

# UNLOCK YOUR DREAMS

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## 5 SIMPLE STEPS TO

Dream Big and Begin  
Creating the Life You've  
Always Wanted

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# STEP 1: DREAMSTORM



**20 YEARS FROM NOW YOU WILL BE MORE  
DISAPPOINTED BY THE THINGS THAT YOU  
DIDN'T DO THAN BY THE ONES YOU DID  
DO. SO THROW OFF THE BOWLINES. SAIL  
AWAY FROM THE SAFE HARBOR. CATCH  
THE TRADE WINDS IN YOUR SAILS.  
EXPLORE. **DREAM.** DISCOVER.**

**MARK TWAIN**

# STEP 1: DREAMSTORM

Instigate the Change

## DREAM BIG!

Many of us stopped dreaming when the harsh realities of life hit us years ago. Instead of dreaming, we are in survival mode. If we want to create the life we've always wanted, we must stop limiting ourselves. Think back to a time in your life when dreaming was easier. What did you want to do? Who did you want to be? What were your goals, hopes, and dreams for life?

Take a few minutes to use the next page to brainstorm the various changes you want to see in your life.

Dream big. Don't limit yourself. Dreamstorm any and all changes you want, regardless of how unrealistic they might seem.

Leave out any negative self-talk or analysis. You will analyze afterwards. Now is the time to ask, "What if?"

”

Dream Big

**IT'S TIME TO STOP SURVIVING  
AND START DREAMING!**

Instigate the Change



**DREAM BIG!**

**Ditch the buts and  
ask, "What if?"**

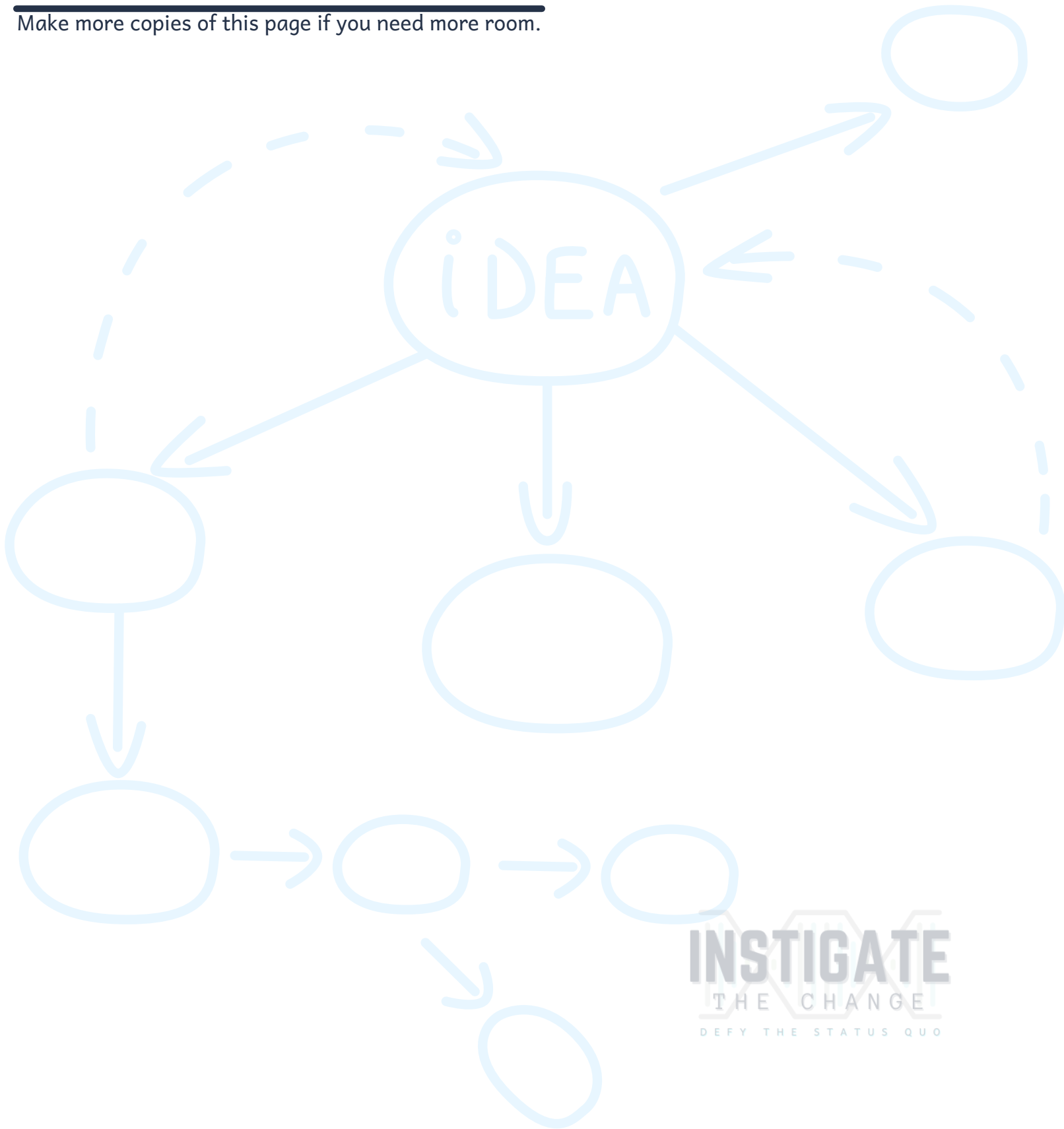
Turn the page and begin brainstorming!

# STEP 1: DREAMSTORM

Instigate the Change

**STOP SURVIVING AND START DREAMING!**

Make more copies of this page if you need more room.





## STEP 2: CHOOSE YOUR TOP 3



**“DREAM BIG. START SMALL.  
BUT MOST OF ALL START.”**

**SIMON SINEK**

# STEP 2: CHOOSE YOUR TOP 3

Instigate the Change

- READ BACK OVER YOUR DREAMSTORMING ABOVE. CHOOSE THE 3 DREAMS YOU ARE MOST EXCITED ABOUT AND WRITE THEM DOWN IN THE RIGHT COLUMN BELOW.

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RANK	MY TOP 3 DREAMS

- NEXT, USE THE LEFT COLUMN TO RANK THE DREAMS IN THE ORDER YOU WOULD LIKE TO SEE THEM FULFILLED.
- RANK THEM FROM 1-3 (1 BEING THE ONE YOU MOST WANT TO SEE HAPPEN). DON'T OVERTHINK. WHEN YOU ARE DONE, MOVE ON TO STEP 3.



## STEP 3: ARGUE AGAINST YOUR DREAM

NEVER FORGET: THIS VERY MOMENT, WE CAN CHANGE OUR LIVES. THERE NEVER WAS A MOMENT, AND NEVER WILL BE, WHEN WE ARE WITHOUT THE POWER TO ALTER OUR DESTINY. THIS SECOND, WE CAN **TURN THE TABLES ON RESISTANCE.** THIS SECOND, WE CAN SIT DOWN AND DO OUR WORK.

STEVEN PRESSFIELD