

# Lesson 3

Bringing Your Dreams to Life  
with Goals and Baby Steps





MIND THE GAP



**We start by grounding our dreams in reality by setting goals.**

**And we'll start with FUN, EASY goals that stretch us just a teeeny bit.**

The background of the image is a dramatic sky at either dawn or dusk. The upper portion of the image shows a darker blue sky filled with large, billowing clouds that are heavily illuminated from behind, giving them a bright orange and yellow glow. As the eye moves downwards, the clouds become smaller and more numerous, set against a lighter blue sky.

# DREAMS ≠ GOALS?





**By choosing one  
baby step you  
could take toward  
one of your dreams  
— that might take  
about a month.**



# What NOT to pick for your 30-day goal...

-  Sign up 50 clients
-  Paint 10 paintings
-  Find my new beautiful home
-  Lose 10 pounds
-  Work out 30 minutes every day

# DREAM

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Be physically capable  
in most situations

# 30-DAY GOAL

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Dance, walk or  
garden 5 minutes  
every day for 30 days.

# DREAM

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Develop a daily meditation practice

# 30-DAY GOAL

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Meditate or chant 1 minute a day for 30 days

# DREAM

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Be successful in my new job

# 30-DAY GOAL

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Brainstorm 5 things that would be equal to success in my new job, and make a plan to do one of them.

# DREAM

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Be a person who has time to read for pleasure/paint/do nothing much

# 30-DAY GOAL

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Set aside 2 hours each week for the next four weeks to read/paint/do nothing

**DREAM**

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Owning my own home.

**30-DAY  
GOAL**

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Make a vision board for my dream home — where it is, what it might look like.

design my Dream Home



# These goals are ...

- a concrete result that anyone could agree happened.
- As specific as possible

# DREAM

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Express my creativity through art or songwriting or crafting

# 30-DAY GOAL

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Create one piece of art, song or crafting project.

DREAM

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Learn Spanish

30-DAY  
GOAL

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Complete the first  
lesson in a Spanish  
language program.

# DREAM

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Take a train across Canada/Walk the Camino of Santiago de Compostela

# 30-DAY GOAL

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Create dreambook for my trip.

## Also, make your goals

- fun or appealing in some way
- do-able without killing yourself
- something YOU can do yourself

**DREAM**

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Be a published author

**30-DAY  
GOAL**

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Make a dreambook for my book

**DREAM**

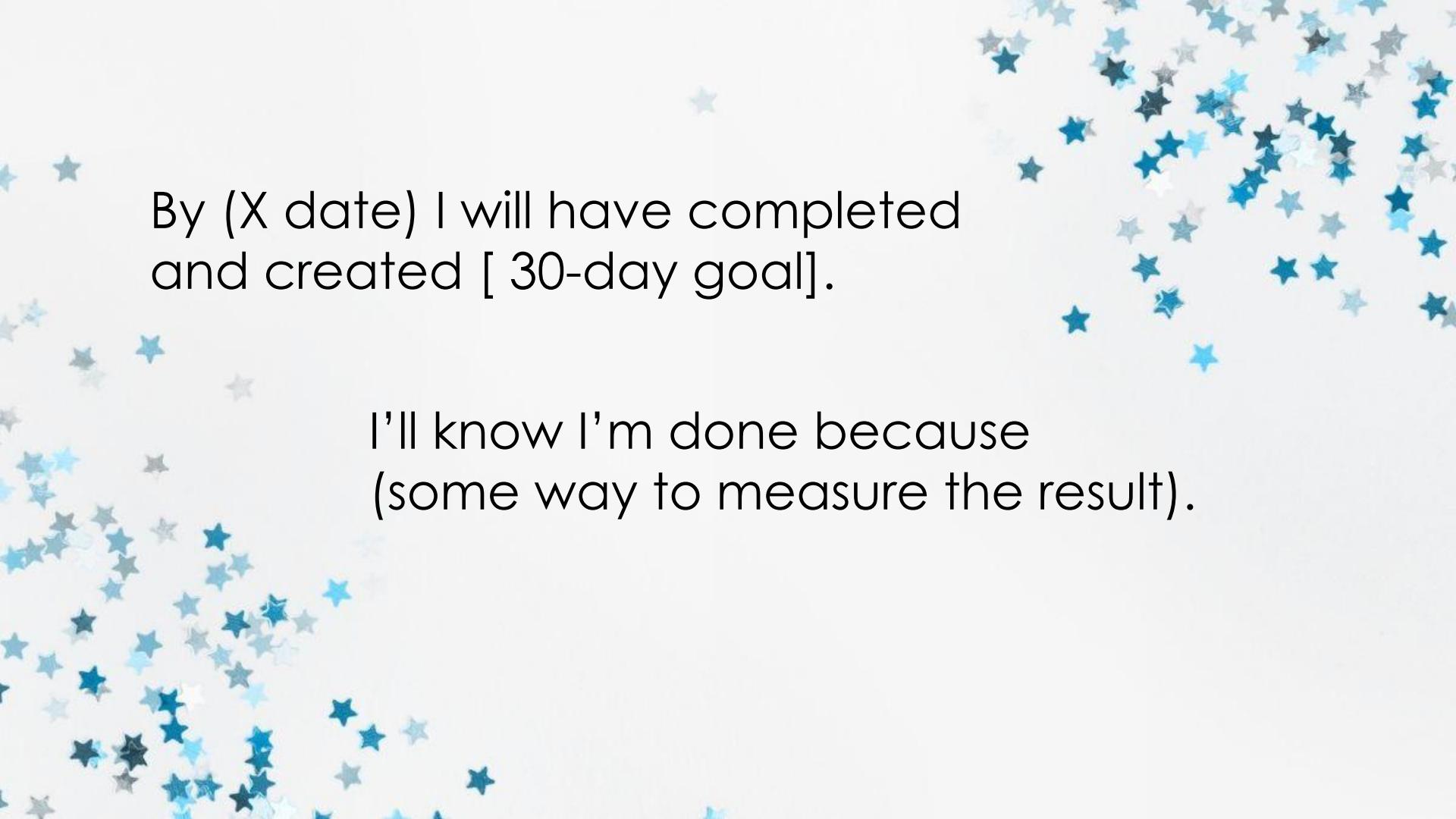
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Close my business

**30-DAY  
GOAL**

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Create a dreambook for  
closing my business



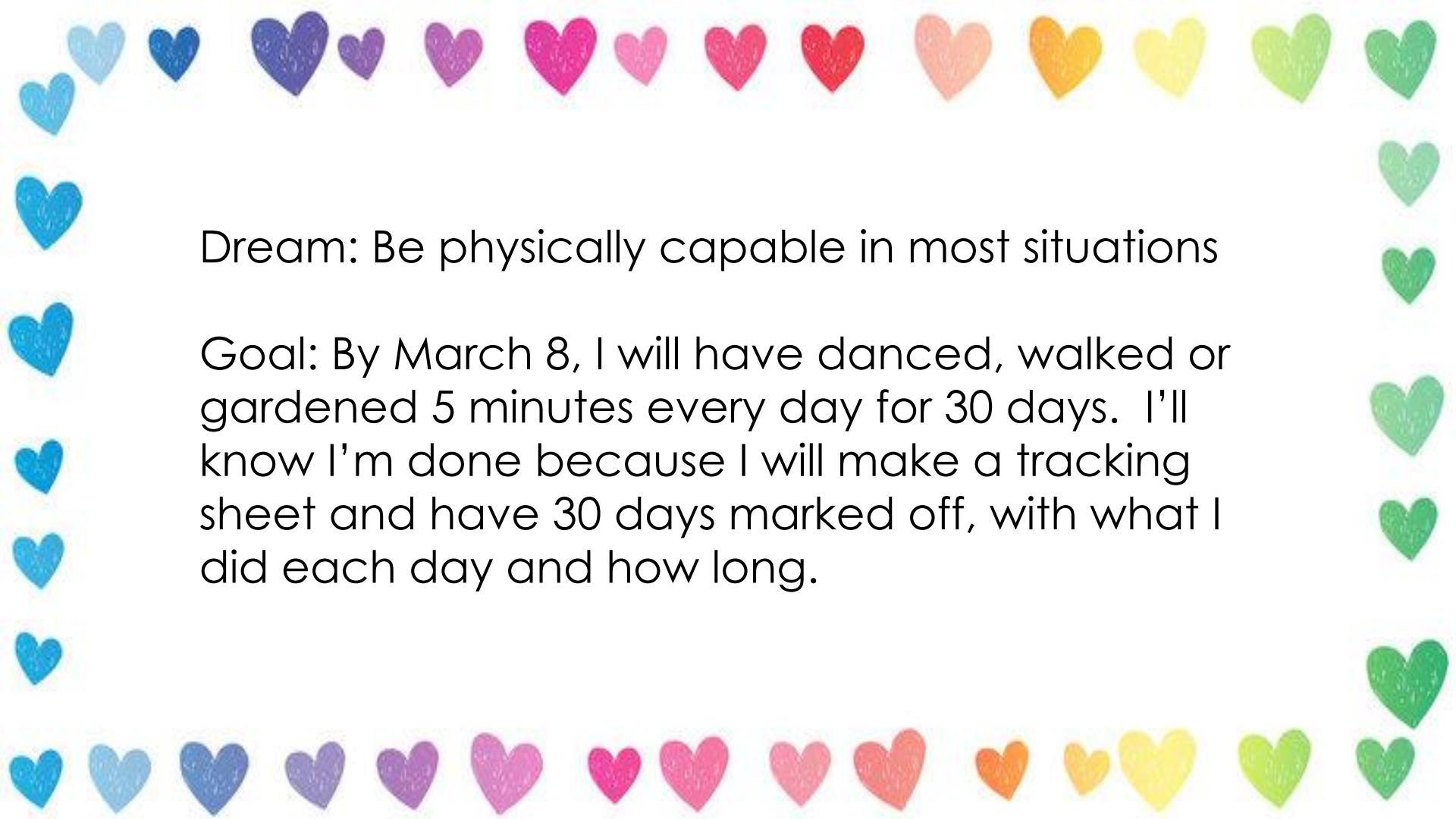
By (X date) I will have completed  
and created [ 30-day goal].

I'll know I'm done because  
(some way to measure the result).

**Dream: Be a loving partner.**

**Goal: By March 8, I'll make a list of things a loving partner/friend would do and do one of the things each week. I'll know I'm done because I will have marked off four of the things on the list.**

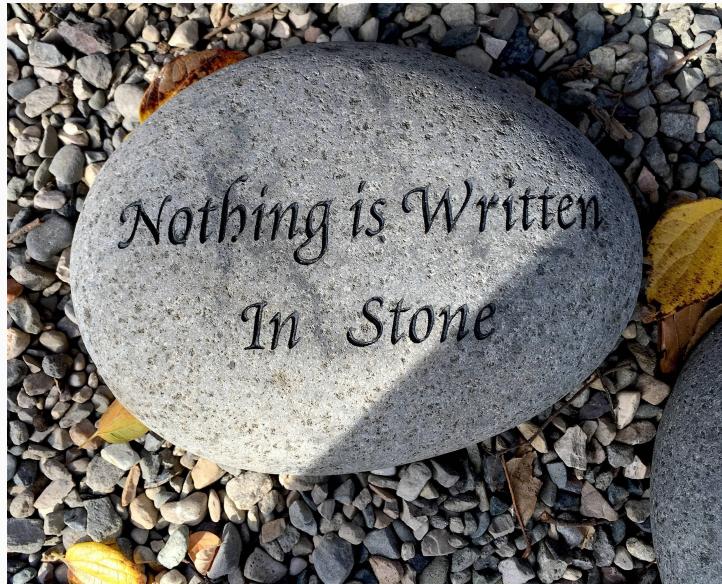


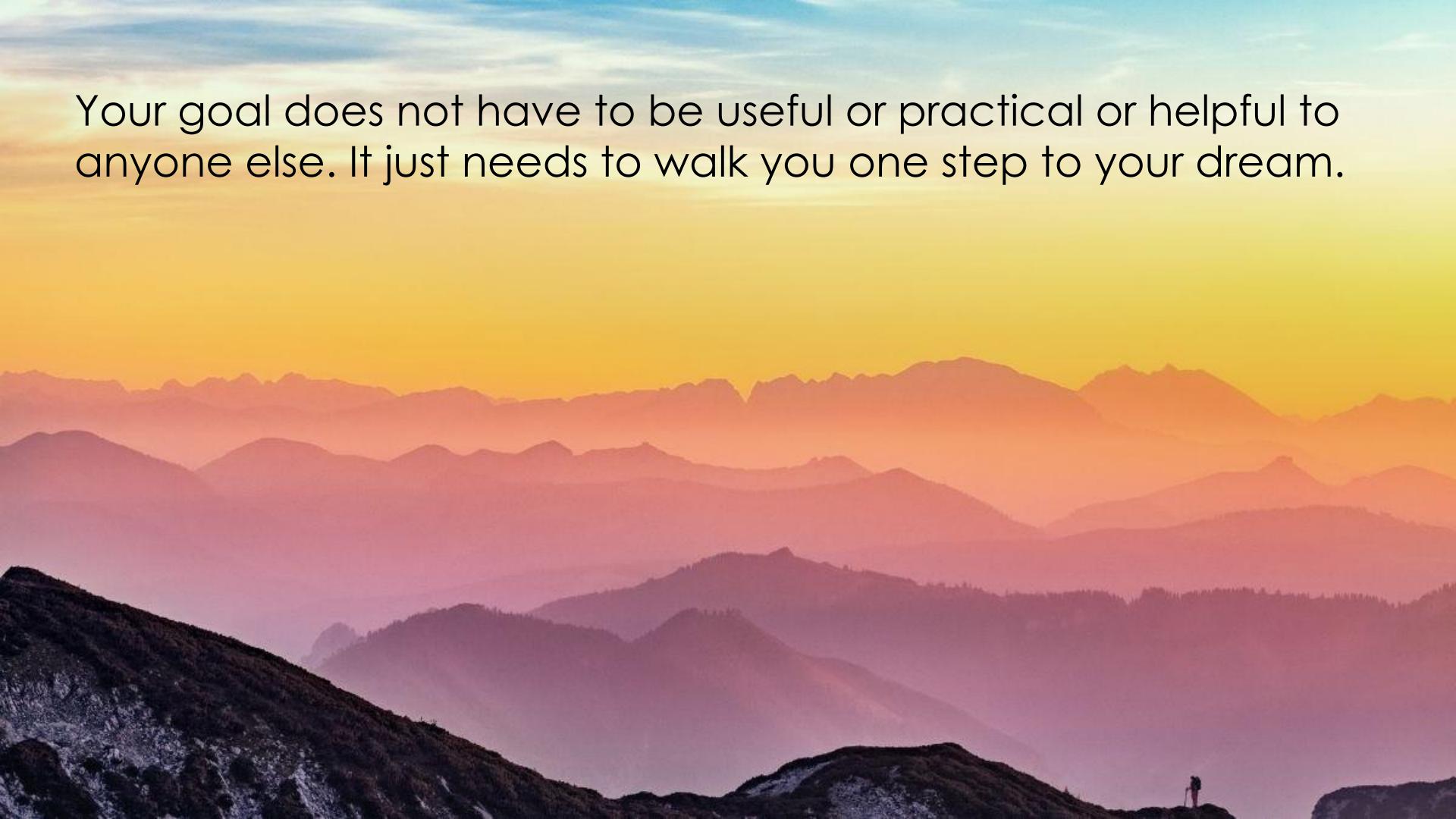


Dream: Be physically capable in most situations

Goal: By March 8, I will have danced, walked or gardened 5 minutes every day for 30 days. I'll know I'm done because I will make a tracking sheet and have 30 days marked off, with what I did each day and how long.

The goal you pick is not set in stone forever, but you need to pick something and commit to it for this first month



A wide-angle photograph of a mountain range during a sunset or sunrise. The sky is filled with warm, orange, and yellow hues. In the foreground, the dark silhouette of a mountain ridge is visible. On the right side, a small figure of a person with a backpack and trekking poles stands on a rocky outcrop, looking towards the horizon. The middle ground shows several layers of mountains, their peaks and ridges partially obscured by the low-hanging clouds and the warm light of the setting sun.

Your goal does not have to be useful or practical or helpful to anyone else. It just needs to walk you one step to your dream.

**Brainstorm 5-10 action steps you  
would need to do to accomplish this  
30-day goal.**



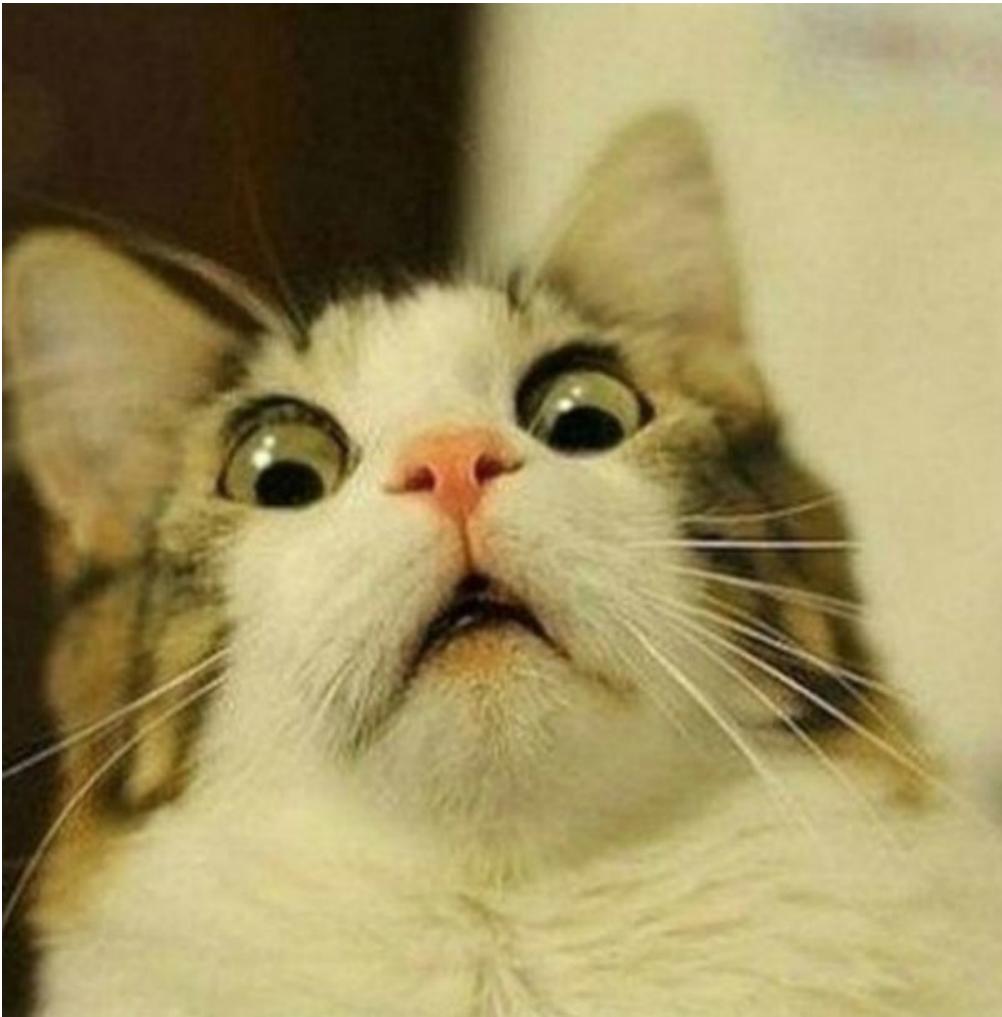
Brainstorming actions steps for goal of exercising 5 minutes every day for 30 days.

- Decide what my exercise/s will be and write them down
- Decide a time to do it.
- Start doing the exercises daily, even if I'm not done with my plan!
- Make a weekly plan
- Get a small notebook or paper to plan my exercises and track my progress
- Ask a friend to be my text buddy to be accountable
- Find a yoga program/stretch program/thighs program on YouTube



Brainstorming actions steps for goal of setting aside 2 hours each week for the next four weeks to read/paint/do nothing

- Record my current weekly activities
- Review my current weekly activities
- Identify 1 or 2 hour blocks that I could set aside as free
- Calendar those hours for next 4 weeks
- Plan for discomfort and how I will respond



# Working with the obstacles

1. Write down the obstacles

## **Obstacles for goal of exercising 5 minutes every day for 30 days.**

- ✗ I'm gonna get bored.**
- ✗ I don't want to get sweaty in the morning – how will I deal with my clothes?**
- ✗ I never keep up with this kind of goal stuff**

**2. Think up solutions or antidotes  
you need to address each obstacle**

## **Solutions for obstacles for goal of exercising 5 minutes every day for 30 days. As a solution to...**

- ✓ getting bored, I'll switch up the exercise every day, and I'll only do things I like at least a little
- ✓ getting sweaty, I'll change the time I shower to after my exercise
- ✓ not sticking to my goals, I'll make a list of all the good things that will result when I finish my goal and look it over at least 1x day

**3. Add these solutions to your list of action steps for reaching your 30-day goal**



## Complete list of action steps for goal of exercising 5 minutes every day for 30 days.

- Decide what my exercise/s will be and write them down
- Decide a time to do it.
- Start doing the exercises, even if I don't have a finished plan.
- Make a weekly plan
- Get a small notebook to track my progress
- Ask a friend to be my text buddy to be accountable
- Find a yoga program/stretch program/thighs program on YouTube
- Switch up the exercise every day
- Only do things I like at least a little
- Change the time I shower to after my exercise
- Make a list of all the good things that will result when I finish my goal and look it over at least 1x day

**4. Go back through your action steps and put them roughly in order**



## **Plan of action for goal of exercising 5 minutes every day for 30 days.**

- Start doing 5 min of exercises daily, even if I'm not finished with my plan!
- Get a small notebook or paper to plan my exercises and track my progress
- Make a list of all the good things that will result when I finish my goal and look it over at least 1x day
- Decide what my exercise/s will be and write them down
  - Switch up the exercise every day
  - Only do things I like at least a little
- Decide a time to do my daily 5 minutes
- Change the time I shower to after my exercise
- Make a plan (write on calendar: Monday = X, Tuesday = X, etc.)
- Find a yoga program/stretch program/thighs program on YouTube
- Ask a friend to be my text buddy to be accountable

**5. Plan a time to do the action steps**

# FEBRUARY 2021

| Sunday | Monday                        | Tuesday                             | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------|-------------------------------------|-----------|----------|--------|----------|
| 31     | 1                             | 2                                   | 3         | 4        | 5      | 6        |
| 7      | 8                             | 9                                   | 10        | 11       | 12     | 13       |
|        |                               | Invest time and energy in my dreams |           |          |        |          |
| 14     | 15                            | 16                                  | 17        | 18       | 19     | 20       |
|        | Take action on my dreams      |                                     |           |          |        |          |
| 21     | 22                            | 23                                  | 24        | 25       | 26     | 27       |
|        |                               | Honor my true self                  |           |          |        |          |
| 28     | 1                             | 2                                   | 3         | 4        | 5      | 6        |
|        | Take a step on my path of joy |                                     |           |          |        |          |





# 6. Talk to the obstacles





I'm not supposed to know how to do this.

Of course I don't know.

I'm a human being and I make mistakes  
and screw things up sometimes.

There's nothing wrong with me.





**Dream:** Be physically capable in most situations

**Goal:** By March 8, I will have danced, walked or gardened 5 minutes every day for 30 days. I'll know I'm done because I will make a tracking sheet and have 30 days marked off, with what I did each day and how long.

### **Good results of achieving the goal**

- I will have created a daily exercise habit 😍
- My body will be more healthy than 30 days ago
- I'll feel physically more energized and mentally more calm

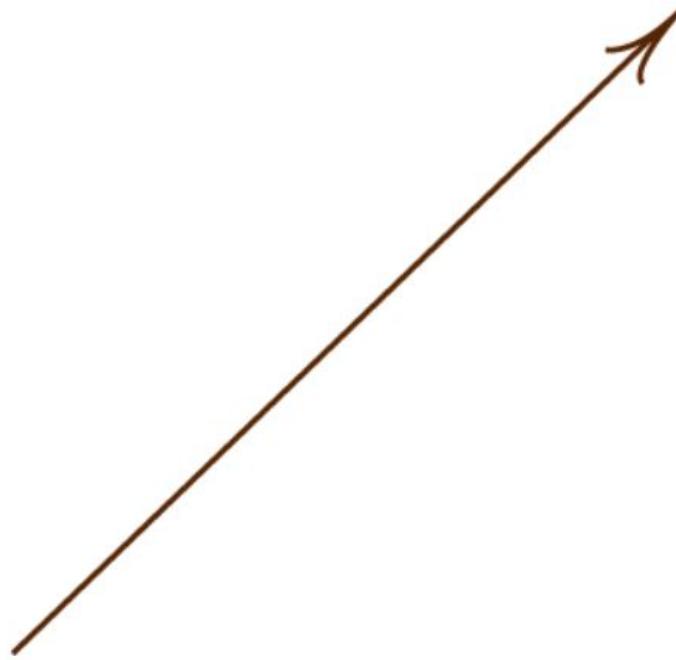
### **Feelings that will result**

- Pride
- Confidence
- Optimism

# **Biggest mistake about goals to avoid**

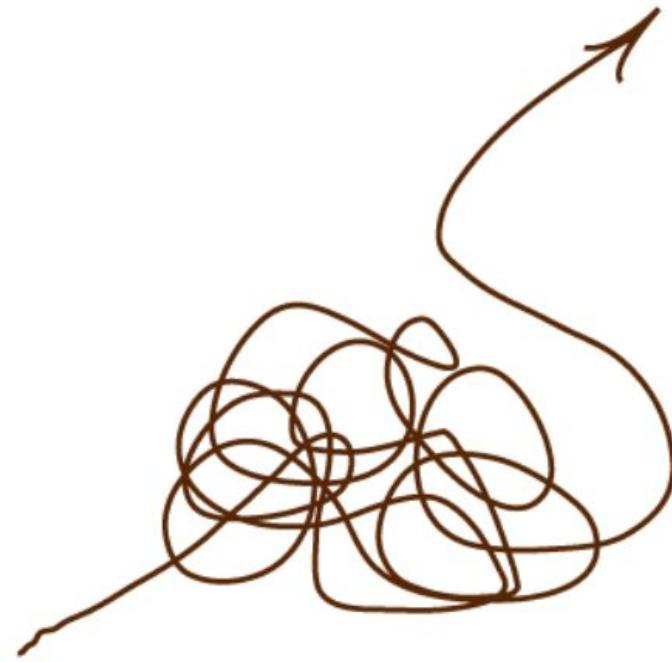
Thinking the path to success is smooth  
and straight

# SUCCESS



What people think it looks like.

# SUCCESS

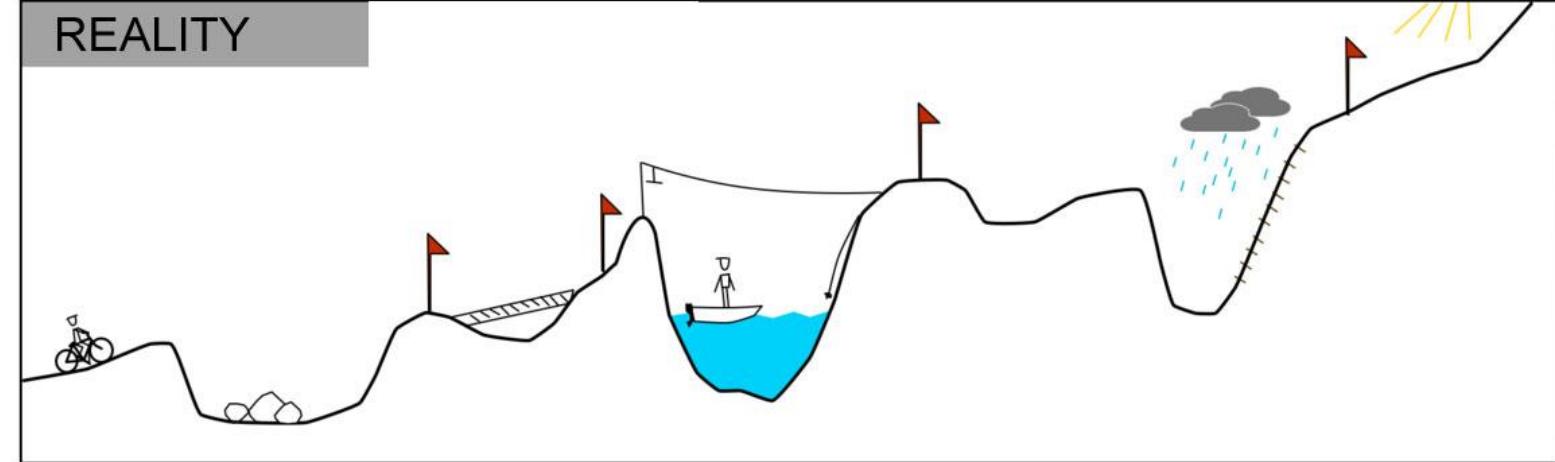


What it really looks like.

## YOUR PLAN



## REALITY



# But...

- I'm already behind in the class
- I don't have much time this week
- I feel overwhelmed about taking the steps to my dream. It's a lot!

# Some of your thoughts/questions about dreams and goals

- How to prioritize what I should do first?
- I wonder if 'growing out of' some dreams is maturity or compromise?
- My dream is surprising me — I want to be sure I'm tuning into my heart rather than any "shoulds."
- I was disappointed at first by how small my dreams are.
- Is it reasonable to think that getting past some practical goal will open up things or is it an avoidance technique?

Q & A

# What's Next?

# Assignment: What to Practice this Week

- Continue your miracle minutes
- Set a specific 30-day goal
- Brainstorm 5 actions steps needed to get to your goal
- Write down the obstacles that your brain gives you
- Find solutions to address each obstacle
- Add those to your action list
- Review and re-order your action list
- Create a card with your dream, your goal, and the good outcomes that will result when you achieve your goal.

# **Next Week: Call 4**

February 16, 2021 at 4p Pacific

Tue 6p Central

Tue 7p Eastern

Wed 12 midnight London (= Midnight between  
Tuesday and Wednesday)

Wed 1a Switzerland

Wed 9a Osaka

Wed 10:30a Adelaide

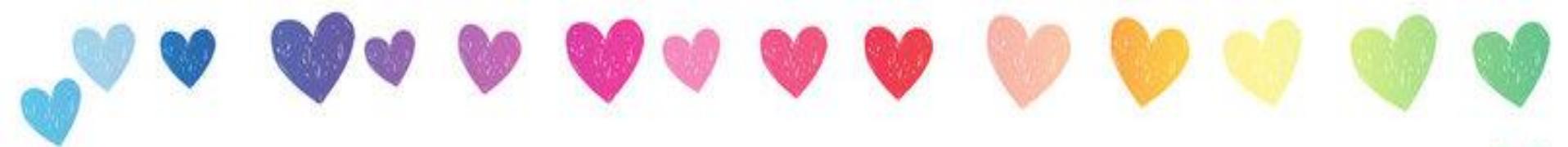
Wed 1p Auckland

A photograph of a dense forest. Sunlight filters through the canopy of green leaves from the trees, creating bright highlights and shadows on the forest floor. A narrow, sunlit path leads into the distance.

The journey of a thousand miles  
begins with a single step

— Lao Tzu

Q & A



Dream:



Goal:



Good results of achieving the goal

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- 



Feelings that will result

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- 







Plan of Action for 30-day Goal of:

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