



# The Other Side of the Bottle COURSE

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## PREPARE FOR YOUR NEW LIFE WITH THESE 3 QUESTIONS

### **What did you dream of originally for your future?**

Try to think back to BEFORE you got mixed up with alcohol. What did you love to do? Did you enjoy anything or have any dreams? Even if it seems unrealistic right now, list “what you want for the future” down in the box below. Maybe it is achievable. Maybe it is not. Maybe there is something in between. But ultimately, there is no juice in life unless we recover our dreams and our selves from the disappointments in the past. Those disappointments are gone... you can't unscramble eggs. So just list the pure dream below, as it was in the beginning, before alcohol & life derailed you.

### **What are you currently doing to achieve this original dream?**

I will make this a little box on purpose. The reason why is... if you're here in this Course, you probably forgot your original dream and gave up. Therefore, you are not taking much action. If you are taking action, kudos to you! Just list everything below... the truth. Don't worsen it and don't “better it” – just state it as it is, without any spin.

### **What would you be willing to change, right now, to get what you dream of?**

I'm actually going to ask this question again later and give you the “box” to fill out, but first I want to go over some stories and concepts for you. First of all, what are you willing to change in order to achieve some sense of purpose for yourself? Most of us who are caught in chronic alcohol abuse are also caught up in a repeating cycle of doing the same unproductive activities & behaviours over and over again (getting the same bad or dull results). BUT... with a small change in our “rudder”, we just might be able to turn our Titanic around and get to where we want to go.

*Caution: be realistic too... there is value in keeping it real...*

**Here is my “real life” personal example:** I always wanted to be a rockstar (no kidding). *Is that going to happen? I'm 51 years old. Hell no.* Do I have musical talent? Yes, maybe, and kind of, sort of (some of my songwriting talent has waned from lack of use). BUT... what would be realistic for me? I could create a YouTube Channel and share my music with the



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world, as-is, and do local gigs just for fun, and maybe even profit someday...

So what do I do in regards to fulfilling my original dream? ***I do what I can.***

***Maybe I can't do the original rockstar dream, but I can do my ultimate dream of doing music for people globally...***

**What was I willing to change?** My fear...

Because, what I was afraid of was "failing" or "not achieving my goal." *I could get around this by adjusting the original goal and my own idea of success vs failure.*

**I will explain my inspiration in changing this paradigm from fear to action:**

I saw this kid on "The Voice" TV show, the USA version. She was barely 18 years old (maybe even younger), and she was named Christina Grimmie. I was around 47 years old when I saw her perform on that TV show, and one of the reasons she came to light with the producers was because she had been a fan-favorite on YouTube for many years prior (even though she was so young!).

She had started a YouTube channel at around age 15. She had amassed her own fan base, independent of any studio or record company, and she was phenomenal. She came in 3rd place in "The Voice." She was already a star though, in my book. I looked at this kid and knew that *I could do that too.*

*Even though I was waaaaay past youth.*

*Even though I was waaaaay past being relevant with my own music compositions.*

**I want to let you know that whatever your dream from the past is, that YOU CAN ACHIEVE IT TOO! You just have to find a way to make it "fit" with your current situation. Get past your addiction story and excuse... and get past your own disbelief in yourself.**

I will continue her story, because it is important to know the trajectory of her life.

Later on, hardly a year after appearing on "The Voice," she got gunned down by a fan at her own merchandise table. It was on a strange day for me because I was at my niece's graduation party from College, and my niece had always reminded me of Christina Grimmie. She looks like her to an uncanny degree. In addition, I had a 3 hour commute in my car, and in the entire time, I was singing CG songs at the top of my lungs... not knowing that Christina had been shot and killed overnight in Florida, the night before.

I only learned it when I got home and got online. It was heartbreaking. CRUSHING. And it could have derailed me yet again in my dreams. It could have sent me into drinking up a storm, yet again.

But did I get discouraged? NO! I made a decision, that no matter what, I would pursue my dreams. I got very BRAVE because of Christina Grimmie's life and her fierce determination to follow her talents/dreams/giftings/heart-for-God/you name it... **that young little kid kicked me into action.**



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## Now back to the alcohol abuse crap...

**When you are an alcohol abuser, and a chronic one at that, you forget your dreams. It's easier to sit on the sofa and drink beer than endure another disappointment.**

I can say this with some authority because I was there myself, and I find myself encouraging other hurting people with the same problem during the meetings I've facilitated.

**It doesn't have to be that way though.**

I want you, with these 3 questions I posed above, to recapture what you had in mind for life. Originally! Back in the day before alcohol got you. Just dream a little. Remember "back when." I promise you that there is a purpose to all this dreaming. We need to remember who we are deep on the inside. You weren't born bad. You were born with a purpose and you just need to find it again.

Personally, I believe you're a Child of God, and therefore you have inherent DIGNITY and you just have to get back to it. If you're athiest or agnostic, that might rub you the wrong way, and that's okay. Just take what makes sense for you and leave the rest behind.

Recapture who is YOU. That's my message in today's homework. And so, I will ask the last, 3rd question again and finally give you the box to fill out the answer :)

**What would you be willing to change, right now, to get what you dream of?**

Go to town. What are you willing to change in order to achieve some sense of purpose for yourself? Most of us who are caught in this quandry of alcohol abuse are also caught up in the constant derailment of our hopes and dreams in life. BUT... with a small change in the direction of our "rudder", we just might be able to switch course and get to where we want to go.