

NAOMI SHERMAN

PART 3

YOU
ALREADY LIVE
YOUR DREAM.
WHAT'S
NEXT?



Naomi Sherman

**YOU ALREADY LIVE YOUR
DREAM. WHATS NEXT? PART 3**

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YOU ALREADY LIVE YOUR DREAM. WHATS NEXT? PART 3 /
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YOU ALREADY LIVE YOUR DREAM. WHATS NEXT? — PART 3 You spent so long chasing your dream. But what happens when what you wished for finally becomes your reality, and you still find yourself asking, What now? Why do we sometimes feel empty even after achieving our goals? Where does the fear of our own lives come from when we no longer have to fight for the future? And how can we stop waiting for the next reason to be happy and finally feel that we belong in our own lives? This book is about life after great achievements. Its about inner freedom, the courage to be yourself, and the ability to recognize the value of what you already have. Through reflection and self-discovery practices, youll learn to look at your desires, fears, and familiar patterns in a new way. Your dream has already become reality. Now its time to learn how to live in it.

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PART THREE

YOU'RE LIVING YOUR DREAM NOW. WHAT'S NEXT?

How to Stop Fearing Your Own Life and Feel at Home in It

Naomi Sherman

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About This Book

Naomi Sherman's third installment continues the conversation about life after a dream comes true. It explores how to keep success from becoming another obligation, how to distinguish your own desires from other people's expectations, and how to learn to live inside the present instead of waiting for the future.

The stories are literary composite examples of familiar human situations. The practices are intended for personal reflection and do not replace individualized professional support when it is needed.

Prologue: The Answer That Doesn't Come Right Away

Last time, I asked people a question: Imagine you have already become the person you have long dreamed of being. Everything worked out. What comes next? The answers did not arrive immediately. Some people laughed, some began listing new goals, and others fell silent for a long time. I especially remember the pause after the words, “I’ve never thought about that.”

At first, I thought the silence meant a lack of imagination. Later, I understood that silence sometimes appears where a familiar script ends. We know how to strive, endure, gather our strength, and prove ourselves. But we rarely ask how we will live when we no longer need to do all of those things just to earn permission to have a life of our own.

This book begins with that very silence. Not because people have no desires, but because desires often exist as distant pictures. There is a spacious kitchen, a beloved partner, a flexible schedule, a beautiful body, recognition, money, a different city. But the picture almost never includes an ordinary Tuesday: bills, exhaustion after a conversation, a small household decision, or a morning when your mood does not match your dream.

We learn to pursue what we want as though one day we will cross a finish line and move forever into a new life. But there is no door at the finish line marked “Everything will be easy now.” Everyday life begins there—the very fabric life is made of.

In Part Two, we looked at dreams before they came true: what we expect success to give us, and the freedom we associate with money, love, career, appearance, moving, and recognition. Now the question changes. Suppose it really happened. You got the keys, the offer, the income, the opportunity, the attention. How do you keep what you wanted from becoming a new obligation? How do you avoid being frightened by the quiet when you no longer have to urgently become someone else?

People I questioned before will appear again. They did not have ready-made answers—and that is exactly why their stories matter. These are not fairy tales of flawless transformation. They made mistakes, returned to old habits, discovered unexpected fears, and gradually learned to notice themselves. Their experiences do not offer a universal solution. They help us see that familiar words like “I want a better life” can hide very different needs.

Read this not to become an even more perfect version of yourself, but to hear where your own life has been waiting for you to take part in it. Perhaps you are already standing in the room you once dreamed of. Perhaps you are only opening the door. Either way, you can begin with a simple question: What do I want to feel in my life—not someday, but on an ordinary day?

1. When a Dream Stops Being a Promise

While a goal is still ahead of us, it can explain almost anything. You can skip rest because this is an important season. You can tolerate an uncomfortable relationship because you need to get established first. You can postpone pleasure because, once everything settles down, there will finally be time. The future becomes a universal excuse for the present.

But one day, the goal is reached. And the old explanations lose their power. You get the job you dreamed of, yet your calendar is still full of meetings you do not want to attend. You move to the seaside, yet on Monday you answer messages beside the hum of an air conditioner. You start earning more, but notice that your fear of losing it grows along with the numbers. The outside world has changed, while your inner routine remains the same.

This does not mean the dream was wrong. Perhaps it gave you an opportunity, security, or room to breathe. A goal simply cannot do all the work for a person. It creates the conditions; it does not decide how you will use them.

One woman I spoke with had spent years imagining herself in a leadership position. In her mind, the promotion meant people would finally stop doubting her competence. When it happened, she felt elated for a few weeks. Then she realized she was preparing for every meeting late into the night, checking other people's work, and taking every question personally. She had earned the position but was still living as though she had not yet been chosen.

The first change was neither quitting nor creating a new productivity plan. She began noticing the moment a work decision turned into an attempt to prove she deserved to be there. Sometimes it was enough to ask herself, "If I didn't have to convince anyone of anything, what would I do right now?" The answer was not always radical. Sometimes it was simply, "I'd send the email and go eat lunch."

This is the first step after a dream comes true: separate the real task from the old promise. The task may be important. The promise sounds like this: if I do everything perfectly, no one will ever make me doubt myself again. Life has not signed that contract.

Practice. Think of one goal that has already come true or is much closer now. Write down what it actually changed: money, time, place, available choices. Separately, write what you still expect from it emotionally: peace, love, respect, permission to make mistakes, a sense of worth. Do not criticize yourself for this list. Simply notice which needs require attention of their own, even after the goal has been reached.

2. What to Do with the First Quiet Morning

In our imagination, a dream coming true usually looks like an event. You read the message, sign the contract, walk into a new apartment, hear congratulations. There is a moment you can photograph and save. But after it comes a morning no one will celebrate.

In a new home, you need to find a pharmacy. After a promotion, you have to work through a task you are not yet sure how to handle. In a relationship, you have to agree on who buys groceries. After moving, you need to figure out where to dry your laundry when it rains. Life becomes real not when the result is announced, but when that result stops being news.

For some people, this brings disappointment. They think that if happiness is real, they should feel it constantly. If a day looks like the days before it, something must have gone wrong. But ordinariness does not disprove change. It shows that the new reality is gradually becoming livable.

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