

Dream | UNIVERSITY[®]

21 Days to Change Your Life

Advance Your Career, Transform Your Look and Achieve Success in 3 Weeks



AUDIO
COURSE

WELCOME

Congratulations on your commitment to your dreams.

Participating in this program says that you are a serious dreamer and part of *The Dream Movement*. This means you don't just think about your dreams but you actually take action to make them a reality.

It includes changing the way we think and speak about our dreams. We don't say, "Maybe someday...when the kids are grown" or "when I retire..." or "...have extra time or money...then I'll pursue my dream." At Dream University® when you share your dream you are actually saying, "This is what I want and here is what I will do to make it happen."

Dream University® is the only University in the world solely dedicated to helping people achieve their dreams. In this special, self-paced program, it is my intention to teach you (nothing short of) how to create the life of your dreams. I hope you will have fun while you learn and access more of who you are as a magnificent human being.

You may have heard me say this before, but it has even more meaning to me today. It's never been a more important time for us to pursue what's important to us, as well as to help others believe and achieve their most heartfelt dreams.

Thank you for your trust and for joining me on this journey. I honor the big dreamer you are and look forward to traveling this path together for many years to come.

With love and respect,

Marcia

Marcia Wieder, CEO/Founder, Dream University®

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SESSION 1

SET AN INTENTION

OBJECTIVE: To understand the power and importance of setting an intention and for you to set your intention for working through this Program.

SESSION SUMMARY: Here is a simple and important step for setting an intention to assist you in having greater clarity about your dreams (which will make this process and your life easier). This will be your rudder throughout this Program.

SESSION 1

SET AN INTENTION

"INTENTION" WORKSHEET #1

Please answer the following questions:

1. What do I want from this coaching relationship? For example: I want structure and accountability; I want support in finding or realizing my dream.

2. What is something you intend to do, create, change or accomplish as a result of this process? For example: be more action oriented; set up a great office; create a DreamTeam.

3. What is your intention for what you want to accomplish this week? For example: I want to spend one hour writing in my journal; I intend to ask for help.

4. Where do you want to be when you come to the end of this Program? For example: I intend to have a new job; I intend to have a clear idea of what I want to do.

My intention for this week is:

SESSION 1

SET AN INTENTION

"MY NEXT YEAR" DREAM JOURNAL PAGE

Date: _____

Write down your intentions regarding how you want the next year of your life to be. Paint a picture for yourself. Use what you know about yourself, and be clear about what matters to you.

"WHAT I VALUE" DREAM JOURNAL PAGE

Date: _____

What qualities do you admire? What do you value? If you cherish freedom and the expression of your creative spirit, then intend to live that life. The more clarity, the better, but don't be concerned if you aren't completely clear all the time. Right now, recognize where you are clear and where you are fuzzy.

SESSION 1

SET AN INTENTION

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"Intention is one of the most powerful forces in life. Without it we can sometimes stray without meaning or direction in our lives. But with it, all the forces of the universe can align to make even the most impossible, possible." Marcia Wieder

SESSION 2

INTEGRITY—THE KEY TO MANIFESTATION

OBJECTIVE: To learn to live with integrity by removing incompletions and keeping your agreements with yourself and others.

SESSION SUMMARY: When we clean up our past, we are free to move forward, making our dreams more attainable, richer, deeper and rewarding. In this session, you will learn a process about truth and honoring your word.

SESSION 2

INTEGRITY—THE KEY TO MANIFESTATION

“THE COMPLETION INVENTORY WORKSHEET”

Here are three simple steps:

1. Ask yourself what's incomplete and write it down.
2. Ask yourself what you need to do to complete this, and write that down.
3. Complete what's incomplete.

SESSION 2

INTEGRITY—THE KEY TO MANIFESTATION

"THE PERSONAL COMPLETION INVENTORY" WORKSHEET #2

What is incomplete in my life?	What do I need to do to complete this?

"THE PROFESSIONAL COMPLETION INVENTORY" WORKSHEET #3

What is incomplete in my life?	What do I need to do to complete this?

SESSION 2

INTEGRITY—THE KEY TO MANIFESTATION

"THE RELATIONSHIPS COMPLETION INVENTORY" WORKSHEET #4

What is incomplete in my life?	What do I need to do to complete this?

"THE HEALTH & WELL-BEING COMPLETION INVENTORY" WORKSHEET #5

What is incomplete in my life?	What do I need to do to complete this?

SESSION 2

INTEGRITY—THE KEY TO MANIFESTATION

“THE FINANCIAL COMPLETION INVENTORY” WORKSHEET #6

[illegible]

SESSION 2

INTEGRITY—THE KEY TO MANIFESTATION

"INTEGRITY SELF-RATING" WORKSHEET #7

Please Note: 1 = Needs Attention ~ 10 = Flawless

Please answer the following questions by checking the appropriate box.	1	2	3	4	5	6	7	8	9	10
1. How are you about keeping agreements with other people?										
2. How are you about keeping agreements with yourself?										
3. How consistent are you in doing what you say you will do?										
4. How much do you value what other people bring to the table?										
5. How easily can you admit when you make a bad call or mistake?										
6. How much room do your friends or teammates have to vent or give you honest feedback?										
7. How are you at speaking the truth about yourself without exaggerating positively or negatively?										
8. How are you at apologizing?										

SESSION 2

INTEGRITY—THE KEY TO MANIFESTATION

"ONE YEAR TO LIVE" DREAM JOURNAL PAGE

Date: _____

Imagine you knew this was the last year of your life. What would you do? How would you be different? How would you spend each day? Where would you go? Who would you be with? Let the feelings and emotions come out.

"WHAT INTEGRITY MEANS TO ME" DREAM JOURNAL PAGE

Date: _____

What does integrity mean to you? Where in your life do you have a lot? Where do you tend to fall short? Just notice. Try not to judge yourself. Right now you are gathering honest information that will help you become a great and successful Dreamer.

SESSION 2

INTEGRITY—THE KEY TO MANIFESTATION

"MY INTEGRITY MIRROR" DREAM JOURNAL PAGE

Date: _____

Think of someone you know who you believe lives with a lot of integrity. What would you say about that person?

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SESSION 2

INTEGRITY—THE KEY TO MANIFESTATION

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"Say what you mean and mean what you say. Honor your word, agreements, promises and commitments to others and to yourself and you will be living with integrity, where dreams really do come true." Marcia Wieder

SESSION 3

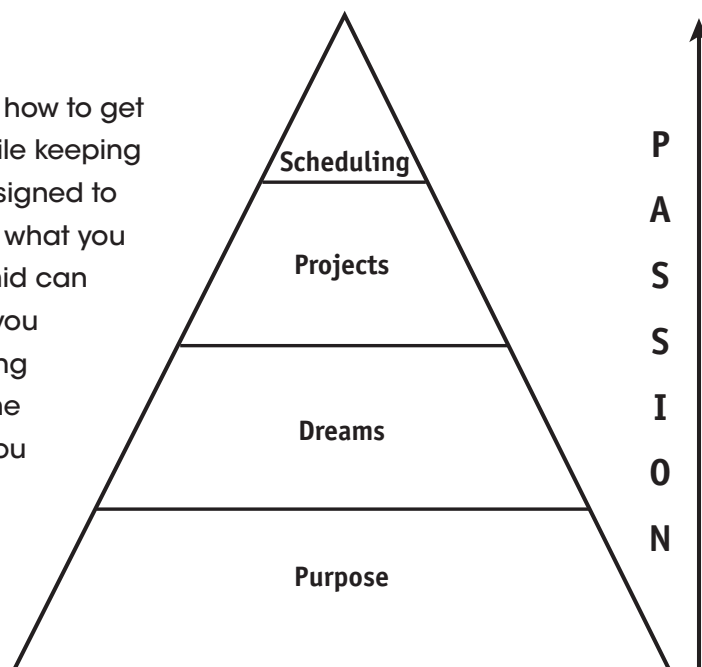
LIVE ON PURPOSE

OBJECTIVE: To understand the meaning and importance of purpose in order to live more aligned with your purpose.

SESSION SUMMARY: You will focus on one of the most essential elements for living a dream come true life—finding your purpose. You will be given simple exercises for discovering or uncovering your purpose and by the time you complete this session, you will have a clear purpose statement, or at least an excellent starting place.

THE PASSION PYRAMID

The Passion Pyramid is a tool. It will help you see how to get from where you are to where you want to be, while keeping you balanced in all the areas of your life. It is designed to help you bring more of what matters to you and what you love into your life. When used properly, the Pyramid can help you design a blueprint for achieving what you want, and for streamlining the process of reaching your dreams. The Passion Pyramid is read from the bottom up. Once you know your life's purpose, you can create dreams that are in alignment with it. Then, your dreams will be turned into projects



SESSION 3

LIVE ON PURPOSE

"THREE MEMORIES OF PASSION" WORKSHEET #8

Things people say they are most passionate about:

- Teaching/Learning
- Risk Taking/Adventure
- Fun/Variety in Life
- Community Service/Contributing
- Problem Solving/Creativity
- Achievement/Accomplishment

Please list three memories from your life that you are passionate about and find a common purpose or theme:

Memories of Passion and Purpose or Common Theme	Purpose or Common Theme of Memories
1. Having twin daughters. 2. Experiences in the wilderness. 3. Winning business woman award.	To live life as an adventurer.

List Three Memories From Your Life That You Are Passionate About:	Find a Purpose or Common Theme:
1. 2. 3.	

SESSION 3

LIVE ON PURPOSE

"MY PURPOSE" WORKSHEET #9

Come up with a short phrase or a couple of adjectives to describe your life's purpose – the beginning of "Who am I passionate about being?" Have your purpose statement for your next session. It can be a couple of adjectives/nouns (joyous, soul) or a phrase ("to joyously express my essence").

How do you want to live your life? Some examples are:

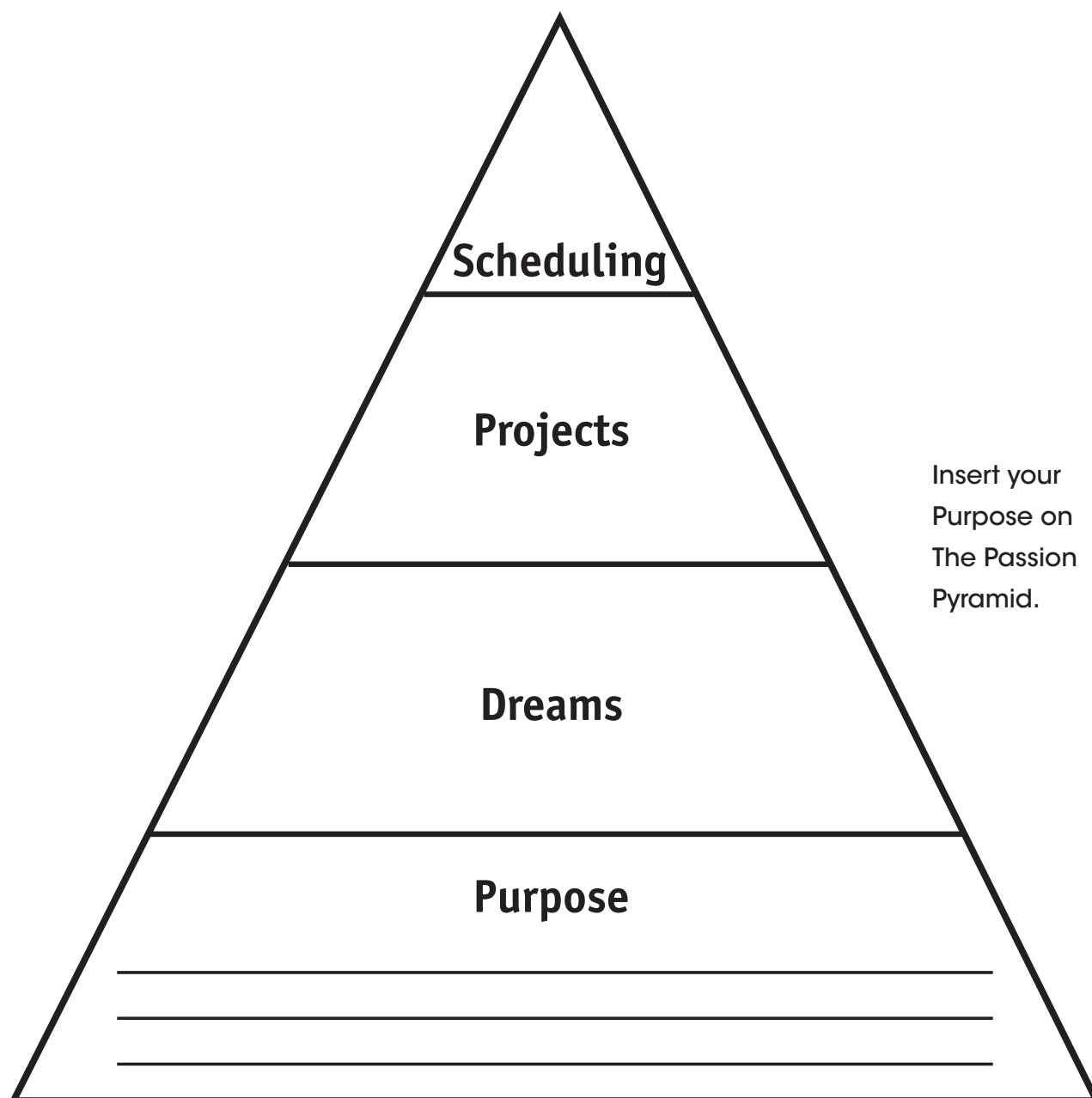
- To adventurously and joyously be creative.
- To embrace life with wonder.
- To live authentically.
- To be loving, compassionate and free.
- To courageously take risks.
- To be a lifelong learner and share my knowledge and experience.
- To touch and be touched.
- To empower and inspire.
- To creatively and humbly be a part of something greater than myself.
- To make a difference while being different.

My Purpose Is:

SESSION 3

LIVE ON PURPOSE

"PASSION PYRAMID" WORKSHEET #10



SESSION 3

LIVE ON PURPOSE

"PASSION QUEST" WORKSHEET #11

Every day next week, try to do something that you love, that is fun, that you feel compelled to do. This may require you to say no to some of the tasks and invitations that leave you uninspired. This is an excellent practice for making room for new dreams. Say "yes" where you say "no" and "no" where you say "yes." Take a risk, step outside the box, push the envelope. Do something you have never done. And do something you do that you truly enjoy.

The goal here is to uncover something about yourself, something new perhaps, or something forgotten. Don't assume you know. As a matter of fact, assume you don't know and play detective for a week. And if you love this exercise, you certainly don't have to limit it to a week. Turning this into a personal practice will be the very thing that flips your switch and creates a passionate life for you, beginning right now!

List the things you are passionate about and chart them on the Passion Scale.	Red Hot	Turned On	Excited	Very Interested	Interested	Some Possibility	No Interest

SESSION 3

LIVE ON PURPOSE

"BRINGING WHAT I LOVE" DREAM JOURNAL PAGE

Date: _____

What are some ways to bring more of what you love into your day-to-day life?

"WHO AM I" DREAM JOURNAL PAGE

Date: _____

Who are you passionate about being? What do you want from/for your life? What do you imagine life wants from you? What's in your heart?

SESSION 3

LIVE ON PURPOSE

"IMAGINE MY PURPOSE" DREAM JOURNAL PAGE

Date: _____

If you were living fully in your life's purpose, what do you imagine might be different about your life? List a few things that excite you and a few things that scare you about this.

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SESSION 3

LIVE ON PURPOSE

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"Once you know what your purpose is, you will be able to find countless ways to live on purpose. This will bring you greater joy and passion. Life will become richer and more meaningful." Marcia Wieder

SESSION 4

ACCESS YOUR DREAMER

OBJECTIVE: To create a powerful and dynamic relationship with the Dreamer inside of you and create a dream you are passionate about.

SESSION SUMMARY: You will learn the difference between dreams, goals and fantasies. By accessing your Dreamer, you will have a more conscious relationship with this important part of yourself.

Most people think of dreams either as some kind of unattainable fantasy or as something they do in their sleep.

We define dreams as the aspirations, desires, goals, and hopes that you most want for yourself. Moreover, these are the kind of dreams you have while you are very much awake.

Marcia Wieder's formula for Making Your Dreams Come True® is:

First

Get clear about what your dream is.

Second

Remove the obstacles, especially the limiting beliefs.

Third

Design the simple steps to make it happen.

*Build a DreamTeam.

SESSION 4

ACCESS YOUR DREAMER

"ACCESS YOUR DREAMER" WORKSHEET #12

List one dream that you are passionate about in each category. Make up some new dreams in each one.

CATEGORY	DREAM
Personal	
Professional	
Relationship	
Health	
Family	
Community	
Financial	
Fun	
Spiritual	
Other	

SESSION 4

ACCESS YOUR DREAMER

"DREAM ASSIGNMENT WORKSHEET #13

From the list you just created, pick one dream that matters most to you, the one you are most passionate about or why you are doing this program.

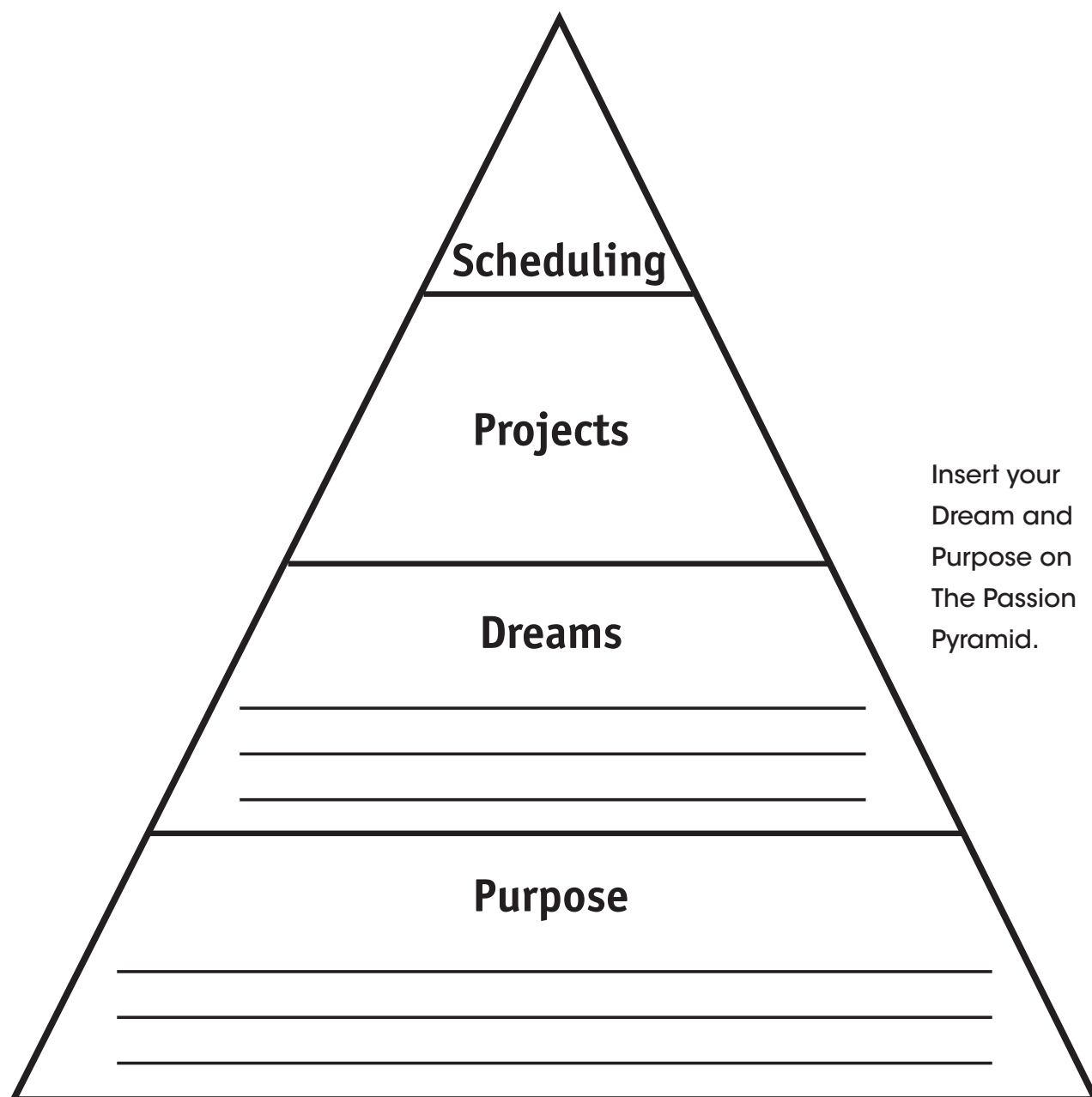
My dream is:

Write as much detail about your dream as you can:

SESSION 4

ACCESS YOUR DREAMER

"PASSION PYRAMID" WORKSHEET #14



SESSION 4

ACCESS YOUR DREAMER

"I FEEL" DREAM JOURNAL PAGE

Date: _____

How do you look and feel when you imagine yourself living your dream?

"MY DREAM" DREAM JOURNAL PAGE

Date: _____

What are you doing in the dream? Where are you doing it? With whom?

SESSION 4

ACCESS YOUR DREAMER

"I HAVE NO LIMITS" DREAM JOURNAL PAGE

Date: _____

If you aren't limited by money, time or the people around you, what are you creating or accomplishing? Keep your purpose in mind. Keep bringing your purpose statement forward through your dreams.

[illegible]

SESSION 4

ACCESS YOUR DREAMER

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"Dreams come mostly from one place. You make them up. Some get turned into goals and projects and some just disappear. The dreams that seem to have the greatest longevity and chance for survival are the ones that matter to you most." Marcia Wieder

SESSION 5

LEARN FROM YOUR DOUBTER

OBJECTIVE: To create a powerful and dynamic relationship with the Doubter inside of you, and to learn from the lessons this voice offers.

SESSION SUMMARY: By accessing your Doubter, you will have a more conscious relationship with this important part of yourself.

The number one way we sabotage our dreams is by projecting our doubts and fears into our dreams by saying or thinking, “But, what if ...?” and creating the worst imaginable scenarios. When you put your fear and doubt in the appropriate place, as part of your reality, it frees you to take action on your dreams. The evidence of which you are more committed to, your dream or your reality, lies in whether you are in action on the dream. The more clarity you have on your dream, the easier it is to commit to it and move toward it, even when there are setbacks.

SESSION 5

LEARN FROM YOUR DOUBTER

"THE DOUBTER SPEAKS" WORKSHEET #15

Interview your Doubter about your dream. Answer the question, "Why does the Doubter think my dream will fail?"

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SESSION 5

LEARN FROM YOUR DOUBTER

"OBSTACLE LIST" WORKSHEET #16

From "The Doubter Speaks" Worksheet, create a list of obstacles around your dream.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

SESSION 5

LEARN FROM YOUR DOUBTER

"THE DOUBTER VS. REALIST" WORKSHEET #17

Turn the voice of the Doubter down. Turn up the voice of the Realist. What does the Realist need to get on board with the dream? Note: the Realist wants to know your plans to overcome your obstacles.

My Dream is:

My Doubter Says:

My Realist Says:

SESSION 5

LEARN FROM YOUR DOUBTER

"MY DOUBTER SAID" DREAM JOURNAL PAGE

Date: _____

Have you heard the Doubter voice in the past? If so, what are some of the things it said to you?

"MY PRIMARY VOICE" DREAM JOURNAL PAGE

Date: _____

Which is the primary voice you carry, Doubter or Dreamer? Why do you think this is your primary voice? Is it different at work than at home? In your relationships, do you tend to dream, to be realistic, or a little of both?

SESSION 5

LEARN FROM YOUR DOUBTER

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"When you put your fear and doubt in the appropriate place, as part of your reality, it frees you to take action on your dream. Are you more committed to your dream or your reality? The evidence lies in whether you are in action on your dream." Marcia Wieder

SESSION 6

BELIEVE IN YOUR DREAMS

OBJECTIVE: To create a belief as a solid foundation for making your dreams come true.

SESSION SUMMARY: This session will help you understand that believing in your dream is essential and how any negative belief, even fear, can be eliminated. It will teach you to see the difference between a limiting belief and an obstacle that simply requires a strategy.

Your beliefs are never neutral. They either move your dreams forward or hold you back. But here's the secret. You choose what you believe.

SESSION 6

BELIEVE IN YOUR DREAMS

"EXERCISE FOR REMOVING OBSTACLES" WORKSHEET #18

Place your Obstacle List from Session 5 into the chart below and determine if it is a limiting belief (internal) or it requires a strategy (external), then check the appropriate box.

OBSTACLE	LIMITING BELIEF	STRATEGY
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

SESSION 6

BELIEVE IN YOUR DREAMS

"LIMITING BELIEF VS. EMPOWERING BELIEF" WORKSHEET #19

Please fill in the blanks.

LIMITING BELIEF	NEW EMPOWERING BELIEF
Example: I don't believe I can do this.	I believe in myself.
Example: My dreams don't matter.	My dreams do matter.

WE CHOOSE WHAT WE BELIEVE. IT IS UP TO YOU.

My new core belief for making my dreams come true is:

SESSION 6

BELIEVE IN YOUR DREAMS

"RELATIONSHIP TO MY DREAM" DREAM JOURNAL PAGE

Date: _____

Take a look and see which weighs heavier. Are your obstacles mostly beliefs or in need of strategies? Can you draw any conclusions about you and your process as a Dreamer? If so, what are they? What are you seeing about your relationship to your dream?

"OPTIMIST/PESSIMIST" DREAM JOURNAL PAGE

Date: _____

List a few places where you have been or are an optimist. And a few where you have been or are a pessimist. What are your reasons for each?

SESSION 6

BELIEVE IN YOUR DREAMS

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"Believing in your dreams is essential. It is your belief in your dream and in yourself that will allow you to see possibilities and attract the resources that can help you. Find a way to believe in your dream. Muster up your convictions and step out. For it is through your actions that you prove to the world, and of course to yourself that you are not just talking about your dream. You are doing it." Marcia Wieder

SESSION 7

PERSONAL PRACTICES

OBJECTIVE: To learn to use all of life's lessons as powerful tools and to create daily practices to deepen what you learn.

SESSION SUMMARY: This session will help you look at personal and professional failure through a new perspective. It will teach you the value of perseverance, and help you create essential practices for success.

SESSION 7

PERSONAL PRACTICES

"BIGGEST FAILURE/GREATEST TEACHING" WORKSHEET #20

Teachings come in many forms. Look at your biggest failures or setbacks and you will find your greatest teachings. And perhaps, you will redefine success. List the events in your life you thought were failures. Think of the lessons you learned from each failure.

FAILURES/SETBACKS	LESSONS
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

SESSION 7

PERSONAL PRACTICES

"ACHILLES' HEEL" WORKSHEET #21

Write what you think your weaknesses are and how you will strengthen them. These become personal practices.

WEAKNESS	HOW WILL I STRENGTHEN THE WEAKNESS
Example: I'm always late.	I'll be on time.
Example: I don't finish what I start.	I'll complete what I start.
Example: I overcommit.	I'll learn to say no.

SESSION 7

PERSONAL PRACTICES

"PERSONAL PRACTICE" WORKSHEET #22

A personal practice is what you might choose to do every day, or on a regular basis, to develop yourself. It is a process to help you more easily accomplish your dreams and goals by giving you new skills and capacities. Please fill in the blanks.

This week I will:

_____ Times

This week I will:

_____ Times

This week I will:

_____ Times

This week I will:

_____ Times

This week I will:

_____ Times

SESSION 7

PERSONAL PRACTICES

"I CANNOT FAIL" DREAM JOURNAL PAGE

Date: _____

What would you do if you knew you couldn't fail?

"SECOND CHANCES" DREAM JOURNAL PAGE

Date: _____

Write out what you believe about second chances. Think of someone you know, fictitious or real, personally or not, who made a great comeback.

SESSION 7

PERSONAL PRACTICES

"I WOULD CHANGE" DREAM JOURNAL PAGE

Date: _____

What about yourself would you like to change? Where would you like to grow? What personal practice would you design to become the person you want to be?

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SESSION 7

PERSONAL PRACTICES

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"Failure is a prerequisite to success. Our biggest failures become our greatest teachers: the lessons we learn become the foundation of success." Marcia Wieder

SESSION 8

TAKE SERIOUS STEPS FORWARD

OBJECTIVE: To plan the essential action steps to ensure that your dreams come true.

SESSION SUMMARY: Here is where you take your dream into the project and action phases. Learn about strategy and how to segment your dream into simple steps so you can quickly advance. Afterwards, you'll review the steps to ensure that all your necessary elements are aligned.

HELPFUL HINTS ON DEVELOPING PROJECTS

Create projects that are one month or less, because in this time period, you can produce a substantial result, while still keeping your passion high. Here are some simple criteria that you may find useful. Your project:

- Needs to move your dream forward.
 - Needs to be easily accomplished in one month or less.
 - Should be specific and measurable.
 - Should be something you are passionate about.
-

SESSION 8

TAKE SERIOUS STEPS FORWARD

"YOUR PROJECT EXERCISE" WORKSHEET #23

We're going to have you work on a simple project that you can easily accomplish in one month or less. The sole purpose of this project is to move your dream forward.

PROJECTS MAKE BIG DREAMS HAPPEN

Write down your project:

By _____ (date) I will have accomplished _____
 _____. (This needs to be specific and measurable).

Write the date and the measurable result or action item that you will have accomplished by that date. Now list the resources needed to accomplish this goal. Who can help you? If you are delegating this action item, list the person's name. Schedule these elements into your calendar right now and begin to take action. You are no longer just talking or dreaming about this. You are doing something about it. Everything can change in this moment.

DATE	ACTION ITEM	RESOURCE (WHO CAN HELP YOU)

SESSION 8

TAKE SERIOUS STEPS FORWARD

"CHECK FOR ALIGNMENT" WORKSHEET #24

1. Your purpose:

2. Your dream (in one sentence):

3. What is the current reality about this dream?

4. What is an empowering belief that will support you in taking action?

5. Are you more committed to your dream or to your reality? Why?

6. What action step (or two) will you take during this week to get the ball rolling?

SESSION 8

TAKE SERIOUS STEPS FORWARD

"PASSION PYRAMID" WORKSHEET #25

Scheduling

Projects

Dreams

Purpose

Insert your Project(s), Dream(s) and Purpose on the Passion Pyramid.

SESSION 8

TAKE SERIOUS STEPS FORWARD

"MY SUCCESSFUL STRATEGIES" DREAM JOURNAL PAGE

Date: _____

What have I been successful doing? What strategies have I used that I can apply to my dream now?

"MY MIRROR FOR SUCCESS" DREAM JOURNAL PAGE

Date: _____

Write about someone you know who seems to get a lot done with ease. What do you see them doing? Why or how do you think they are able to accomplish so much? What do you admire about them? What do you wonder?

SESSION 8

TAKE SERIOUS STEPS FORWARD

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"Making your dreams come true requires continually moving forward on what matters to you most. Yes, there will be difficult moments, perhaps even setbacks. Are you more committed to your dream or to your reality? Demonstrate that you are more committed to your dream by taking action and powerful steps forward." Marcia Wieder

SESSION 9

BUILDING YOUR DREAMTEAM

OBJECTIVE: To be able to ask for help so you can more easily accomplish your dream.

SESSION SUMMARY: This session offers ways for you to create a winning DreamTeam by successfully and effectively making specific requests.

SESSION 9

BUILDING YOUR DREAMTEAM

"IDENTIFY RESOURCES" WORKSHEET #26

Please write below the people and organizations that can help you.

Friends Who Can Help Me: _____

Friends of Friends Who Can Help Me: _____

Family Members Who Can Help Me: _____

Business Associates Who Can Help Me: _____

Organizations or Associations That Can Help Me: _____

People Who Will Support Me: _____

People Who Can Advise Me: _____

People I Don't Know Who Can Help Me: _____

SESSION 9

BUILDING YOUR DREAMTEAM

"REQUEST" WORKSHEET #27

Please create a chart answering the three questions below.

[illegible]

SESSION 9

BUILDING YOUR DREAMTEAM

"DREAM SOUND BITE" WORKSHEET #28

Express your dream in 25 words or less:

NOW,
PRACTICE
SAYING IT OUT LOUD.

SESSION 9

BUILDING YOUR DREAMTEAM

"MY IDEAL DREAMTEAM" DREAM JOURNAL PAGE

Date: _____

If you could assemble your ideal DreamTeam, who would be on the team and why? You can use people living or dead, famous or otherwise. It's your team. Dream big.

"WHAT WOULD I ASK" DREAM JOURNAL PAGE

Date: _____

What would you ask for from your family and friends if you knew they would say yes?

SESSION 9

BUILDING YOUR DREAMTEAM

"WHAT I LIKE ABOUT TEAMS" DREAM JOURNAL PAGE

Date: _____

Write about one team that you have been a part of or are a part of now that you enjoy. Include what you like about the team. A team can be at work, in a social group or within a family.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SESSION 9

BUILDING YOUR DREAMTEAM

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"When you begin speaking your dream and enrolling others, your dream can become bigger and take on new forms, and all kinds of opportunities will show up." Marcia Wieder

SESSION 10

LIVE AS A DREAMER

OBJECTIVE: The objective is simple, to create a dream come true life.

SESSION SUMMARY: This session will help you live as a Big Dreamer by seeing yourself as a Visionary and identifying other dreams you wish to manifest. You will also learn the importance of celebrating small successes on the way to achieving your dreams.

SESSION 10

LIVE AS A DREAMER

"CHARACTERISTICS OF A VISIONARY SELF-RATING" WORKSHEET #29

Please Note: 1 = Needs Attention ~ 10 = Flawless

Please answer the following questions by checking the appropriate box.	1	2	3	4	5	6	7	8	9	10
1. Do you create the space for your dream to incubate, be born and grow?										
2. Do you show up fully in life, bringing with you everything you have?										
3. Do you empower and support others with trust?										
4. Do you welcome diversity and individuality?										
5. Are you curious and creative?										
6. Do you ask for ideas and opinions?										
7. Do you listen intently for possibilities and opportunities?										
8. Do you recruit new resources and welcome them warmly?										
9. Do you do what you say you will do?										

SESSION 10

LIVE AS A DREAMER

"PERSONAL PRACTICES TO BECOME A VISIONARY" WORKSHEET #30

Create a personal practice for every item to which you gave a six or below from the "Characteristics of a Visionary" Worksheet:

My new personal practice is:

_____ Times

My new personal practice is:

_____ Times

My new personal practice is:

_____ Times

My new personal practice is:

_____ Times

My new personal practice is:

_____ Times

My new personal practice is:

_____ Times

SESSION 10

LIVE AS A DREAMER

"MY SUCCESSES" WORKSHEET #31

Identify the successes you have accomplished in this program so far.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

MAKE A DATE TO CELEBRATE YOUR SUCCESS!

I will celebrate my success of _____
on _____ (date).

SESSION 10

LIVE AS A DREAMER

"NEW DREAMS" WORKSHEET #32

What other dreams do you want to accomplish?

CATEGORY	DREAM
Personal	
Professional	
Relationship	
Health	
Family	
Community	
Financial	
Fun	
Spiritual	
Other	

What action can I take to achieve these dreams?

What is my new commitment or WOW (Within One Week) so I can achieve these dreams?

SESSION 10

LIVE AS A DREAMER

"MY QUALITIES" DREAM JOURNAL PAGE

Date: _____

Without any justification or apologies, describe your favorite quality about yourself?
At home? At work?

"MY SUCCESS" DREAM JOURNAL PAGE

Date: _____

Think about your own standards. How do you measure success? How do you feel when you have not succeeded? At what point do you name and claim something to be a success? Are you recognizing your own successes on any given dream right now? If so, how?

SESSION 10

LIVE AS A DREAMER

"MY NEXT STEPS" DREAM JOURNAL PAGE

Date: _____

How far have you come in achieving your dream? What are your next steps?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

SESSION 10

LIVE AS A DREAMER

Please answer the following questions:

Date: _____

What did I set out to do?

What did I accomplish?

What is the pearl of wisdom I received this week?

What is still incomplete?

What is my commitment or WOW (Within One Week) for this week?

"Be unstoppable. You can have the life you want, the one that works for you. The possibilities are all waiting for you to let them happen, to produce extraordinary results and to make your life the magical experience it was meant to be." Marcia Wieder