



THE DREAM BUILDER'S WORKSHOP

If You Are Ready To Transform Your Life

WORKBOOK

"You will never leave where you are until you see where it is, you'd rather be."





The Dream Builder's Workshop

The Time Is Now To...

Design Your Life ... Live Your Dreams

Part 1

WHAT'S YOUR DREAM?

“When you were born, you cried and the world rejoiced; live your life so that when you die, the world cries and you rejoice.”

Indian Proverb

Teach us to number our days

(Pre-work Assignment #3)

The Average life expectancy in U. S. is 80 years old

$$\text{Multiply } 80 \text{ by } 365 \text{ days} = 29,200 \text{ days}$$

What is your current age? _____

$$\text{Multiply } \underline{\hspace{2cm}} \text{ by } 365 \text{ days} = \underline{\hspace{2cm}}$$

Subtract the total # of your current days from

the total number of expectant days. = _____*

*Whatever number you come up with is the number of days you have available to you to complete your dream.

Please Note: this is just for illustration purposes. We do know that you can live well beyond your 80th birthday. We also know that tomorrow is not promised to any of us. The point here is that time is a valuable commodity. Don't waste your precious gift. Get busy working on your dream today.

Personal Mission Statement

My mission is to _____

In order to serve _____

In such a way that _____

Signed _____

What's your dream?

How can you achieve your dream, if you don't even know what it is?

- In this exercise we will help you identify your dreams. In this exercise you will build your **108 Dreams List**.
- This exercise may be tougher than you would think.
- Tips to help you with this exercise:
 - Let ideas flow freely, just brainstorm. When they come to mind, write them down.
 - If you get stuck, consider asking yourself questions that could help you dig into your dreams. For Example:
 - What makes me happy?
 - Where do I hope to be in five years? Ten years?
 - Who are the most important people in my life and how do I like to spend time with them?
 - What would I wake up early to do on a regular basis?
 - Where do I want to travel?
 - What do I want to do with my business?
 - What dreams do I have with my health and wellness?
- The dream can be big or small. It doesn't matter, it's your dream.
- Keep pushing yourself until you get the 108. The list on the next page is here to help you, but you can use your own journal. Have fun.



108 Dreams List

1. Make a list of 108 things you want to achieve, do, have, see, or experience. Push yourself to dream. They can be BIG or small. They can be farfetched or really simple. It's your dream. Go for it!

1.	37.	73.
2.	38.	74.
3.	39.	75.
4.	40.	76.
5.	41.	77.
6.	42.	78.
7.	43.	79.
8.	44.	80.
9.	45.	81.
10.	46.	82.
11.	47.	83.
12.	48.	84.
13.	49.	85.
14.	50.	86.
15.	51.	87.
16.	52.	88.
17.	53.	89.
18.	54.	90.
19.	55.	91.
20.	56.	92.
21.	57.	93.
22.	58.	94.
23.	59.	95.
24.	60.	96.
25.	61.	97.
26.	62.	98.
27.	63.	99.
28.	64.	100.
29.	65.	101.
30.	66.	102.
31.	67.	103.
32.	68.	104.
33.	69.	105.
34.	70.	106.
35.	71.	107.
36.	72.	108.

There Are Five (5) Common Reasons Why People Have Trouble Achieving Their Dreams.

- 1) Some people have been discouraged from dreaming by other people.
 - They have allowed other people's voices to speak louder than their dream

- 2) Some people are hindered by past disappointments and hurts.
 - Disappointment is the gap between expectation and reality. They believe inaction will minimize the disappointment, when in fact it just keeps you being disappointed over and over again.

- 3) Some people get in the habit of settling for average.
 - Columnist Maureen Dowd states, "The minute you settle for less than you deserve, you get even less than you settled for."

- 4) Some people lack the confidence needed to pursue their dreams.
 - Erma Bombeck said, "It takes a lot of courage to show your dreams to some else."

- 5) Many people lack imagination to dream.
 - Imagination is the soil that brings a dream to life. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born. It's never too late to dream.

Did you see yourself in any of these? Awareness is the first step towards change.

Clarity Is Key To Realizing Our Dreams

A clear dream makes a general idea very specific. This gives our mind a target to shoot for, without clarity the target is fuzzy. We all know it is hard to hit a fuzzy target.

“Deciding what you want requires you to be specific and make your goals measurable.”

-Ben Stein-

Example:

Vague Idea	Specific Goal
I want to lose weight	I will weigh 185 by October 1
I need to treat employees better	I will honor someone at every Monday staff meeting
I want to get out of debt	I will pay off all credit card balances by December 31
I'd like to learn a language	I will study Chinese 1 hour a day this year
I out to get into shape	I will swim 1 hour a day every day
I need to improve my leadership	I will read one leadership book every month.

Your turn:

What has been your vague goal? _____

Specific goal: _____



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Notes

Part 2

WHAT'S IN YOUR HOUSE?

You can have anything you want if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose.

Abraham Lincoln

Understanding My Makeup

I am

I have both a _____ and a _____ mind

<p>I have 5 physical senses.</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____	<p>I also have 6 _____</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____
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MY SUCCESSFUL LIFE WORKSHEET

WHAT IS YOUR DEFINITION OF SUCCESS? WHAT'S THE LIFE YOU DESIRE? WRITE IT HERE:	
I'm so happy and grateful that I	
HOW DO I WANT TO LIVE?	HOW MUCH MONEY THAT WILL TAKE?
I'm so happy and grateful that I	I'm so happy and grateful that I
WHAT DO I WANT TO BE KNOWN FOR?	WHAT ARE MY CORE VALUES?
I'm so happy and grateful that I	
MY STRENGTHS:	

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WHERE THOSE STRENGTHS ARE BEING USED:	
WHO IS MY TARGET AUDIENCE?	WHAT DO THEY WANT?
WHAT ARE THEIR PAINS?	SKILLS I NEED TO MASTER:

The Eight Different Intelligences

(Corresponding Professional Pursuits)

Reference: <https://personalitymax.com/>

1. Linguistic Intelligence (aka “word smart”)

This is the ability to use language and words to describe complicated concepts, understand the order and meaning of words and then apply verbal skills smoothly.

- Attorney
- Comedian
- Actor / Actress
- Author
- Broadcaster
- Communications Specialist
- Curator
- Editor
- Editor in Publishing
- Historian
- Interpreter
- Journalist
- Language Translator
- Teacher
- Lawyer
- Librarian
- Newscaster
- Poet
- Politician
- Public Speaker
- Songwriter
- Speaker
- Speech Pathologist
- Spokesperson
- Talk-Show Host
- Trainer
- Translator
- Writer

2. Logical-Mathematical Intelligence

(aka “number/reasoning smart”)

Thinking in a way to understand and explain mathematical patterns, functions and operations.

- Accountant
- Auditor
- Bookkeeper
- Chemist
- Computer Analyst
- Computer Programmer
- Computer Technician
- Database Designer
- Detective
- Economist
- Engineer
- Financial Analyst
- Investment Broker
- Lawyer
- Mathematician
- Pharmacist
- Physician
- Physicist
- Researcher
- Statistician
- Scientist
- Statistician

3. Spatial intelligence (aka “picture smart”)

The ability to think in ‘3D’, including imagination, space deductive, make good use of images, art and graphics.

- 3D Modeling & Simulation
- Architect
- Artist
- Cartographer
- Computer Programmer
- Engineer
- Fashion Designer
- Film Animator
- Graphic Artist /Designer
- Interior Decorator
- Mechanic
- Outdoor Guide
- Painter
- Photographer
- Pilot
- Sculptor
- Navigator
- Strategic Planner
- Surveyor
- Truck Driver
- Urban Planner
- Webmaster

4. Bodily-Kinesthetic Intelligence (aka “body smart”)

The body knowledge and awareness to be physically proficient with the combination of body and mind, have perfect control of your moves and operate objects.

- Actor/ Actress
- Athlete
- Builder
- Carpenter
- Choreographer
- Computer Games Designer
- Craftsperson
- Dancer
- Doctor of Sports
- Firefighter
- Forest Ranger
- Jeweler
- Mechanic
- Paramedic
- Performer
- Personal Trainer
- Phys Ed Teacher
- Physical Education Instructor
- Farmer
- Physical Therapist
- Recreation Specialist
- Surgeon
- Yoga Instructor

5. Musical intelligence (aka “music smart”)

A developed ear and sensitivity to musical elements such as pitch, melody, rhythm or tone.

- Audiologist
- Choir Director
- Disc Jockey
- Music Camp Counselor
- Music Comedy Actor
- Music Critic
- Music Lawyer
- Music Librarian
- Music Promoter/ Publisher
- Recording/Sound Engineer/Editor
- Music Teacher/Voice Instructor
- Music Therapist
- Musician
- Orchestra Director
- Piano Tuner
- Singer
- Songwriter
- Speech Pathologist

6. Interpersonal Intelligence (aka “people smart”)

This includes effective verbal and non-verbal communication, the awareness of individual uniqueness, empathy and sensitivity.

- Actor
- Administrator
- Child Care Worker
- Coach
- Communications Manager
- Conflict Resolution Specialist
- Counsellor
- Cruise Director
- Customer Service Rep
- Dental Hygienist
- Diplomat
- Group Mediator
- Human Resources Executive
- Human Resources Manager
- Leader
- Manager
- Marketing Specialist
- Mediator
- Nurse
- Peace Corps
- Politician
- Psychologist
- Public Relations
- Receptionist
- Religious Leader
- Sales Representative
- Social Worker
- Teacher
- Trainer/Facilitator
- Travel Counselor
- Waiter/Waitress

7. Intrapersonal intelligence (aka "self-smart")

Those who own the ability to understand themselves, in a profound way. It allows them to analyze and control personality or even the behavior of others.

- Actor
- Artist
- Career Counselor
- Coach
- Consultant
- Criminologist
- Energy Healer
- Entrepreneur/ Owner
- Futurist/Trend Predictor
- Intelligence Officer
- Philosopher
- Personal Counselor
- Psychic
- Psychologist
- Writer
- Researcher
- Spiritual Counselor
- Theologian
- Therapist
- Wellness Counselor

8. Naturalist Intelligence (aka "nature smart")

Seeing patterns in nature and having a clear idea of the workings of man-made and natural developments.

- Air Quality Specialist
- Animal Health Technician/ Trainer
- Anthropologist
- Astronomer
- Biologist
- Botanist
- Chef
- Ecologist
- Environmental Lawyer
- Environmentalist
- Farmer
- Forest Ranger
- Meteorologist
- Gardener/ Landscaper
- Marine Biologist
- Nature Photographer
- Navigator
- Paleontologist
- Park Naturalist
- Veterinarian/Assistant
- Water Conservationist
- Wetlands Ecologist
- Wilderness Guide
- Wildlife Illustrator



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Notes



Part 3

What's Stopping Your Success?

If you change the way you look at things, the things you look at change.

Wayne Dyer

One definition for _____

is a mental program that _____

And

I am God's highest form of creation

I am God's highest form of creation. I am empowered to succeed. _____

I am greater than the _____

Therefore, I can change the _____

Some blockers that I have allowed to stop me in the past:

What I learned about these blockers

The 4 Steps strategy to defeating the Blockers:

1. _____
2. _____
3. _____
4. _____

Life is a promise; fulfill it.

Mother Teresa



Notes





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Everyone has a purpose in life...a unique gift or special talent to give to others. And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our own spirit, which is the ultimate goal of goals.

Deepak Chopra

The purpose of life is to know God.

Wayne Dyer