



# I HAVE A DREAM HOME

## Get Ready for Homeownership

It All Starts with a Thought

# June

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# It All Starts with a Thought

## Get Ready for Homeownership: It All Starts with a Thought

Welcome to a four-part transformative journey that will equip you with the tools no mortgage or financial industry can provide. Our social approach begins with the most potent resource at your disposal—your mind. It's time to redefine how you perceive yourself, your future, and what you envision for your family and future generations.

### Empowering Belief: Thoughts Create Reality

To change your life or overcome challenges, it is crucial to start at the root—the seat of all creation—our minds. You may have come across countless books and resources on manifestation and positive thinking.

While these are valuable building blocks that keep you on the path of positivity, we aim to delve deeper. Let's attain complete clarity on the fact that our thoughts genuinely shape the reality we experience—be it good, bad, or indifferent.

Allow me to guide you and provide a psychological perspective that will empower you to master your thoughts and transform your world.

### The Mind: A Gateway to Possibility

Your mind is an incredible tool, brimming with immense power. When you harbor positive thoughts, embrace the goodness in all individuals, and focus on uplifting aspects of life, the world bends to your command, ushering in precisely what you seek.

Let's explore the insights of Dr. Jennice Vilhauer, a renowned psychologist from Los Angeles, who sheds light on this subject. We are all born with the same inherent willpower—the ability to think and speak things into existence.

While some may initially feel offended by the notion of creating our reality, perceiving it as victim-blaming, it's important to acknowledge that none of us invite adversity into our lives. I wholeheartedly agree.

As someone who has dedicated over 15 years to helping people transform their thoughts and behaviors through cognitive therapy, she can confidently say that we indeed shape much of our reality. Denying this denies the immense power within us.

### The Three Buckets

I often explain to those I work with that life can be divided into three distinct buckets—things we control, things we influence, and things beyond our control.

## **Beyond our Control**

In the first bucket lie the random events that unfold beyond our sphere of influence. These include circumstances such as the families we are born into, earthquakes, pandemics, illnesses, job layoffs, the loss of loved ones, fires, and car accidents. While we experience these events and are aware of their impact, they lie beyond our direct control.



## **What we Influence**

The second bucket encompasses the power to influence other living beings through our actions. Imagine walking into a room and encountering a stranger. The choice to greet them with a smile or to inflict harm will undoubtedly yield different responses. However, it's essential to recognize that we cannot dictate precisely how the other person will react. They possess their own agency and can choose to respond in various ways—running away, turning the other cheek, or even retaliating.

## **What we Control**

The most remarkable bucket lies within our control—the way we perceive, interpret, and think about the events that shape our lives, as well as how we respond with our behavior. No external force can dictate our thoughts or actions; they belong solely to us. Let's consider a scenario where your significant other breaks up with you. If your immediate thought is, "I will never find anyone else to love me again," it is likely to lead to negative emotions such as depression and corresponding behaviors. However, if you consciously choose the thought, "I am glad this person is no longer in my life," your emotions and actions will align differently. You hold the power to choose your thoughts.

### Sources

Morris, B. (2023). Get Ready for Homeownership: It All Starts with a Thought. *I Have A Dream Home*.

Velhauer, J. (2020). How Your Thinking Creates Your Reality. What cognitive science has to say about how we experience life. *Psychology Today*.  
How Your Thinking Creates Your Reality | Psychology Today

## **The Power of Creation: Shaping Your Cognitive Lens**



Now, let's delve into the extraordinary process of creation:

- Thoughts, when repeatedly entertained and assigned truth, transform into beliefs.
- These beliefs form a cognitive lens or kaleidoscope through which we interpret the events that unfold in our world.
- Our cognitive lens serves as a selective filter, guiding us to seek evidence that validates our beliefs.

Consider Jenny, who forms the belief that she doesn't make enough money to buy her own home and renting is her only choice. She attends a party where ten people offer genuine reasons why owning a home is the right path to creating equity and wealth, while one person makes a negative comment about homeownership.

Jenny has a choice, she could embrace the ten compelling reasons to own her own home and believe in her ability to rise to the occasion, reinforced by the multitude of positive feedback.

Instead, she fixates on the single negative commentator, giving rise to a cascade of consistent thoughts: "What if the heater goes out, who's going to cut the grass, what if the house catches fire, why do I always make bad choices? Others are much more suited for homeownership than me."

Sadly, in Jenny's mind, the ten people who encouraged her to buy no longer exist. She selectively absorbs evidence that aligns with her belief, perpetuating the notion that she is not ready to become a homeowner.



This concludes part one of your journey to homeownership.

For the month of July, we will venture further into the **realms of self-concept**. If you find yourself pondering how this exploration will aid you in becoming a homeowner, I encourage you to shift your perspective.

Instead, focus on the profound transformation this journey will bring to your life, empowering you to step into your dream home and shape the reality you desire.

Remember, within the confines of your mind resides an extraordinary power—the power to create, to think, and to shape your world. Ask yourself, “What do I want to see?”

Embrace this power, for it holds the key to unlocking your path toward homeownership and a life filled with limitless possibilities.

## QUOTE OF THE MONTH

*“The vision that you glorify in your mind, the ideal that you enthrone in your heart - this you will build your life by; this you will become”*

— James Allen

## COMPANY NEWS

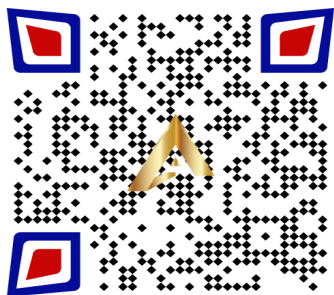
### RegCF Investors - Important Update

#### Current Investors

KoreConX has added some **new features** for current investors; specifically, two-factor authentication and a brand-new mobile app. KoreID enables current shareholders to view their investment, receive reports, news releases, messages, and to instantly re-invest in Assetcoin. Be sure to check your email for information on these new features.

#### New Investors

The RegCF Investment Process is fairly simple and entails four sections that must be completed; basic info, investor info, funding info and sign & finish. For a step-by-step details on how to invest in I Have A Dream Home email us at [info@ihaveadreamhome.gold](mailto:info@ihaveadreamhome.gold)



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