

Lesson 2

Identifying Where You
Want to Go

Dreams

We Can Do It!



J. Howard Miller

POST FEB. 15 TO FEB. 28



WAR PRODUCTION CO-ORDINATING COMMITTEE

The Top 5 Regrets of the Dying. I wish...

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I hadn't worked so hard.
3. I wish I'd had the courage to express my feelings.
4. I wish I had stayed in touch with my friends.
5. I wish that I had let myself be happier.

I wish I'd had the
courage to live a life
true to myself, not the
life others expected of
me.



But...

**to fulfill your dreams you have
to know what the heck your
dreams are!**

We tend to have
a lot more clarity
about what
we don't want



I don't want this...



But what do I actually want?



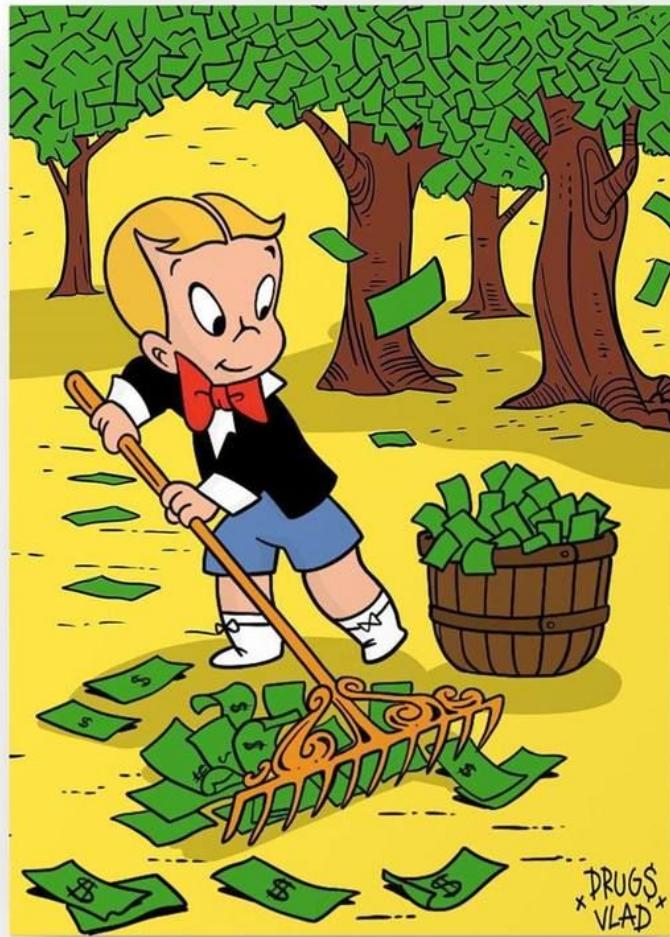
Most of us
have no
real idea



DREAM

JOB













That's all fine and dandy but...



**It's rare to be asked what your
dreams are...**

**And most of us don't ask
ourselves.**





Another reason we don't focus on dreams...



And another reason...

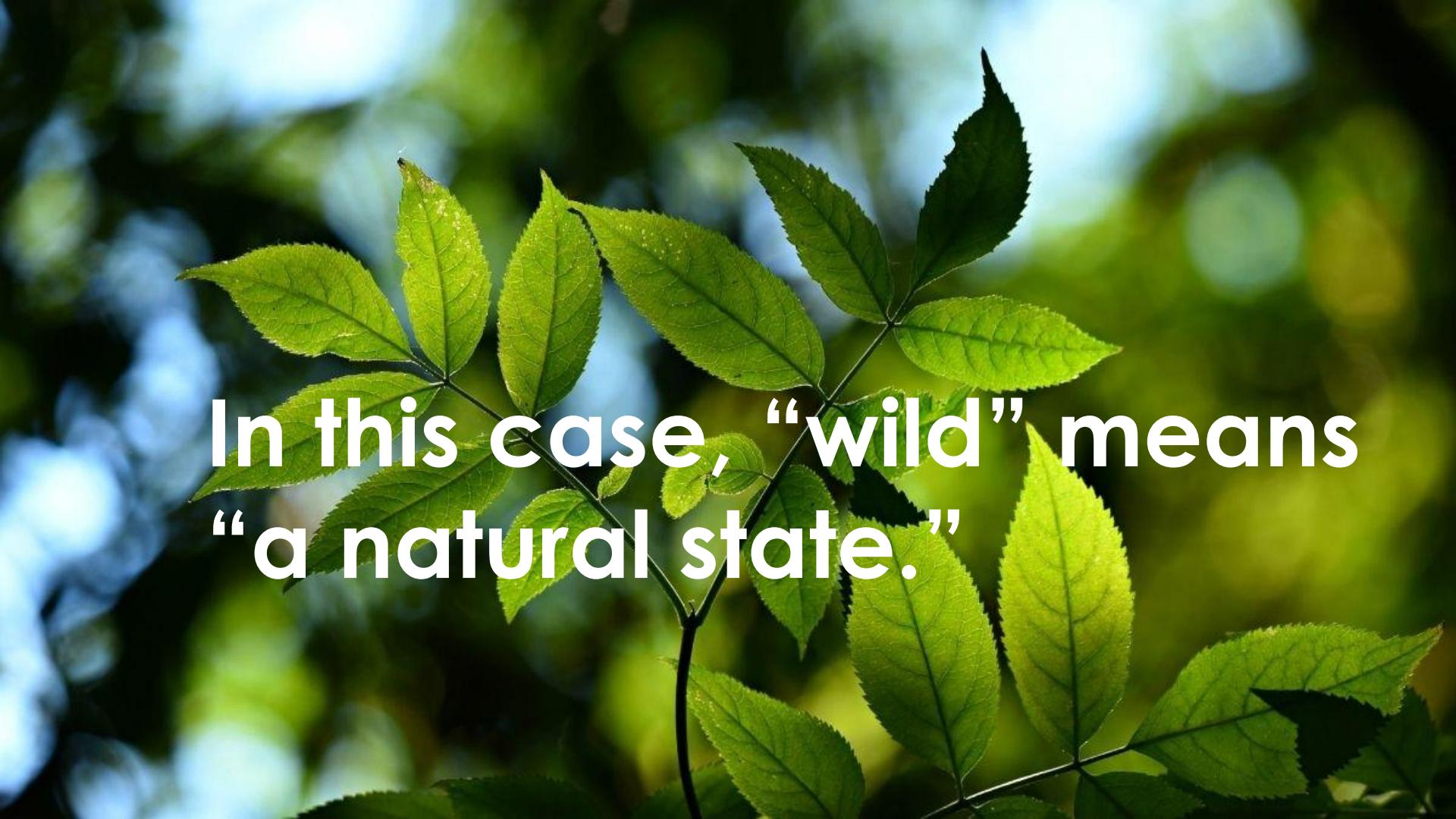


But here's the
thing....

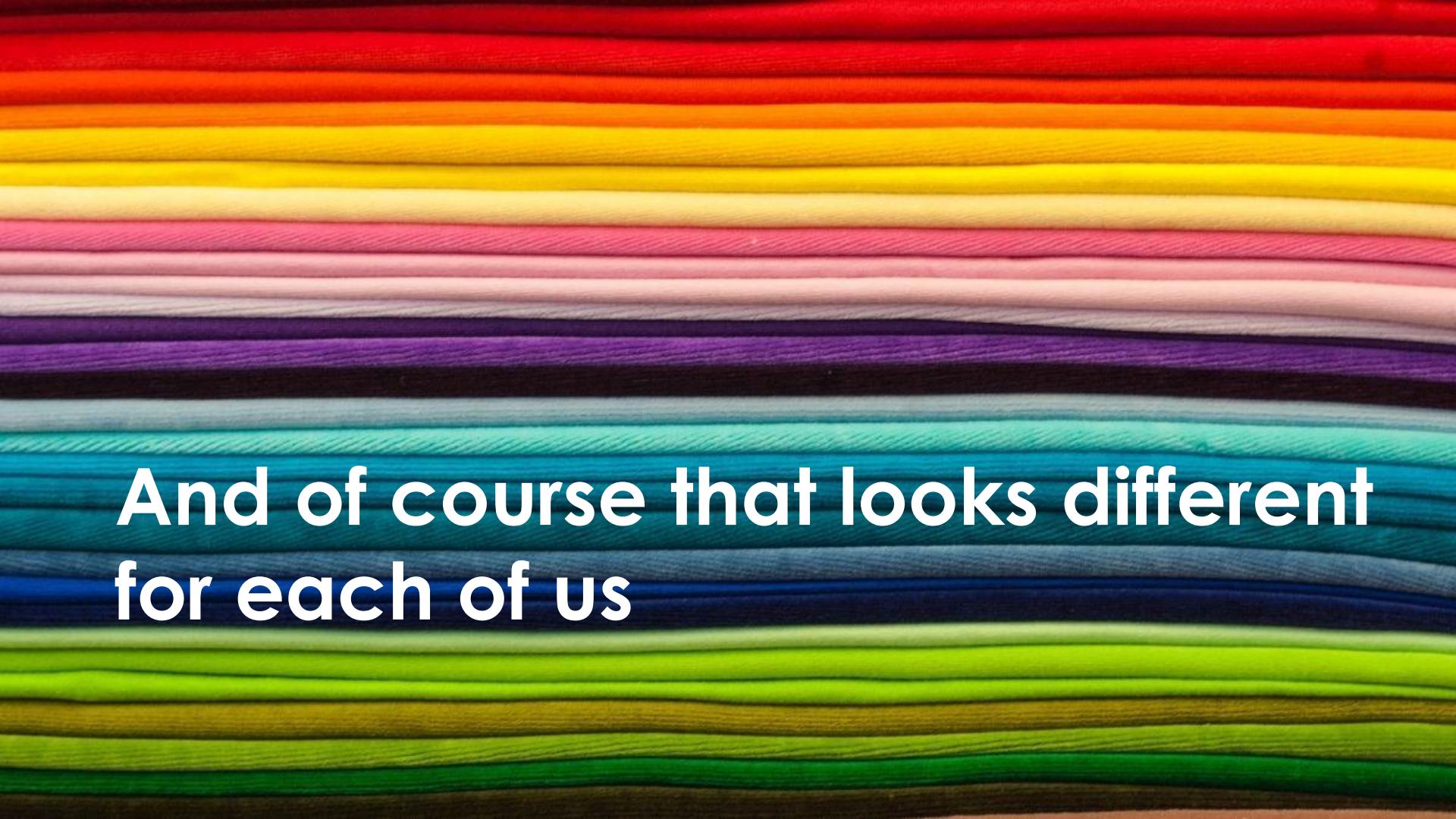
*Nothing matters but
your wildest dreams.*

Because some of my own
wildest dreams are about
travel and Asia and the
Himalayas

**Now, it's time to explore what
YOUR wildest dreams are...**



In this case, “wild” means
“a natural state.”



And of course that looks different
for each of us



So our work this week is dreaming...

ten things to...

- be
- do
- have

Aspects of your life...

- Health + fitness
 - Relationships
 - Work
 - Spiritual life
 - Travel
 - Home
-
- Finances
 - Free Time
 - Community
 - Volunteering
 - Personal Goals

Some examples... but let you be you!

BE

- Strong
- Generous
- A successful, purposeful businesswoman
- Creative
- Emotionally intelligent
- Kind
- A good daughter
- A good friend

DO

- Speak Tibetan
- Lose 10 lbs for my knees and joints
- See Northern Lights
- Travel to New Zealand with Lobsang
- Trek to Everest on the Nepal side
- Live-work a couple of months a year in beautiful spots
- Develop a stronger Buddhist practice

HAVE

- Personal trainer
- A flexible body
- \$6 million
- A foundation to serve Tibetan education and women
- A good heart
- A truck
- A good bike
- A conflict-free diamond

10 things to...

- be
- do
- have

In the chat, please share 3 things you want to be.

Now, 3 things you want to do...

Now, 3 things you want to have...

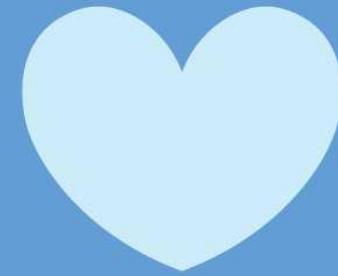
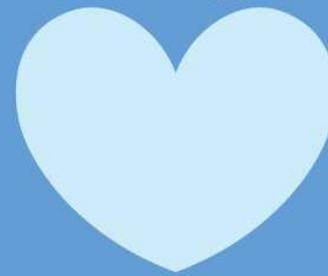
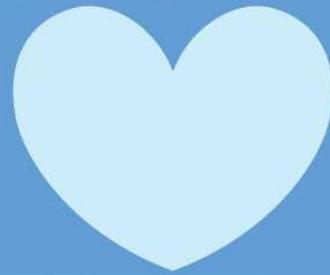
	What do I want to BE?	What do I want to HAVE?	What do I want to DO?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



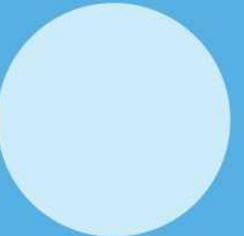
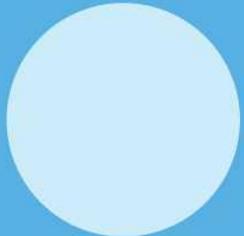
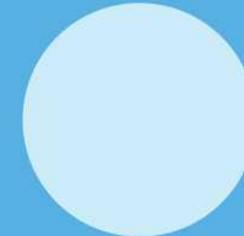
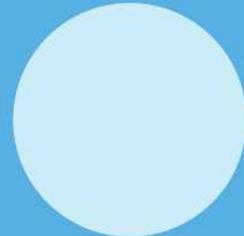
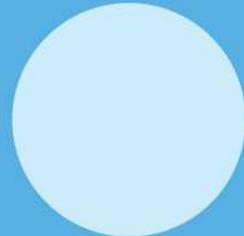
Now, pick one thing...

Pick one dream and write it here:

3 good things that will result from realizing your dream



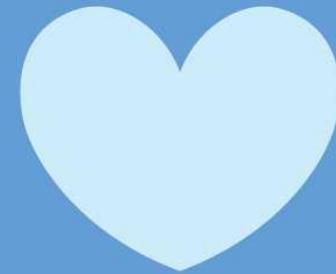
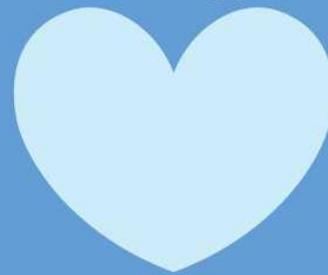
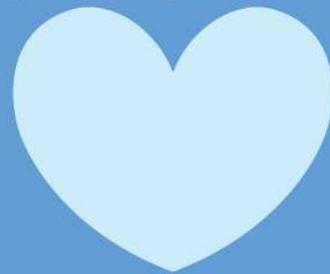
5 feelings you will have when you achieve your dream



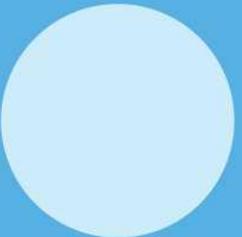
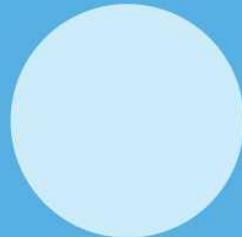
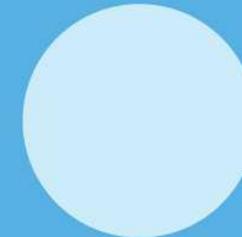
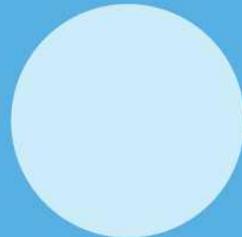
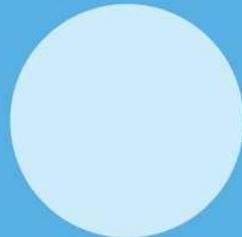
Pick one dream and write it here:

My one dream is to build a business that serves thousands of women with mental self-care, and supports Tibetans.

3 good things that will result from realizing your dream



5 feelings you will have when you achieve your dream



Pick one dream and write it here:

My one dream is to build a business that serves thousands of women with mental self-care and Tibetans.

3 good things that will result from realizing your dream

Lobsang and I would support more Tibetan-owned businesses in Tibet

Helping women change their lives and change the world

Create more financial security for our family in retirement

5 feelings you will have when you achieve your dream

Pick one dream and write it here:

My one dream is to build a business that serves thousands of women with mental self-care and Tibetans.

3 good things that will result from realizing your dream

Lobsang and I would support more Tibetan-owned businesses in Tibet

Helping women change their lives and change the world

Create more financial security for our family in retirement

5 feelings you will have when you achieve your dream

Confident

Joy

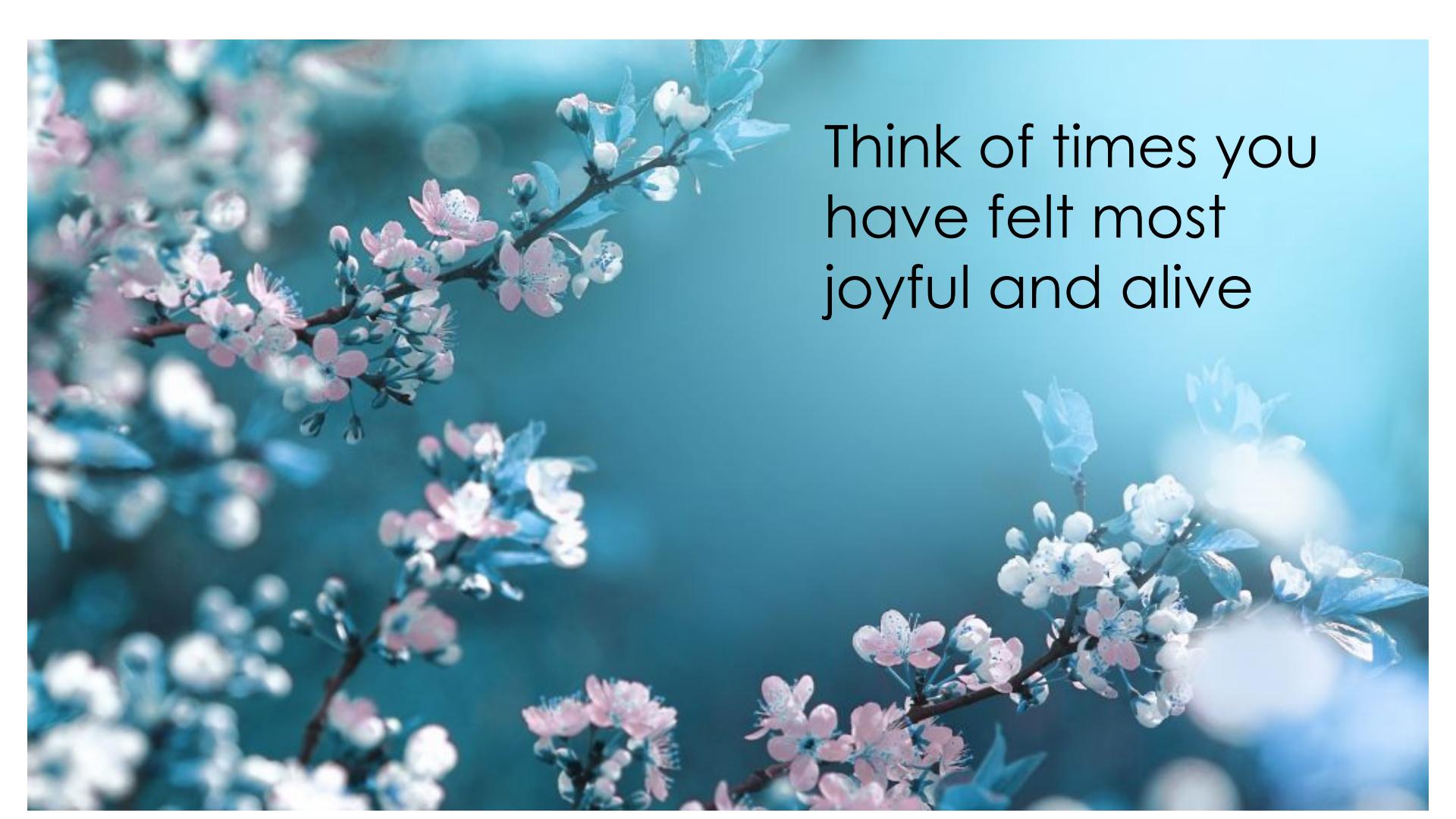
Useful

Freedom

Aligned

A single, white pillar candle is centered against a solid black background. The candle is lit at the top, with a bright, yellow-orange flame that tapers down to a dark wick. The wax of the candle is visible at the base, showing a slight texture.

What lights you up?

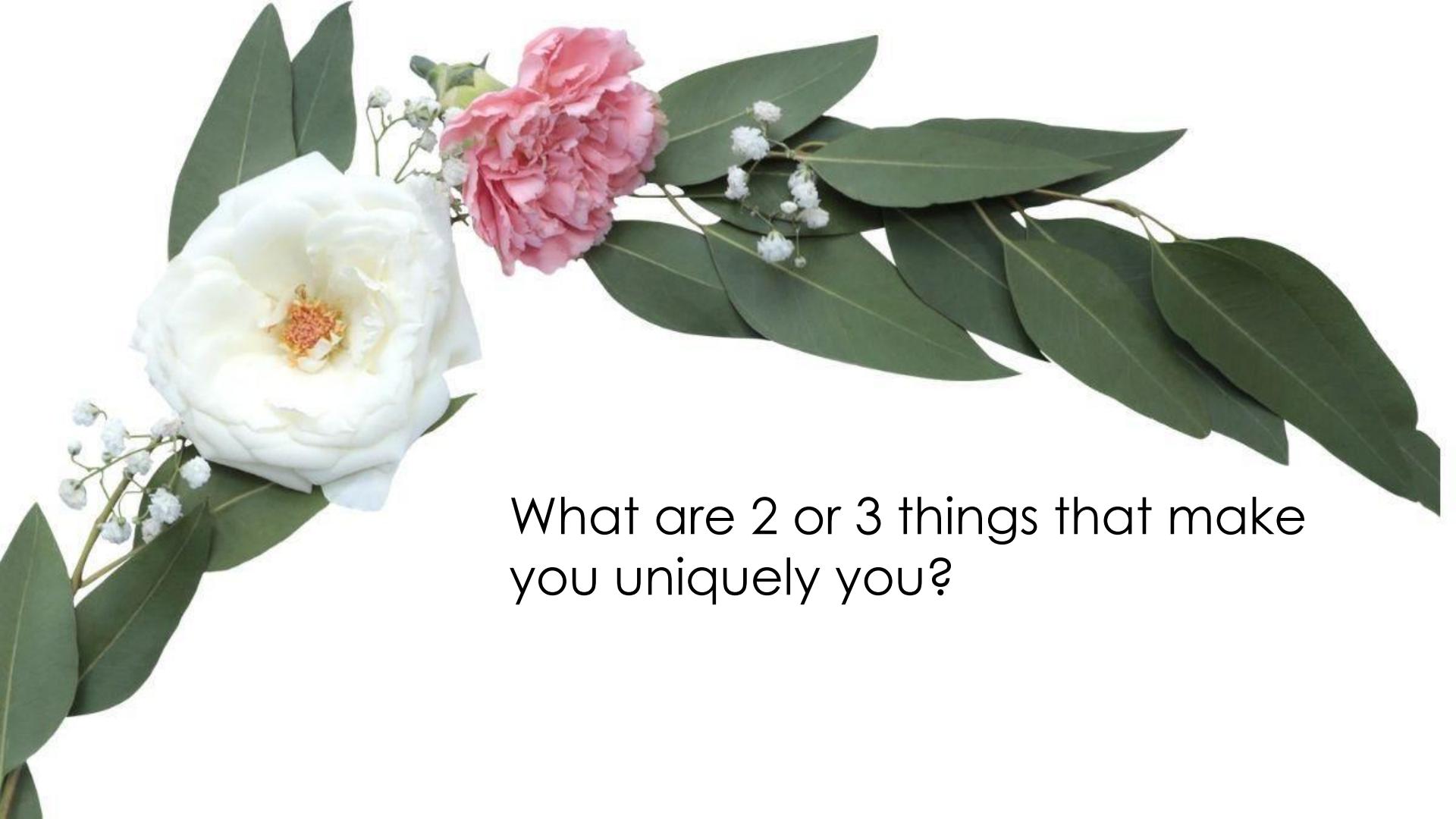
A close-up photograph of cherry blossom branches. The branches are dark brown and covered in clusters of small, delicate flowers. Some flowers are fully open, showing pink petals and yellow stamens, while others are still green buds. The background is a soft, out-of-focus teal color, creating a dreamy and peaceful atmosphere.

Think of times you
have felt most
joyful and alive

As a kid....

What did you want to be when you grew up?

What did you used to do if you had free time?



What are 2 or 3 things that make
you uniquely you?

Some things to think about....

- You may be out of practice. That's okay.
- Let your intuition guide you.
- Let whatever comes up, come up.
- Do the exercises quickly and with a light spirit. This is meant to feel good. If it

Mistakes to Avoid

1. Don't trust your baby dreams to just anyone
2. Let go of the wish to do this perfectly. Just be perfectly imperfect.



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

Of course I don't know.

There's nothing wrong with me.



But....

- With so many serious things happening in the world, shouldn't we be focused on helping hungry people, saving the environment, caring for our families, etc?
- I really don't have much (any) free time!

Questions about Dreams

1. How did you tap into your deeper purpose/passion and dream from that place? These days in particular I'm finding it hard to settle in / tap into that place.
2. I feel overwhelmed when I think of my dream, how do I embrace that feeling?
3. What have you already accomplished on your way to your dream?

Q & A

What's Next?

Assignment: What to Practice this Week

- Continue your miracle minutes
- Be/Do/Have exercise
- Exploring your dreams exercise, where you pick one dream and think of 3 good things and 5 feelings that will result from it.

EXTRAS

- What did you dream of as a kid? (3-5 things)
- What lights you up? (write 5-10 minutes)
- 3 times you felt most alive
- 2-3 things that make you uniquely you

Next Week: Call 3

Tuesday February 9, 2021 at 11a Pacific

Tue 2p Eastern

Tues 7p London

Tues 8p Switzerland

Wed 4a Osaka

Wed 5:30a Adelaide

Wed 8a Auckland

Q & A