I was a first-year student in undergrad when I received the vision for BOLD magazine. That was 14 years ago. For what felt like an eternity, I have talked about this magazine, journaled potential story ideas and prayed for someone to help me make it happen. For 14 years! In that time, I realized a few things about following your dreams that might resonate with you.


The only reason I did not completely give up on ever starting this magazine was because I had a vision. I knew what type of content I wanted to be included, I knew how I wanted readers to feel after engaging with the magazine and I knew exactly who I wanted the magazine to inspire. I could see it clearly. If there is something you
want to do or create sit down and dream it out on paper. Be as detailed as you possibly can regarding what it feels like, what it looks like and what you need to do to get there.

You may be in school, in a job or contemplating a career change. I think the same advice applies to you as well - start with a vision. If you are in school, think about what kind of student you want to be, what kind of experiences do you want to have while in school, is there a particular GPA you hope to maintain, are there relationships with peers or professors/staff you hope to create? Are there relationships that you currently have that you need to let go of, is there an internship or job that you hope to get, do you want to get involved in community service or other student organizations? Having a vision for the way you want to spend your time, the kind of people you want in your circle and the kind of grades you want to maintain can help keep you on track if you start to veer off.

If you are currently in a job and are no longer feeling inspired or motivated by the work, take a moment and do some vision mapping. Reflect on what aspects of the work continue to motivate you, include those that do not. Identify barriers that prevent you from bringing your whole self to your work, or prevent you from creating the change you hope to see. Are there relationships with colleagues you hope to create? Are there new skills or opportunities that you want to gain and need to speak with your supervisor about? Are you making ends meet, but definitely want to make more money in the future? These reflections will hopefully help you to identify a vision for your work life so you can identify what steps you need to make.

Whatever it is you want to do (get a new job, go back to school, get married or get out of debt) the best place to start is with a holistic picture of what it will take to get there! You don’t just dump out puzzle pieces and just start aimlessly putting them together to see if they fit. Instead, you rely on the picture on the box (the vision) to remind you of what the puzzle should look like when you are finished. The same principle applies to our life - create a picture and then put together the pieces until they reflect what you had envisioned.

2. You Can’t Talk To Everyone About Your Vision

Once you have the vision, protect it at all costs because not everybody wants to see you win. If someone doesn’t have a vision for their own life, it can be difficult for them to understand why you have a vision for yours. Instead of reminding you of your vision when the unexpected moments of life happens and the puzzle pieces don’t seem to fit, they remind you of why you should just settle for good enough. These
naysayers can be our family, friends or colleagues not just your enemies or Internet trolls. While it may not be there intention, they can discourage you from taking steps to live the life you want because you spoke too soon. Everything is at its most vulnerable in the early stages -- a marriage, a newborn, a job (that’s why there’s a probationary period) a business, a relationship, a presidency -- literally everything. The same applies to our vision. Until the puzzle starts to look more like the picture, be mindful of who you let get close to your vision. Sadly, some people won’t cheer you on until the vision is realized, and that’s okay. The good thing is that your vision is not dependent on someone else validating it. I kept telling myself that if I did not start this magazine, no one else in the world could do it. I was convinced that my gifts, talents, personality and lived experiences were the perfect recipe for creating this magazine.

3. No One Can Make Your Vision Come True Except You!

For the longest time, my excuse for not starting this magazine was “but I need help.” I thought that my having a desire to make my dreams come true was all that was required of me. If I have the desire and vision, then someone else would bring the knowledge and finances. I was sadly mistaken. The truth is that I was the person I was looking for. If you are waiting for someone to come along and wave a magic wand to make all of your dreams, wake up. You already have everything you need to make your dreams come true. You may not have it in your bank account right now, have the skill set you need or event that degree relevant to make that job change, but I believe if we do our part and take steps towards our vision then everything else will fall into place. Sometimes you have to go scared, unsure and by yourself. If you want it, let nothing (not even the things you tell yourself) stop you.
Whitney Maddox  2 days ago · 0 Likes

What are some challenges when it comes to following your dreams? Let's talk!

How BOLD Saved My Life
Lifestyle

BOLD Magazine is a community of young adults who are unafraid to admit that we don't have it all together and sometimes we doubt ourselves. We are tired of your expectations and your boxes. Though we may struggle, we won't quit until we're free.

We are BOLD.