his anger on me, too. Not only this, but every day when I came home from school, my mother was falling around drunk—although she never admitted to having a drinking problem.

I remember being made to stand outside bars waiting for Dad to come out after his drinking binges. I was about seven years old and had to carry the bags of shopping, help him onto the bus and try to explain to the passengers that he was staggering because he wasn't feeling well. Can you imagine being that little boy, feeling the ridicule of people as they laughed at you and your Dad? They knew, and I knew exactly what they were thinking: the man's a

drunk.

Growing up with that kind of humiliation robs you of security and a sense of self-respect. Not only that—it makes you very angry. At your parents, your world and yourself.

Another memory I have is of putting up a screen door when I was a kid. I'd just finished, after taking all day to do it, when Dad and my elder brother got into a big argument and crashed right through it. I can still picture myself standing there in shock, holding the screwdriver, as the two adults propelled themselves through my work of art. I vowed then I would never pick up a screwdriver again.

By the time I was in my teens, the violence and drinking at home had worsened. High school is tough enough without having alcoholism rule your home. This kind of upbringing creates a lot of negative attitudes, and believe me, I had plenty. I reacted by becoming angry and violent. Some people said it was a stage I was going through. Others just pointed to my family and blamed them. I wanted to do well at school but couldn't do my homework because I was too busy trying to keep my father from killing my mother, my brother from killing my father, and me from killing me. This meant I was failing my exams and the teachers gave me a hard time. Some of them thought I was lazy, but I couldn't tell them the truth.

*“It’s not what happens or has
happened to us in life that counts.
It’s how we respond to what
happens that’s important”*

I had every reason to accept this as my lot in life. But I

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saw what was going on around me and had a pretty good idea of where it was going to take me. That caused me to make the decision to break out.

I believe this is the first step to changing your life. You have to come to the realisation that despite the fact that your parents are alcoholics without quality time for you, despite the fact that you are growing up on “the wrong side of the tracks”, and despite the fact that you’re hopeless at school, you can decide to WAKE UP! When you reach rock bottom, you know something has to change. Afterall, if “nothing changes, nothing changes”.

Snap out of it! Enough is enough. Decide what kind of future you want for YOU!

Dr Liz's Story

While I didn't have as tough a childhood as Pat, I still had some challenges to overcome—doesn't everybody? There are also some similarities. My parents were immigrants and while I was born in Australia, I always grew up feeling different. At the time, this was frustrating, and I wanted nothing more than to fit in. As you get older, though, you realise that these differences can fuel your dreams and your actions, providing opportunities that may not be apparent to others. It's how you respond to the challenges and improve on what you've been given that makes all the difference.

I grew up in the small industrial town of Gladstone, Australia. Mum was born in England and my Dad was from Switzerland, and like many immigrants, they moved to Australia for more opportunities and a better life (...and more sun!). It wasn't easy for many years. They started a small engineering business and worked incredibly hard. While we never went without, it seemed that they were working harder than everyone else yet our things

weren't as nice as my friends.

I imagine I had a similar childhood to many whose parents grew up overseas. We did things a little differently. During sleepovers, friends would think it strange that we had dill pickles, sauerkraut, and dark bread (they only knew white bread). I was desperate to fit in. Who would have predicted that pickled veggies and fermented foods would make a comeback as part of the gut health craze! I excelled at school but was never confident. I always doubted myself and this led me to sabotage several opportunities. However, I knew I wanted to make a difference. I knew I wanted to leave this world in a better place. My love of school continued into becoming a lifelong learner and the desire to continuously improve things.

From being an insecure student, I became the youngest professor of nutrition and dietetics in Australia at the time. I've been honoured to lead some of Australia's largest clinical nutrition trials and teach the next generation of nutritionists and dietitians. My work has been published in 150 peer-reviewed scientific papers and attracted four million dollars (AUD) in research funding. My scientific work is used by clinicians from over forty countries around the world to improve the quality of life and health outcomes for hundreds of thousands of patients. I'm now motivated to help improve even more lives via promoting the importance of mindset, menu (nutrition) and movement to everyone (not just those who read the scientific papers).

That's why I love Pat's work and I'm excited to be co-writing this book with him. *Dream It, Do It* is for anyone who desires more and wants to improve their life and that of their loved ones. It provides a framework for turning your dreams into reality and bringing your vision to life.

SUMMARY

No matter your upbringing, education, experiences or feelings of insecurity, you have the ability to control how you react to life. Don't let other people's expectations dictate your life or just go with the flow. If you're not happy, change it. Wake up. Wake up and dream. Conceive of a dream and take steps towards achieving it. Pat and Dr Liz show that despite varied backgrounds, they have each achieved many dreams and supported others to make their dreams come true. Read on to find out how you can turn your dreams into a reality.

Activity

- 1) List one area of your life that you enjoy and would like more of (e.g., time with the family, playing sport, spending time at the beach, improve your fitness, wealth).

Chapter Two

**HOW MANY MORE
SLEEPS UNTIL WE
WAKE UP?**

DREAM IT, DO IT!

HOW MANY MORE SLEEPS UNTIL WE WAKE UP?

I

t's a tragic indictment on our society but many people are asleep twenty-four hours a day. There's no light on inside.

They're the "walking dead". Why haven't they woken up yet? Why aren't they proactive in their own lives? Instead, they are doing what others expect of them. They are going through the motions, but they have no goals. There's no direction, It's like they are just drifting through life. Well, perhaps there are a number of reasons.

People are lulled to sleep by apathy, digital technology, complacency, compromise, laziness, procrastination and a sense that everything will work out in the end. They don't have a purpose in life, aren't motivated and aren't committed to anything. Maybe they are afraid of waking up and prefer to stay wrapped up in their nice warm comfort zone or their virtual world. Some just don't know anything different.

It is said that our Western world is in a state of apathy, ruled by a "who cares?" attitude to life. People live with a "cruising mentality", doing enough to get by and no more. They say, "Don't rock the boat; it'll all work out in the end". In Australia, we have the saying, "She'll be right, mate". Meaning don't worry and that things will work out. All they end up doing is settling for less than the best and don't take active control over their circumstances.

Apathy is one of the greatest killers of success. It kills motivation, vision and destiny.

Apathy has to be the ugliest word in the English language. Apathetic people make excuses. They don't value themselves or have confidence in their abilities.

They reason away why they aren't getting ahead in life or achieving. One common excuse is that they're waiting for the "big break", or "the right time" when all circumstances will be perfect. Or they think that "life's unfair". They believe they are unlucky, were born into the wrong family or don't know the right people. Many are waiting for someone to save them. The reality is, if you're asleep to opportunities, you'll miss all the breaks that come your way, whether it is the perfect time or not.

As Og Mandino, the American author of *The Greatest Salesman in the World*, says: "*Be prepared to capitalise on the next opportunity that presents itself or, better still, to make your own opportunities.*"

An example of making the most of opportunities is illustrated by the following story. Dr Liz was attending a cancer conference and went to sit down to watch a talk. She introduced herself to the man sitting next to her. That could have been the end of it. However, they both started chatting and discussed each other's areas of interests. Dr Liz discussed her dream of helping people with cancer to get through treatment with better outcomes by using effective nutrition. It turned out that Dr Liz was sitting next to Dr Martin Chasen, a well-respected physician who headed a multidisciplinary team to help people with incurable cancer. Dr Chasen was also the editor of Clinical Oncology, a key cancer journal for Canada. He had a paper on nutrition and cancer that he needed to have reviewed. He asked Dr Liz if she'd be available and interested. Dr Liz jumped on the opportunity, even though it required a quick turn around and she could have said no to focus on enjoying the conference. By talking about her interests and dream, Dr Liz went from being a regular reviewer of the journal to eventually becoming the editor of the nutrition section for Current Oncology. This was unlikely to have

happened if she had just smiled and not actually taken up the opportunity to chat with who she was sitting beside while attending the conference. When you have a dream and speak about it, you are more likely to be ready for and even create opportunities that help you achieve your goal.

“Be prepared to capitalise on the next opportunity that presents itself or, better still, to make your own opportunities”

Stretch and Grow

Why have a dream? One reason is to develop yourself for personal growth. A vision for your future will cause you to stretch further and develop the necessary skills to accomplish it.

Once you have a vision, your subconscious works towards it, looking for opportunities to help achieve your goals. Your dream sets the needle in the compass to help you navigate life's challenges.

Have you heard about the reticular activating system (RAS)? The RAS is located in the brain stem and essentially works as a brain filter to sort out relevant information from our surroundings. We are bombarded with so much information every day that it would be easy to be overwhelmed. In fact, we receive about ten million bits of information every second, and yet our conscious mind only deals with fifty bits a second. Why is that? It's because our "brain filter" filters out what it thinks we are interested in, what is important for survival, and often, what confirms our beliefs. That's why when you buy a new car, you suddenly see that model and colour of car EVERYWHERE. If you hear an unusual word for the

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first time, you then hear it on the radio, TV and in conversations. It's why you can be daydreaming and if someone calls your name, you suddenly snap to attention.

We can use our RAS or “brain filter” to help us achieve our goals. That’s why being clear on our dream, working out steps that take us towards our dream, and visualising both the dream and the required actions regularly will help our filter to find ways to support our dream.

Likewise, having negative thoughts can create negative actions. If you have a fear of spiders and that is what you are focused on, you may see spiders all over the place. That’s certainly not going to help you overcome that fear! When people are extremely stressed, they are often worried about bad things that may happen in the future. However, research has shown that more than 90% of what we worry about never happens. So, it is important to stop wasting time worrying. Instead, focus on positive thoughts, like your DREAM, and let you “brain filter” help you to work towards your goals rather than ruminating about fears and negative thoughts.

It’s important to appreciate that you grow out of discomfort and through your experiences. One of the best pieces of advice is to take action. Even if it isn’t the path to the final destination, it may uncover other paths and opportunities that will help you achieve your dreams.

Have you ever felt stuck or experienced inertia? Inertia means there is resistance to any change unless it is acted upon by an external force. Sometimes people experience inertia and they don’t want to move unless they find themselves in a circumstance where staying still is worse than taking action (this is often referred to as “rock bottom”). When you hit rock bottom, things are so bad that the only way is up. The positive part about inertia is that once you start to take action and you are moving

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towards your goal, you build momentum and it is easier to actually achieve your dream. The key message here is to take action. Even if you don't feel like it. By taking action, you build momentum and actually get excited along the way as you start heading in a more positive direction.

Procrastination is the classic example of inertia. Procrastination describes putting off something that we need to do and often filling in time instead with trivial activities. It might be why you start to clean the house when you have a big report due. Or decide you need a snack to help fuel those creative efforts. Then you decide to do some baking. Then you realise you don't have all the ingredients you need, Then you go shopping. Then you do the baking and eat the goodies. Then you are too tired to start your report, so you think you'll have a little rest and watch some TV. You then decide it's too late to start anything new and it will be better if you start fresh tomorrow. Does any of that sound familiar? Or maybe your favourite procrastination activity is spending time checking your social media? We all know about going down that rabbit hole! So, if we know we have key activities or something important coming up, why do we procrastinate? There can be several reasons. One, it takes effort to start something we might not be that excited about, even if it moves us closer towards our goal. Any change requires some effort and effort may be a little uncomfortable. Two, perfectionists may feel too much pressure to do a fantastic job and "be perfect", so they have the excuse of limited time for why it didn't reach their lofty (and completely unrealistic and often unnecessary expectations). And three, some people mistakenly believe they operate better under a time pressure. Unfortunately, the research doesn't support this and instead shows that leaving things until the last minute

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only results in more stress, guilt and often a poorer quality product than if it was started earlier.

So how can we overcome procrastination? As we continuously say, “It all starts with your dream!” Have a vision. Write down the steps it will take to achieve your dream, work out a list of realistic activities to achieve these steps and put them in a timetable. Start working immediately on the first step. Make it super easy and something that can be achieved in less than ten minutes (e.g., make a phone call, research costs, book a course). Then tick off all the steps as you go. When you have finished several activities, you can celebrate this milestone. Building these productive habits helps take the fear out of starting a new activity, no matter how big. As the saying goes: “How do you eat an elephant? One bite at a time!”

Here’s a great quote from William Faulkner, an American writer and Nobel Prize laureate from Oxford: “Always dream and shoot higher than you know you can reach. Don’t bother just to be better than your contemporaries or predecessors, try to be better than yourself.”

So, it isn’t about comparing yourself with your friends or people you know who are doing well. Or social media, where it looks like people are constantly going on holiday, winning big and looking gorgeous (very few post about their challenges or post an unflattering photo). It’s about comparing where you are right now with where you were yesterday, a month ago and a year ago. Making improvements and progress every day helps to build confidence. Having a dream provides direction for your daily activities and is an effective way of building satisfaction and happiness. Without a vision, you will stay at the level of mediocrity and just drift through life.

To stretch and grow, dreamers tend to shoot higher than has already been achieved. At every Olympic Games,

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records continue to be broken. Those athletes are not content to live within their old time or those set by someone else. Their goal is not just to win a gold medal, but to join that class of elite people who go beyond themselves. They want to be known as someone who dared to believe.

When the world's number one runner sprints down the track, he is in competition with himself. He wants to beat his current best time and set a new one. He is definitely awake!

Item the world's number one runner sprints down the tr

Life should be fun. You should be enjoying yourself each day. When you're in pursuit of a dream, realising your goals each step of the way, you experience immense satisfaction and personal achievement. It's about time we turned off the snooze button of life, woke up and began to dream.

When you have a vision and a purpose, you can't wait to get out of bed in the morning to take action and get one step closer to achieving that dream. It is said that one of the easiest ways to be happy is to make progress towards your dream, despite the challenges.

When we saw the unprecedented impact of the COVID-19 virus in 2020, it was a massive wake-up call. The highly infectious COVID virus locked down the world and changed the way we did business. It meant that people were isolated in their houses, couldn't go to work, couldn't conduct business as usual, couldn't travel to see family and friends and couldn't play their usual sport or go to the gym. However, this time also provided an opportunity to reflect and put a plan into place to focus on achieving what is truly important.

As John F. Kennedy (former US president) said, “When written in Chinese, the word crisis is composed of two characters—one represents danger and the other represents opportunity.”

COVID disrupted many industries but also provided opportunities to work from home, to start an internet business and spend more time with the family. Some people were consumed with anger, stress and frustration, and yet others made the most of the opportunity to slow down, reflect on what they really wanted out of life, have a dream and take action towards turning their dream into a reality. I know some beauty therapists who had to shut down their clinics, yet they innovated and provided online skincare and makeup tutorials. Hair stylists who started making home visits and earned more with fewer clients. Many bricks-and-mortar businesses started selling online. Throughout the COVID challenge, those who pivoted and prepared came out stronger.

It Won't Happen Overnight

One of the greatest satisfactions in life is not just to achieve a goal but to pursue it. Success can be described as the pursuit of a worthwhile dream. The pursuit should be as enjoyable as the ultimate reward (sometimes even more so!)

You gain immense happiness and satisfaction from making progress towards your goal. It is one of the greatest ways to give your life purpose.

“To dream of success is to set a goal of where you want to be; to wake up, take action, and achieve it. That is what true success is all about.”

***Idowu Koyenikan**
(internationally recognised author, speaker and wealth creator).*

It Starts With A Vision

Vision clears confusion and gives you focus. It destroys a defeatist attitude and causes you to be locked on to where you are going rather than scattered and distraught (remember that needle in the compass?!).

Dreams Change Lives

You've read this far, yet you might still be thinking: What will a dream do for me? How can it change me?

In conclusion: having a dream gives you a vision that will help you grow into a better version of yourself. Don't stick to other people's expectations. Aim for lateral thinking to create choices, freedom, and to find and support causes that are important TO YOU! Participate in life; don't just let life happen to you. Dreams will create your character and your attitudes. Build you up. Make you a better you—unless you like the you that you are and don't want a new, improved version!

Having a vision for your life allows you to live out of hope rather than out of your fears.”

— Stedman Graham (business author, speaker and long-

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term partner of Oprah Winfrey).

Dreaming makes you a risk-taker. It challenges you to step out, take action, stop playing it safe, move out of your comfort zone and dare to believe. It gives you real purpose.

HOW MANY MORE SLEEPS UNTIL WE WAKE UP?

SUMMARY

- Be determined to wake up
- Declare war on apathy, laziness, compromise and procrastination
- You need dreams in your life to:
 - Continuously self-improve
 - Give your life purpose and direction
 - Not be controlled by outside circumstances
 - Get out of mere existence and survival mode
 - Get more enjoyment and satisfaction out of life
 - Affect other people's lives for the better

Activity

This activity helps you realise why it is important to wake up.

- 1) Provide three reasons why you need to “wake up” (e.g., to start living life on your terms rather than what you feel you should be doing)

- 2) What is stopping you from achieving your dreams, e.g., inertia, procrastination, perfectionism, worrying about what others think, lack of direction?

- 3) Start visualising what a perfect day would look like for you once you achieve your dream.

Chapter Three

START DREAMING

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Once you've determined to wake up, you need to create your dream.

You might feel that no-one understands your dream. You're probably right. Don't expect people, even your closest friends or family members, to understand or be supportive as you start your journey. However, the satisfaction and sense of purpose you experience as you follow the path to your goal will encourage you to continue. The interesting thing is that people often wait to see if you succeed and will then jump on board. They will even tell you that they always knew you would do it! So don't rely on others to provide the motivation. That's why you need such a strong dream to "pull" you towards it and motivate you from within. The accolades and support will come later, but you need to be so excited about your dream that you will do what it takes to achieve it. And remember, your dream needs to start somewhere...

From Small Beginnings

Pat attended his first youth rally at sixteen years old and found the speaker, music and atmosphere incredibly dull and boring. He knew he could do better. Pat's dream was to create an organisation that young people would find both inspiring and meaningful. He had the dream that one day he would be impacting and changing the lives of thousands. At age twenty-two, he helped to found Youth Alive, which enhances the lives of thousands of Australian youth and has produced a new generation of leaders.

Youth Alive supports all young people, including the destitute and those needing help. One of these teenagers was boy called Fred who had been thrown out of home.

He was trying to put himself through school whilst being addicted to marijuana and other drugs. He could barely talk straight, let alone think straight. With Pat's support, purpose and a sense of destiny, Fred went on to become a very successful businessman. In a few years, he built a million-dollar business, and he now supports the work that rescued him from his nightmare life of misery.

Nourish Your Dreams

Dr Liz was always interested in health and helping people. As a foodie, combining that interest with the study of nutrition was an obvious career choice. Starting her career as a hospital dietitian, she loved seeing how people with cancer could get through treatment better and have an improved quality of life by eating the right foods.

Dr Liz can remember one occasion as a keen young dietitian when she was discussing implementing some novel dietary changes to the hospital ward with one of the doctors. The doctor was interested but wanted to see the evidence. He asked Dr Liz if she could show him the research papers. As a keen new graduate, Liz said, “Yes, I can!” She then went through the scientific papers to pull together the research but was surprised to see that it was not as strong as she’d been taught at university. In fact, there were a lot of gaps and not much research had been done in the area. With the support of excellent mentors, that started a quest for discovering the best nutrition to support people impacted by cancer to get through their treatment with minimal side effects and good outcomes. This focused on protein-rich foods to help with recovery from treatment and tailored meal plans to help meet vitamin and mineral requirements while minimising treatment side effects.

Look for areas in your life where you are dissatisfied, you

know there can be a better way or follow an interest that can become a passion. These are all great ways to start your dream. If you become frustrated about an activity and know it could be improved, maybe that's a seed that could grow into a dream. If you find you are good at or enjoy certain tasks that others find hard, then that is also a great place to start.

The Dream Conceived

You might think that the “conception” of Pat’s dream to work with young people began when he decided to take over the youth rallies. However, there was an earlier significant incident that really sparked it off for Pat.

As Pat mentioned, he didn’t do that well at school, and the teachers even labelled him as a no-hoper. All except one: his English teacher. He was a former pilot and the school’s boxing coach.

Pat was involved in boxing and really wanted to compete in a big championship. Everyone ridiculed him (and if you’ve seen Pat in the flesh, you may guess why), except for his English teacher. He basically said, “Mesiti, you can be anything you want.”

It’s that attitude that Pat still believes in today.

That small incident where someone believed in him was the “conception”. It led to the desire to want to help young people.

Implement Your Dream

The classic movie *Field of Dreams* shows what happens when you conceive a dream and then take steps to make it come true. What a concept! The central character, played by Kevin Costner, is a mid-western corn farmer in the United States who hears a voice over and over saying,

“If you build it, he will come.” Puzzled at first, Costner soon finds out he is meant to clear some of his land (his livelihood) and build a baseball field in a field of corn. The reason for it is not immediately known, but it becomes more and more obvious as the movie goes on.

*“Everything starts and finishes
with a dream.”*

The farmer is ridiculed and criticised by his neighbours and threatens his own meagre financial return by reducing the size of his crop. But he sticks to the dream. With an all-consuming passion, he is driven to attempt the extraordinary. He doesn’t have all of the facts, but he has passion and a sense of purpose.

One day, as the farmer gazes out over his empty baseball diamond, ghost characters from previous generations magically appear to play ball. The only people who can see the ghosts in action are the farmer, his wife and his little daughter—the dreamers. The wife’s brother, a real cynic, ridicules them for staring into space until, at the end of the story, he too is able to see. Dreams are not immediately noticeable, but given time, they will materialise. Other characters from the present make their way to the cornfield and realise their life dreams through the ghostly game. There is a doctor who has given up the big time in baseball to pursue medicine. A 1960s baseball writer who wants to return to the innocence of a bygone era and the farmer who wants to be re-united with the father he’s found it hard to relate to. He “meets” him on that field and they play ball together.

Everything starts and finishes with a dream. The dream makes you, and you make the dream. Your identity as a person and your actions, thoughts, ideas and behaviour

are inseparable.

The First Steps

When a child is born, we have no way of knowing what abilities they will have or who they will become. The great talk show host and interviewer Oprah Winfrey was just Oprah before she became OPRAH! Steve Jobs was a scruffy computer nerd selling out of his parent's garage before he became STEVE JOBS. Elon Musk dropped out of his PhD programme after two days; he then went on to send his Tesla into space and became ELON MUSK.

*“Begin to be now what you
will be tomorrow.”*

When we begin on our journey towards our dream, we have no knowledge of all our talents and abilities. But that must not stop us from starting out. Even if you consider yourself to be someone lacking in ability or confidence, consider the words of Kenneth Hildebrand: “People with ordinary talents often achieve more than those with greater physical and intellectual endowments because they work harder with what they have.”

Think back to your school days. Was it the smartest kid that has become the most successful? Did the cool kid stay cool? We all know of examples where the high school jock never went on to amount to anything and the bullied kid became a successful businessman.

A t-shirt slogan states, “Oprah wasn’t built in a day”. How fantastic and how true! The great Oprah Winfrey, who was born to poor beginnings with a family life filled with challenges, went on to become one of the most influential and wealthy women in the world. A powerful

DREAM IT, DO IT!

believer in dreams, Oprah has achieved many. She states, “The biggest adventure you can ever take is to live the life of your dreams.”

Our greatest desire is that you, too, will become a dreamer and an achiever. Our hope is to give your life real purpose; that you will consider what you want to achieve and set goals; that you will write down your goals and pursue them in a balanced and mature manner. And in doing so, you will become successful and prosperous.

We challenge you to become a dreamer!

Remember, the only person stopping you from achieving your dream is you!

To start your dream:

- Create your vision—where do you want to be, what do you want to achieve, what do you want your life to look like?
- Assess where you are now.
- Break down the journey from where you are currently to achieving your dream into smaller goals. Remember to celebrate the milestones along the way.
- Break up big tasks into many easier, more achievable steps.
- Schedule key activities, including self-care such as nutrition and exercise.
- Write a list and tick things off.
- Remember “done is better than perfect”.
- Reimagine your dream every day and select one activity that will get you closer to your goals.
- Reflect on and review your progress each week.
- Take small (or big if you can) consistent steps every day towards your dream.
- FOCUS and KEEP GOING!!!!

SUMMARY

1. Don't wait for a "big break"; start your dream now.
2. Plan your journey, break it into smaller goals and celebrate the small milestones along the way.

Remember to prioritise your self-care—you are your greatest asset! Think big. Your dream should pull you towards it despite the challenges along the way. Don't be discouraged. Keep trying different paths until you find the right one for you.

Activity

- 1) Visualise a perfect day when you are living your dream. For example, if your dream is to buy a house by the beach, imagine what it feels like using all of your senses. Imagine you are sitting on your deck overlooking the beach. You can see the sparkling blue of the water, smell the salt air, feel the breeze and sun on your skin, hear the crash of the waves and feel happy and content.
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- 2) Once a day (even if it is only for five seconds), visualise what it looks and feels like for you to achieve your dream.

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About Dr. Liz

Dr Liz is passionate about improving lives via evidence-based nutrition and wellness consulting. Dr Liz is a professor of nutrition and dietetics, an advanced accredited practising dietitian and nutritionist, and an author and speaker.

Dr Liz started her career as a hospital dietitian helping people with cancer to improve their quality of life via medical nutrition therapy. Realising the gap in scientific evidence in this area, she then undertook a PhD to investigate the impact of personalised nutrition to help people with gastrointestinal and head and neck cancer get through their radiotherapy treatment with fewer side effects.

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Over the next twenty years, Dr Liz worked in university, hospital and research fellow positions, including at the University of Queensland and Queensland University of Technology. Most recently, Dr Liz was head of programme for the newly established master of nutrition and dietetics practice programme at Bond University, where she led a high-performance team in gaining full accreditation. Recognised as an international nutrition and wellness expert, Dr Liz has published over 150 peer-reviewed scientific papers and books, received AUD \$4,000,000 in research support, and is a highly sought-after keynote speaker. Her work is used by over forty counties and has helped hundreds of thousands of people to improve their nutrition and health.

Dr Liz was inspired to start LINC Nutrition during a time when two friends were diagnosed with cancer. Seeing the medical and health system through their lens inspired Dr Liz to be the “LINC” between hospital and at-home care. LINC stands for Liz Isenring Nutrition Consulting. Re-evaluating her life, Dr Liz also realised she had not been prioritising her own health and self-care.

Rediscovering the power of nutrition, Dr Liz improved her energy and fitness and was motivated to help other busy leaders get healthy and stay healthy. Dr Liz provides a “LINC” from where people currently are in their health journey to their vision of optimal health. Using the three pillars of **MINDSET**, **MENU** and **MOVEMENT**, Dr Liz supports people to become vibrant, resilient and totally fulfilled.

To find out about Dr Liz’s programmes and speaking engagements and how she can support you to feel calm, vibrant and totally fulfilled, please check out her website <https://drliznutrition.com/>