

See it, believe it and finally act on it.

Unknown words: naïve, mullet, cope, cramped, compelling, ecstatic, soak, dare,

The author in this conference showed how can you transform your reality, through drawing. She started drawing the actual state of a person -good money, good work, a lovely family, maybe a really demanding boss, some financial or health problems- then, she drew how this person would like to look like in a year -being his own boss, having his own company, working with an excellent and creative team- and finally she gave the audience the three 'bold steps' to get to the 'desired reality'. First, see your desire reality, second believe it and third, act on it.

One of the points of the author is that you must trick you brain -the left hemisphere will try to keep you safe, making sure you are not doing anything dangerous, that is to convince you to not change your mind and stay where you are-, that is the reason to draw your desire reality because you want to change it, and using your imagination actives your left hemisphere what makes you feel good possibilities.

As far as I am concerned, following the author steps could make a great change in our lives because we will change our way of thinking and we will be able to be more creative expressing how we want to change our reality and drawing, of course. We just have to believe in us and trick our brain, the limit is your imagination.

References

Dobrowolski, Patti. Draw your future 'take control of your life. Ted talks. Available at: https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator