
Your Dream Life in 7 Steps

**A Psychologist's
Guide**

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Introduction

Create a future you are excited to live. And do it in a way where opinions of others, bad experiences or limiting beliefs won't influence your decisions.



I am guessing you downloaded this because you have a dream! And I would love to see that dream happen for you. And more importantly, I want to see you become the person who can live such a dream.

People have dreams because they want more out of life. And some recognize that what they really want is to become more, and that way they can have a deeper experience of life.

To some that means making more money, becoming a better parent, or growing into an emotionally mature person who is capable of living wonderful relationships with others.



Whatever your dream happens to be, understand that I as a psychologist have created the workshop with inspiration from top coaches who have achieved much more materially than I have, renowned psychologists that research a field for decades before sharing their knowledge and Himalayan gurus, that experience life with a depth that leaves me in awe.

I am saying this because whatever your dream is, I have tried to encompass it so that no dream is too big or small for this process.





Before you start this process, here are a few notes to keep in mind.

- 1.** You can finish in one sitting, but these questions are designed in a way where you may have to dig a little deeper. So it can be challenging, and usually this takes several days. And I am saying this to encourage you and help you not get discouraged if you find it difficult. It is supposed to be that way.
- 2.** The result is a plan you follow and read every day. If you can find excitement in the result you are on the right track. If not, it is usually just a matter of describing the goals in a different and more appealing way. Use words that inspire and elicit emotions.
- 3.** You can do it, and many before and after you have used this method to change their life into what they have designed. This method will allow you to access the resources needed to manifest the change, nothing more or less.





**Find power
in momentum!**

Create a future you are excited to live.
And do it in a way where opinions of other,
bad experiences, limited beliefs
wont influence Your decisions.



7 Steps to Designing Your Life

Knowing that 95% of people don't follow up on new year's resolutions can help you understand what will be different for you in this process. They don't spend time taking these first steps.

These steps are important to help create momentum and clarity. Clarity being the foundation for your lifestyle and goals, without it the mind cannot go anywhere. And I think you will find it fun because you get insight into yourself and your life.

Based on this you will be able to create a plan for your goals that you experience as genuinely exciting, attractive, and worth fighting for

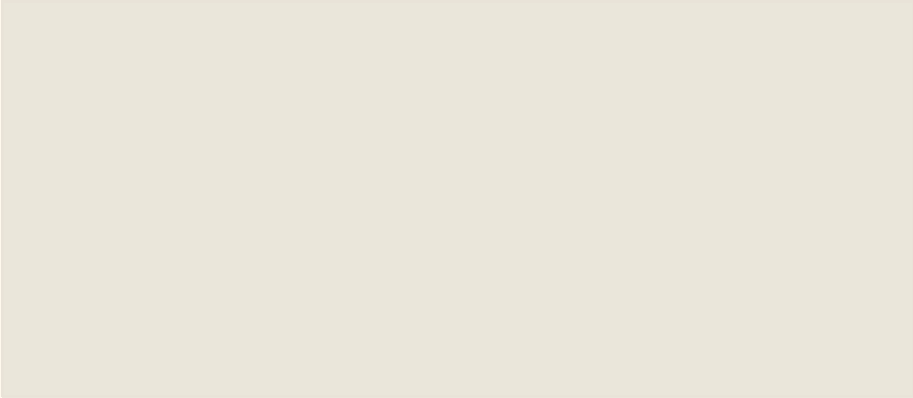
1. Get Clear
2. Get Secure
3. Get Excited
4. Get Focused
5. Find Meaning
6. Find Momentum
7. Get Smart



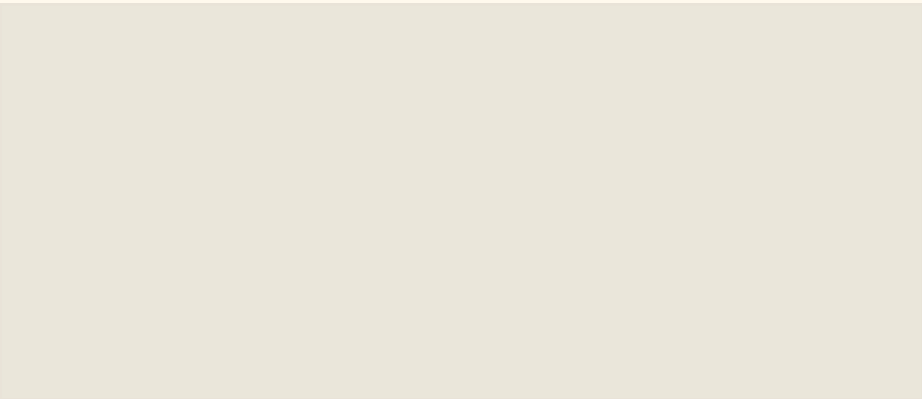
Step 1: Get clear

To begin with, you have to find clarity
about where you are right now

1. *What have you loved in the past 12 months?*



a. *What were some magical moments?*



b. What was extraordinary?

c. What have you achieved in the past 12 months?

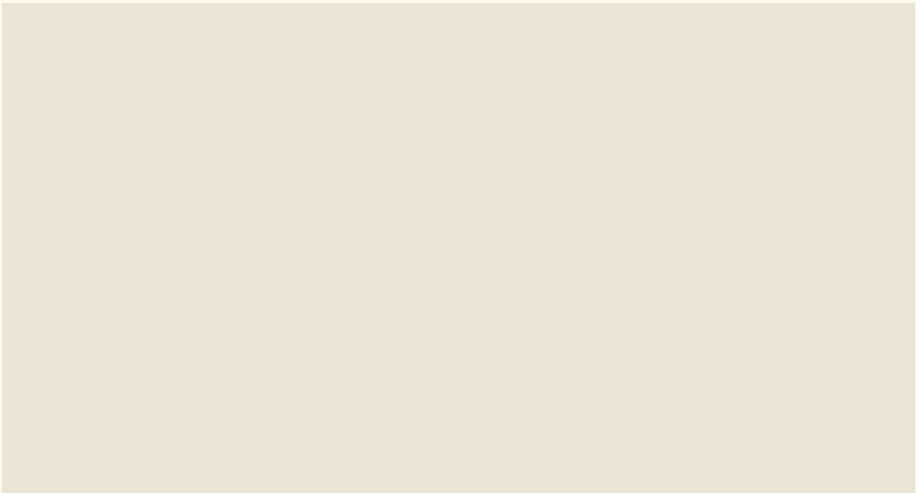
d. What are some of the things you have done in the past 12 months that you want to recreate?



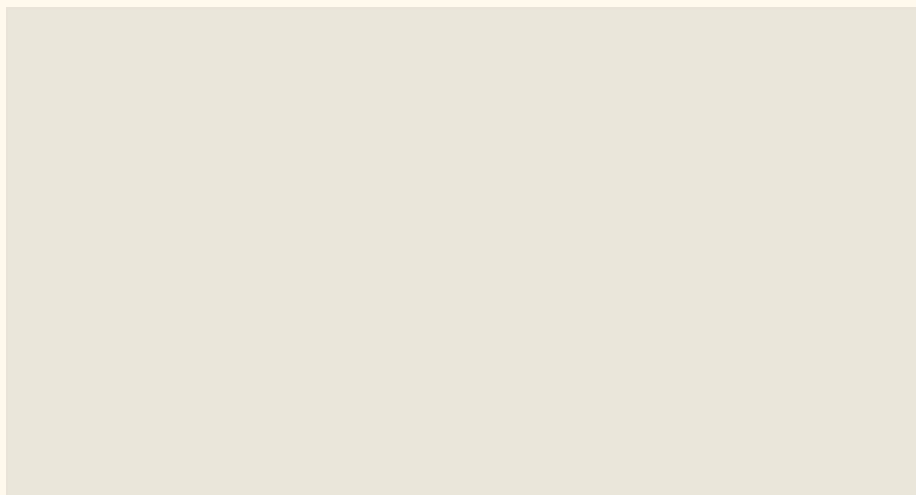
2. What have you hated in the past 12 months



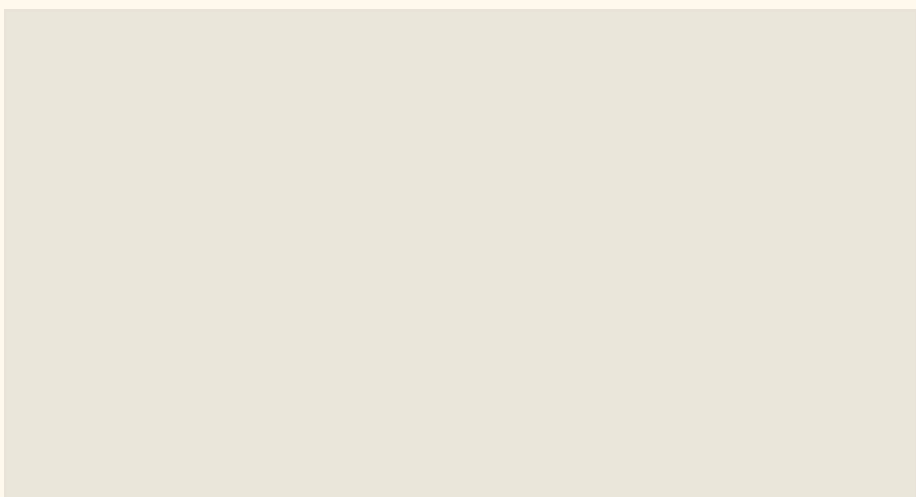
a. What was challenging in the past 12 months?



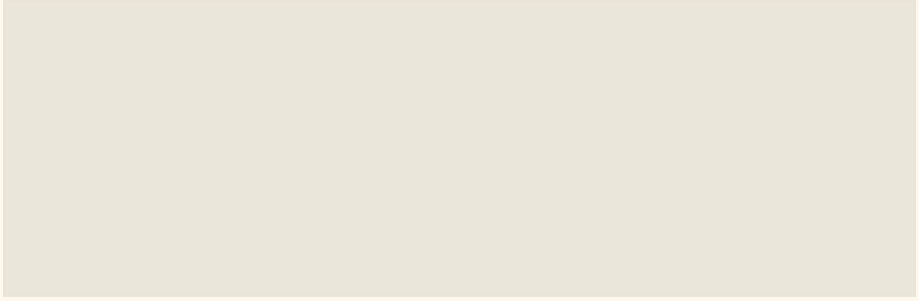
b. What do you want to not have happen again?



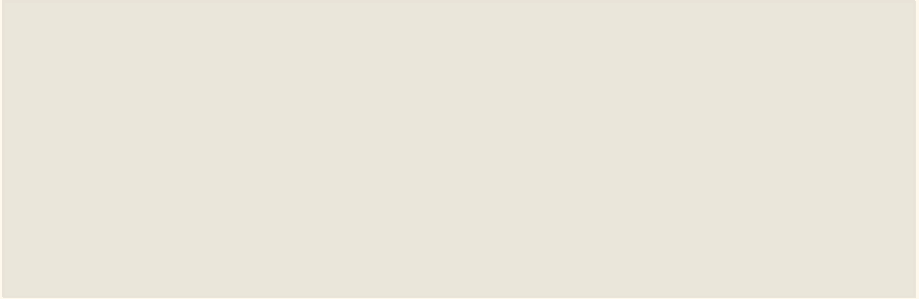
c. What have you learned through these experiences? Why are they valuable?



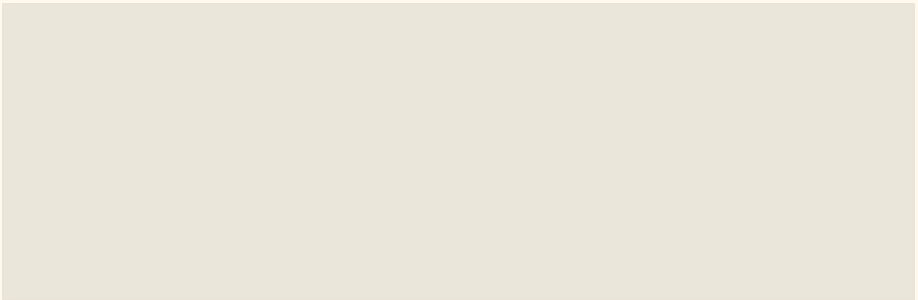
3. What decisions have you made in the past 12 months that made you feel capable and powerful?



a. What were some of the important decisions you made this past year?



b. What decisions may you make because of these?



Step 2: Get Secure

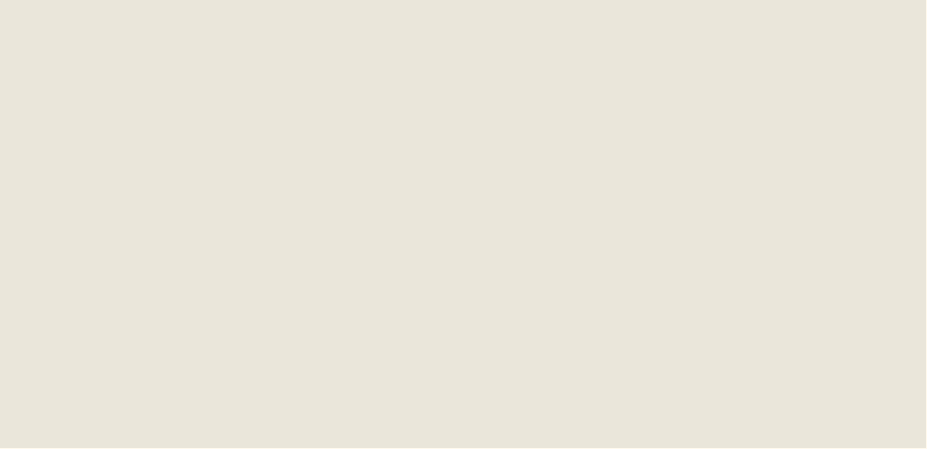
Now that you are aware of where you stand, it is time to find certainty in your capacity and ability to turn your dream into reality.

1. Write anything that at one point was a goal, dream or a wish. What were some of the small and big things that were extremely difficult to achieve for you?

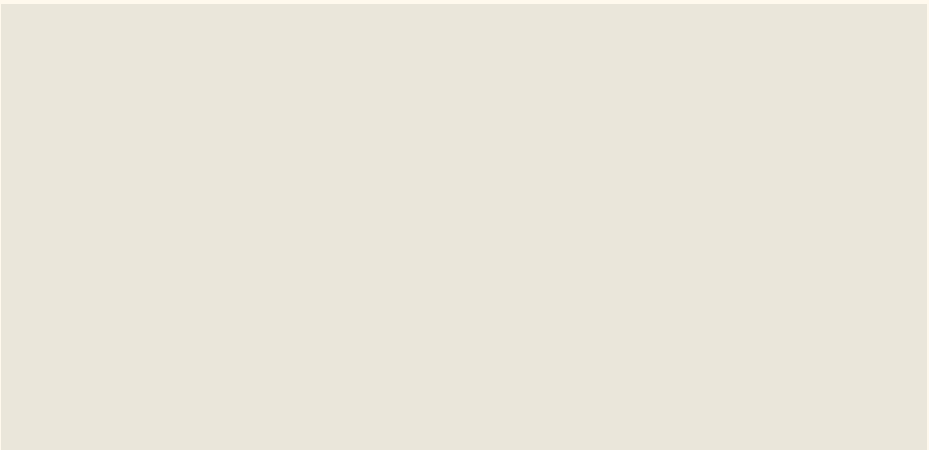
*Did you focus on it continually?
Did you put a lot of emotion into them? And then what? Did you
make a plan?
What steps did you go through?*



2. Underline 2-3 from your list that seemed the hardest and most impossible to achieve.



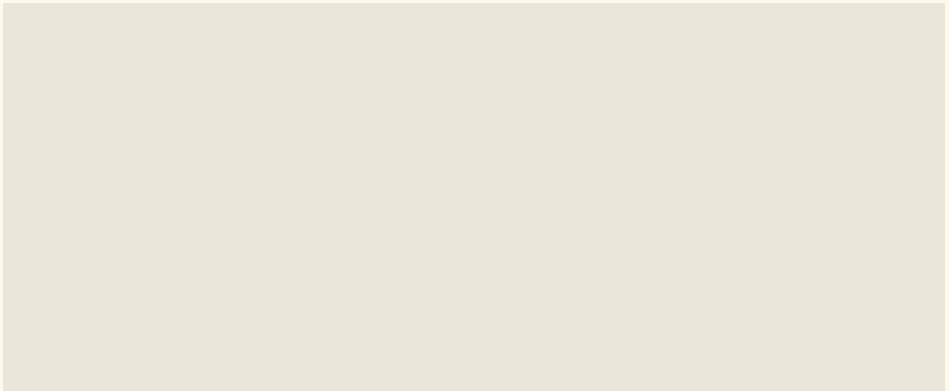
3. Of those 2-3 that are underlined, write down the steps you took to make them into a reality.



Step 3: Get Excited

Now that you have gained clarity on where you are and have found confidence in your ability to turn your goals and dreams into reality, it is time to decide where you want to go.

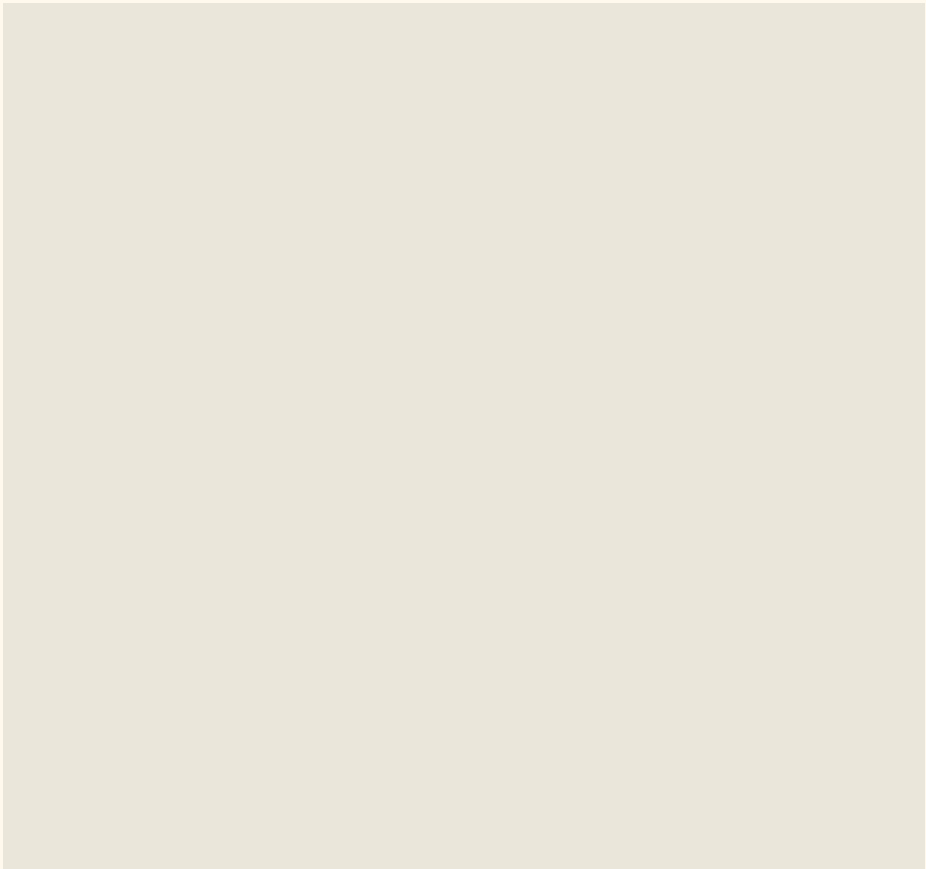
1. In a state of absolute certainty write down all the goals you want to accomplish in your lifetime.



Include EVERYTHING you want to do, share, create, have and give. Include goals that are financial, personal, relational and goals that include everyone around you - everything you want to learn, enjoy and do. No matter how silly, small or wild you may think they are, just include them. This is your time and chance to dream without limitations. Continue writing without stopping and set a timer for 5-10 minutes.



2. When you are done, go through your list and write in front of every goal how long you would like it to take to reach the goal. 1 year, 3 years or more than 3 years. All goals that take more than 3 years are visions and have to include more than yourself, otherwise you are wasting life, because they cannot be truly fulfilling. So find a way to include more than yourself within them if necessary.



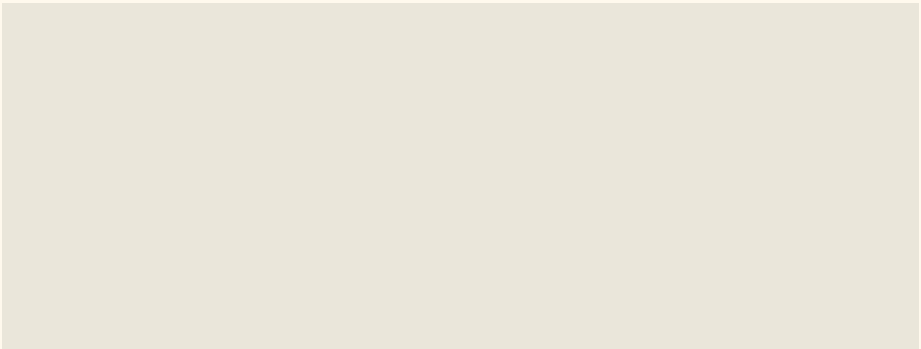
Step 4: Find focus

1. In your list of goals circle all 1 year goals. Out of all those which do you want the most?
2. Of these goals which make you feel that if you achieved it this year, you would get up early and stay up late to accomplish it with excitement?

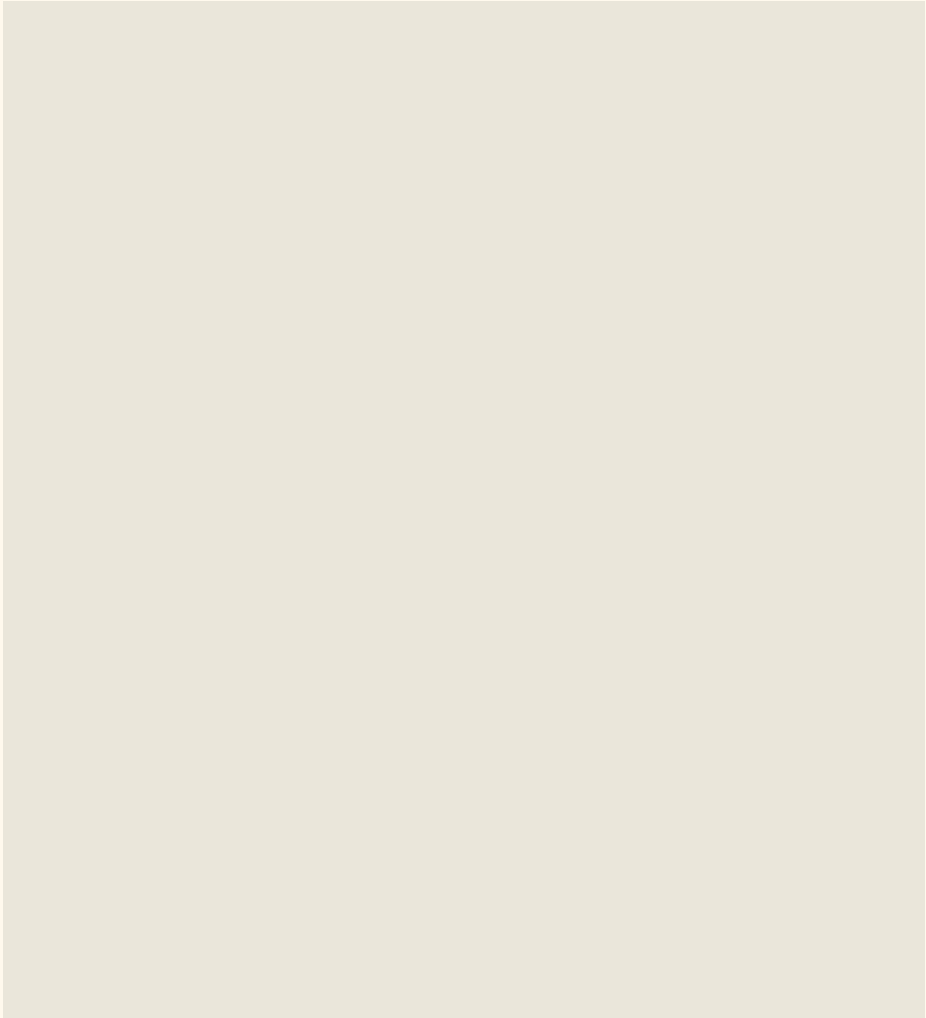


Step 5: Find meaning

1. For each of your 1 year goals write down why it is a must for you to achieve them. What reasons make it an absolute must for you to reach these goals? Remember that reasons come first and the how comes second. Why do you want this?



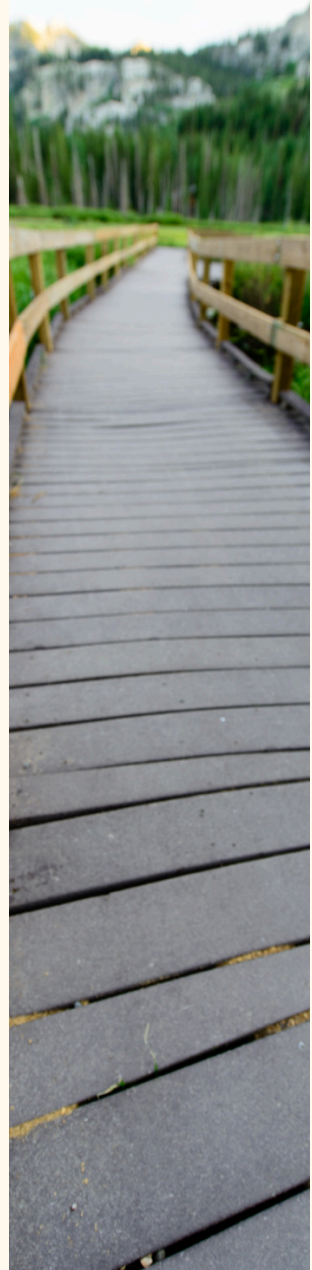
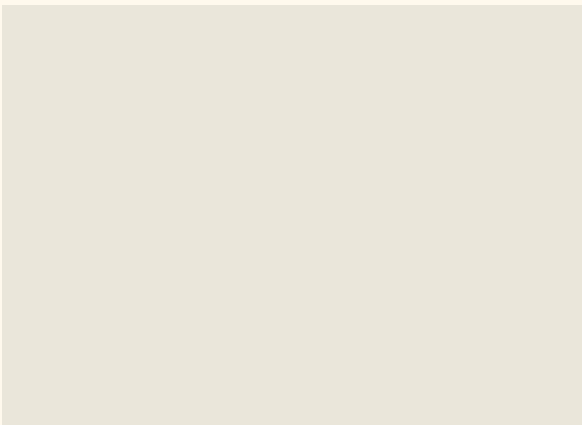
2. What are some things that you have to do that you do not want to do in order to achieve these goals? With enough willpower and passion you can make yourself do anything. But first you have to be clear about what “anything” may be. Face your fears!



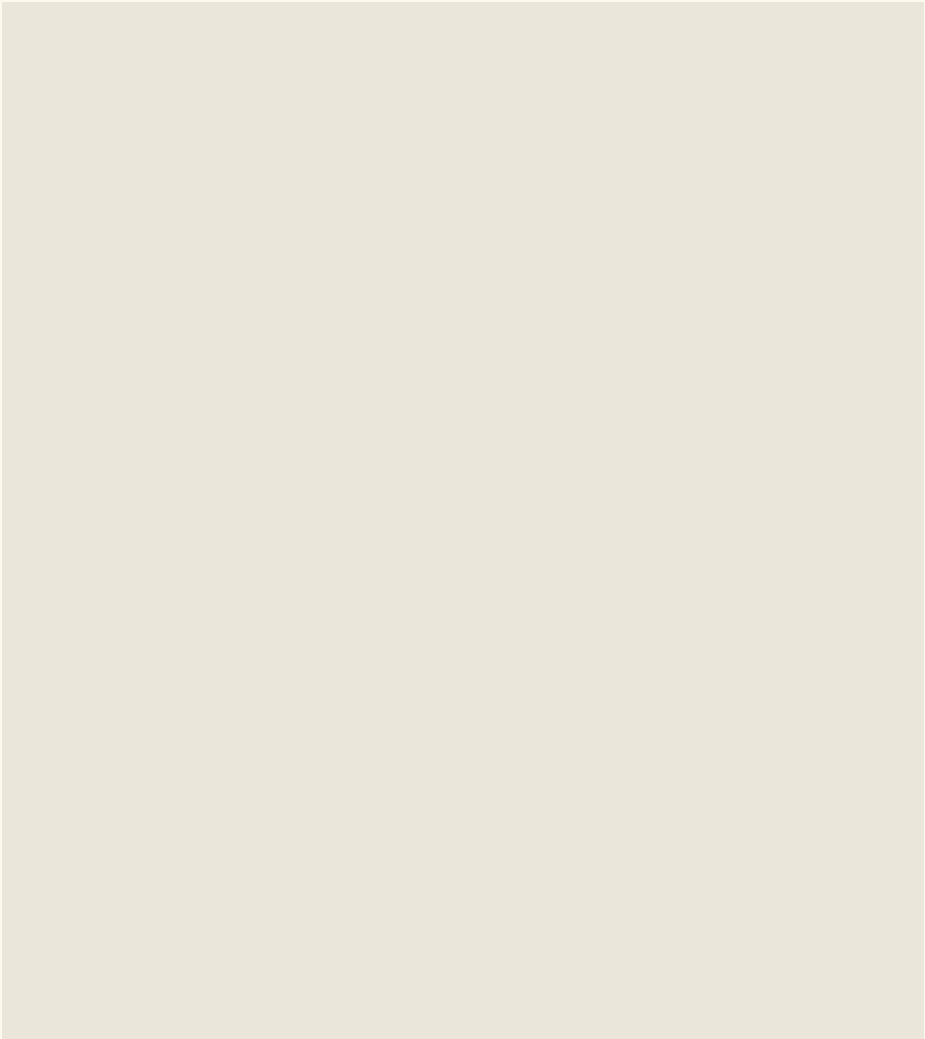
Step 6: Create Momentum

When creating a new goal never let yourself leave without taking a step towards its achievement. You have to take action immediately.

1. Decide now: what is a small thing you can do right now that takes you towards your goals? I.e. make a call, book a meeting, research online, buy a course etc?



2. What is a big thing you can do right now that takes you towards your goals? I.e. make a decision, throw away everything unsupportive, give things away etc.



Step 7: Get smart

To make sure you are consistent and follow up, you have to be smart about how you repeatedly measure your progress.

Remember that people make goals for new years, without having a plan or direction and thus no action appears. The mind simply cannot direct itself and will always settle for the path of least resistance. What you measure you can improve. To measure daily or weekly will assure progress.

Plan	Goal	Purpose



ADVANCED STEPS

USE YOUR PGP TO REACH YOUR GOALS

1. Make sure that your 1 year goals are an absolute must for you to achieve this year.
2. Chunk your 1 year goals in 3, 6, 9 and 12 month goals.
3. Prioritize your goals in the order you want to achieve them.



4. Create a PGP for each of your goals and remember to add S.M.A.R.T to your results.
5. **VERY IMPORTANT:** Add and plan you PGP in your calendar.
6. Create a way to follow and measure your progress.
7. Remember to celebrate: Congratulations you now have a 1 year plan that make you take action.

Plan	Goal	Purpose



Create a PGP

Plan	Goal	Purpose
<p>Brainstorm ideas here</p> <p>Dont analyze</p> <p>Be creative</p> <p>Create a menu of option: not a to do list</p> <p>What can you do to achieve your results.</p>	<p>What is the ultimate result and outcome:</p> <hr/> <p>Use S.M.A.R.T.</p> <p>SPECIFIC</p> <p>MEASURABLE</p> <p>ACHIEVABLE</p> <p>REALISTIC</p> <p>TIMEFRAME</p>	<p>What are the reasons you want this result</p> <p>Questions that help make the purpose clear:</p> <ul style="list-style-type: none"> • How would it feel when you reach your goal? • Who will you become in this process? • What would it mean to you? • What would it mean to your team, your family, and everyone around you?



Plan	Goal	Purpose

