

# Coaches Time Out: A New Year's Dream

## Game Plan

### Observe

1. Log in to your online account and complete the following units in the Coaches Time Out section:

#### Dreams

- 5.1 – Time Out
- 5.2 – Talkin' About Dreams
- 5.3 – Life-Cycle of the Dream
- 5.4 – Your Dream
- 5.5 – Formula for Change
- 5.6 – Next Steps

### Reflect

2. Complete the Coaches Time Out Section of this Companion Workbook. You may do this electronically, print out this Section and use pen or pencil, or make notes within the online system. Come to your Team Meeting having completed all the questions in Coaches Time Out.

### Discuss

3. Attend and participate in your Team meeting.

**Time:** \_\_\_\_\_ **Place:** \_\_\_\_\_

## 3D Coaching Point

Dreams are the start to the big accomplishments in life, but they are not enough on their own.

## Material Mastery

A Dream goes through four stages:

S\_\_\_\_\_ S\_\_\_\_\_ S\_\_\_\_\_ S\_\_\_\_\_

What are the three elements that contribute to change?

\_\_\_\_\_ X \_\_\_\_\_ X \_\_\_\_\_

What must the product of these elements be greater than?

R\_\_\_\_\_

## Reflection

If you fast forward to the end of 2023, what do you want to be different (your Dream)? Consider the following areas of your life:

- Physical – your body and health (or the health of someone around you)
- Mental – what you know and how you think
- Career / work – what you spend your time doing
- Family / relationships – the people you spend time with
- Community / organization – the groups you are involved with
- Identity – your purpose and view of yourself

For each item above, examine the categories of Discontent, Dream, Deeds and Resistance.

	Discontent	Dream	Deeds	Resistance
Physical				
Mental				
Career / Work				
Family				
Community /Organization				
Identity				

Based on what you discovered, what is keeping you from your realizing your Dream?

Who is someone who might be willing to invest in you to help you achieve your Dream?

What gets your attention gets your devotion (time). What are you devoted to that is likely distracting you from your Dream?

## Discussion

How have you seen the Life-Cycle of the Dream play out in your own life?  
What are your greatest sources of Resistance?

What shortcuts have you been tempted to take? How have similar shortcuts worked out for you in the past?

How does healthy discontent differ from unhealthy discontent?

How can you practically reduce any of the Resistance you are facing (internal, external, or relational)?

What would fulfill you most at this stage of your life? How do you think your view might change in 20 years?

What people do you want to be part of your journey? What is the risk to inviting them (and/or others) to join you in pursuit of your Dream?

Who is currently in your life that you could you invest in? What do you know about their Dream? How can you be Significant in their life?

## Action

What is something you can do THIS WEEK to move towards the achievement of your goal / dream / vision / resolution?

How can you change your criteria of decision making to be filtered through the lens of the interest of others instead of self-interest?

Think of something you can do to help someone else's Dream. Do it before your next Team Meeting.

## Notes