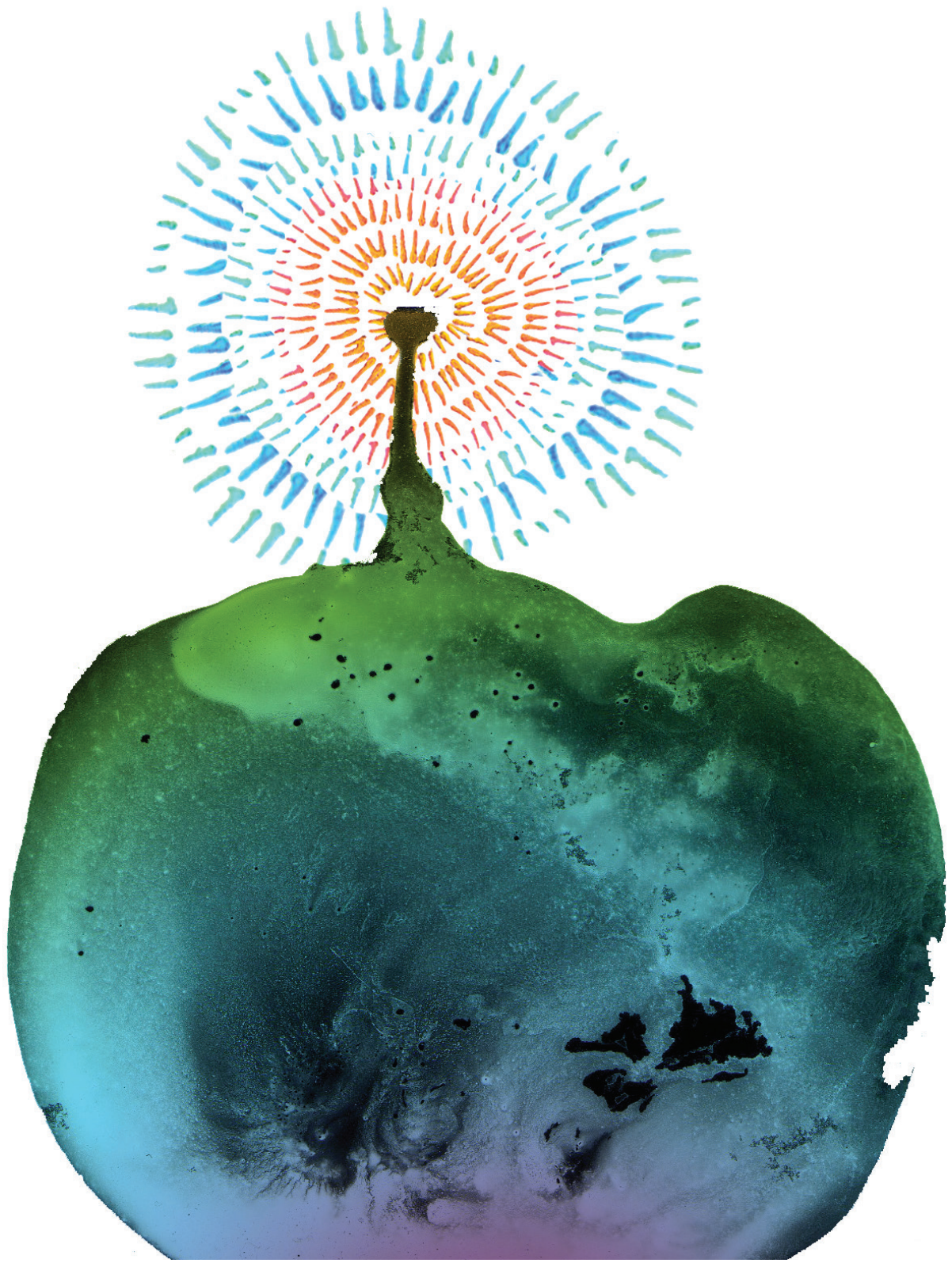


Live Your Dream!

Start Now.

Start Here.





*Remember:
there is
only one time
that is important --
now!*

*It is the most important time
because it is the only time
when we have any power.*

-Leo Tolstoy

Beginning: Ground & Center

Congratulations!

By picking up this workbook, you've taken the first step in becoming the person you really want to be and realizing your dreams! Thank you: the whole world benefits when people do what they love.

Seriously.

You can do this book all in one go or in little spurts. You can do the exercises in order or skip around. Follow your energy level. The whole book takes a couple of hours to complete.

First thing, let's take a moment to become present. As you read, take a deep breath. Let the breath out audibly. Let each exhale sink your weight into whatever you are sitting on. Let your facial muscles relax. Let your hands relax. Let your stomach muscles release.

As you read, bring your attention into your chest area. Imagine that you are breathing in and out of your heart. Visualize that your heart is a flower, falling open.

Allow for the possibility that you are about to have a transformative experience.

Open to the answers already within you.

Listen with the ear
of your heart.

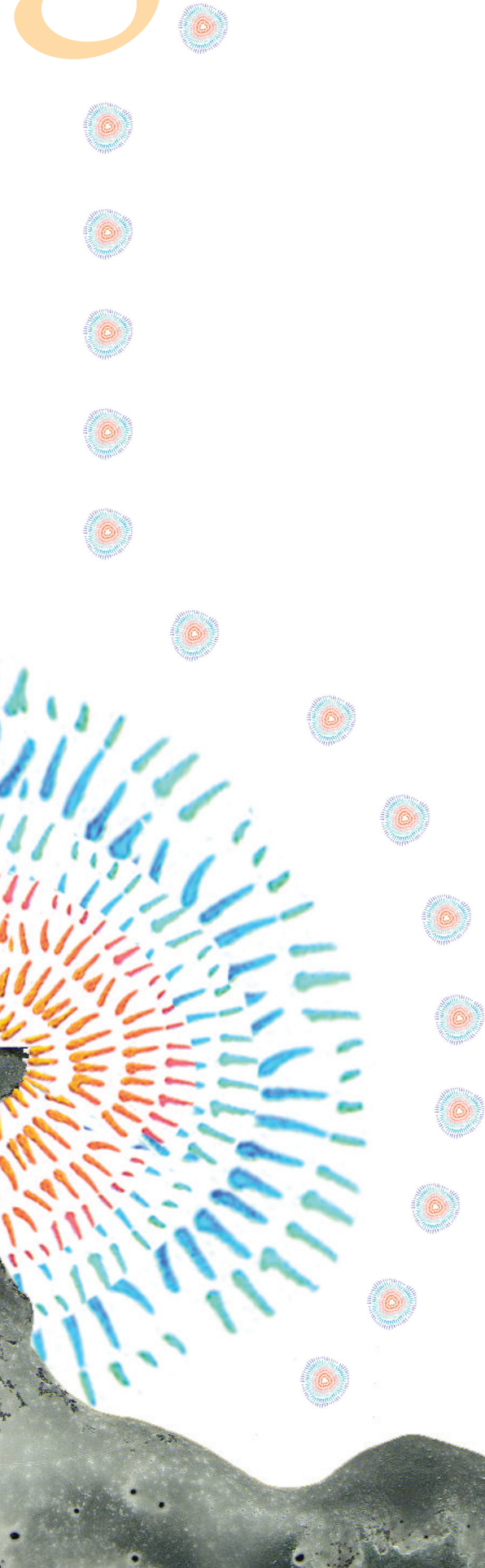
Let's begin with
gratitude.



gratitude

Big or small, list things you're grateful for.

Gratitude interrupts thought patterns in such a way that benefits concentration.

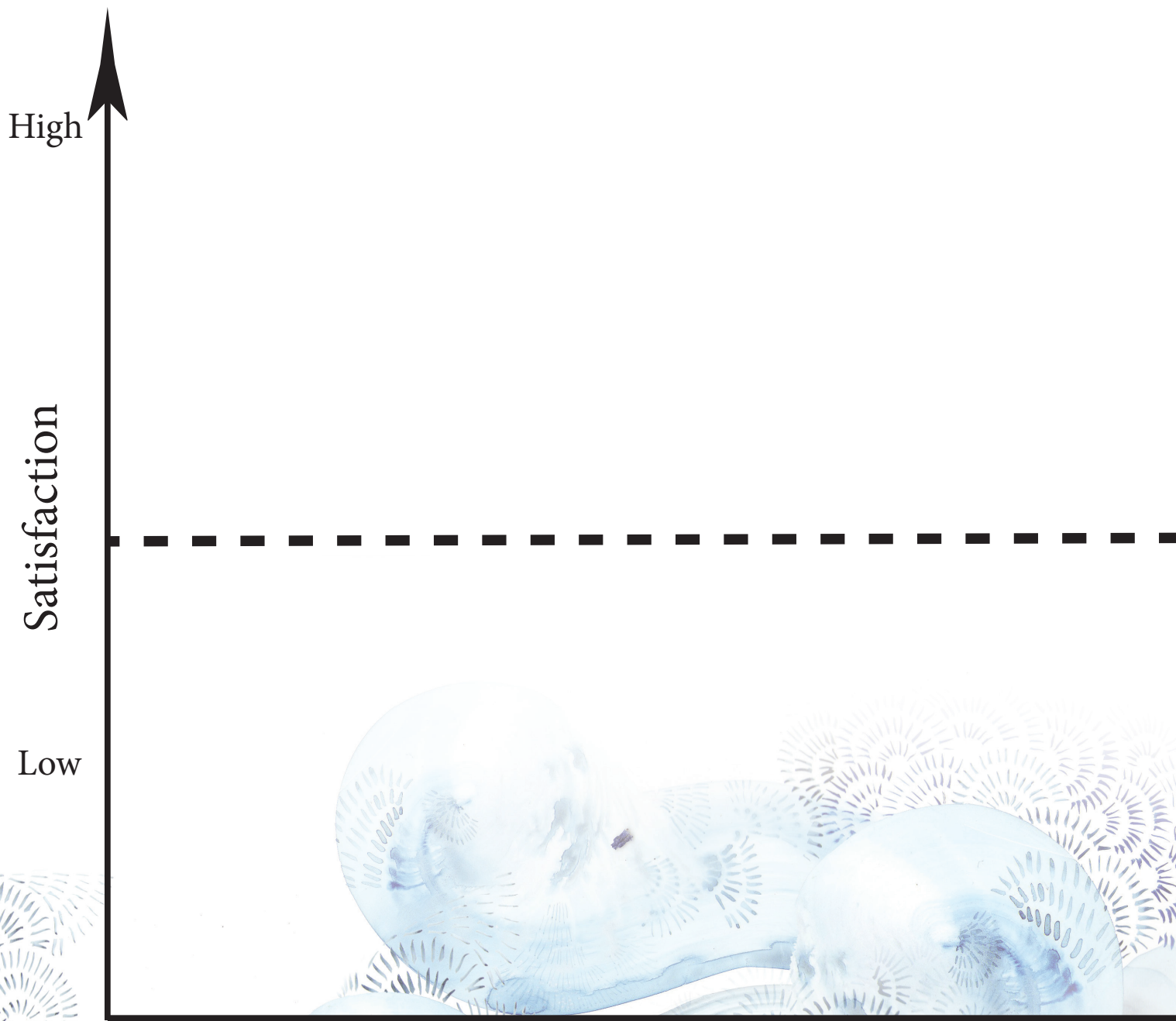
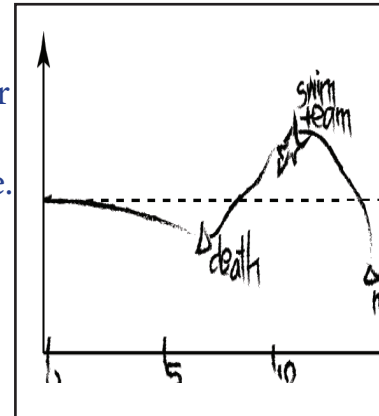


Identify the Aim: Mountains & Valleys

To embark on the journey of identifying your dream work, let's zoom out and review your life as it has gone so far.

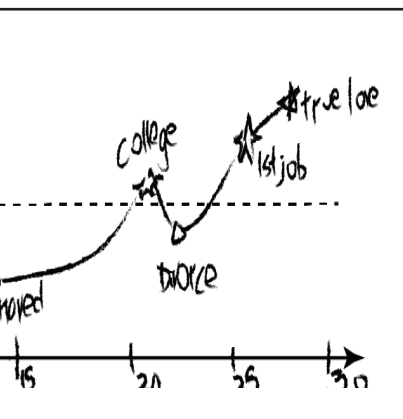
1. On the graph below, write **0** at the lower left corner to represent the year you were born.
2. Write your current age at the lower right end of the solid horizontal line.
3. Put hash marks on the bottom axis in 5 year increments, like the example shown.

Once you've set up your graph, go on to the Milestones exercise on page 5. See you back here in a bit.



Birth

Your Age



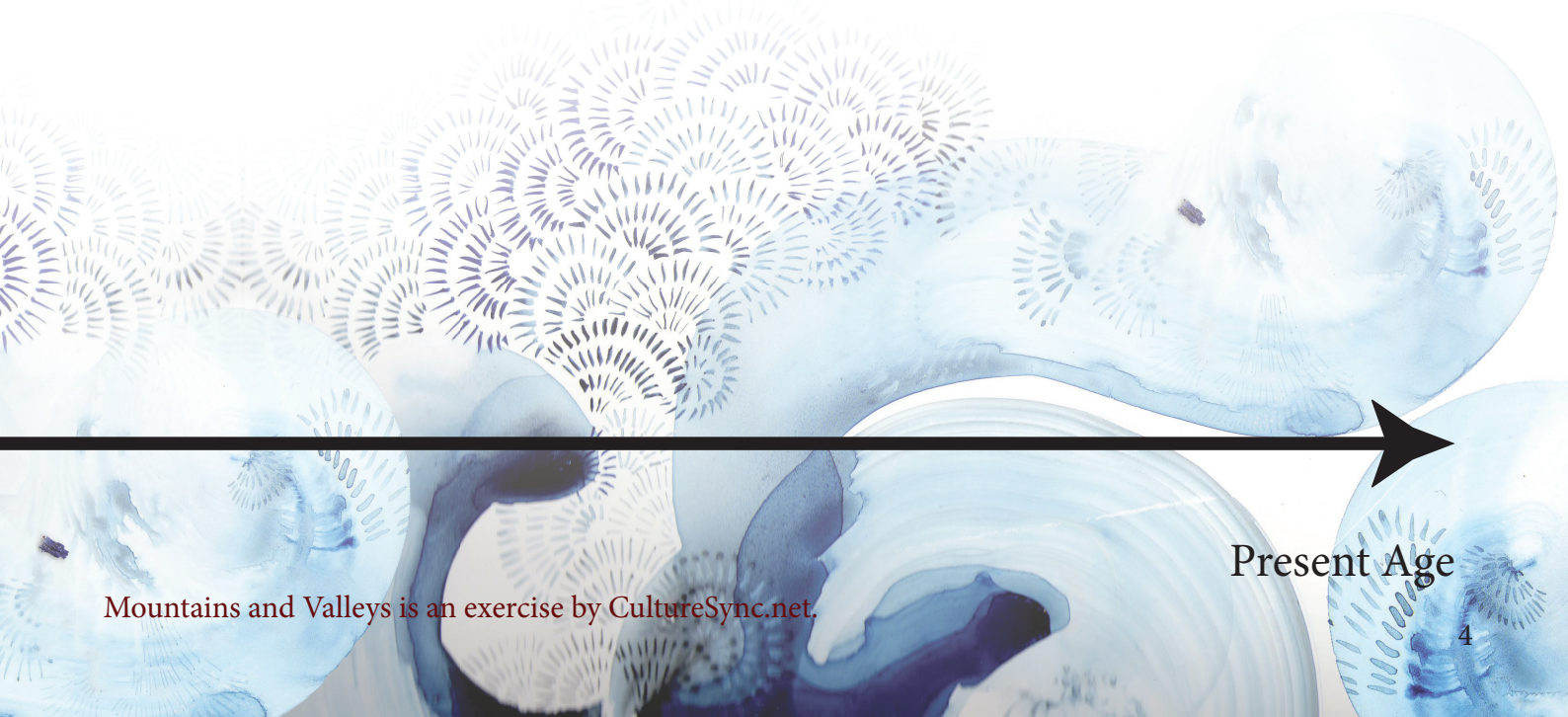
Listed your **milestones** on the next page? Welcome back!

For each positive milestone you listed on page 5, draw a **star** above the dotted line representing how highly satisfying or positive that event was for you. Line this up along the bottom axis indicating your age when that event occurred. Label the event.

For each negative milestone, put a **circle** below the line representing how unsatisfying or negative that event was for you.

Connect the marks to illustrate your mountains and valleys.

Now go ahead and do the Core Values exercise on page 6.



Present Age

Milestones

Identify 7 to 10 significant events in your life or career that were milestone events. These were significant or life-changing turning points in your life. They can be highly positive and negative events. These can also be deeply meaningful times when you've felt vibrantly **alive**.

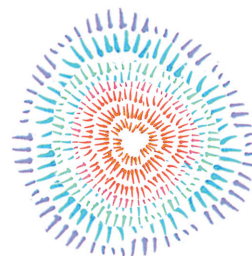


When you've listed your milestones, return to the graph on the previous page.

*Don't get caught up
in these being
the perfect big moments.*

Just write.

Let your memory surprise you.



Core Values



1. For each **star** and **circle** you drew on the timeline on the previous spread, ask yourself: “What values were present or honored that made it so satisfying for me?” or “What values were absent or threatened that made it so unsatisfying for me?” Write those values near each star or circle. (For example, personal expression, accountability, fun, risk-taking, empowerment, innovation, etc.)

2. Review the values you identified throughout the timeline and consider if there is anything even deeper than these. What values are essential to your perfect world? If there are more, write those on the graph.


3. Looking across all the events, pick your top 5 to 8 values that matter the most to you. You can base this on how much they showed up on the map, or how strongly you feel about them.

Write them below.

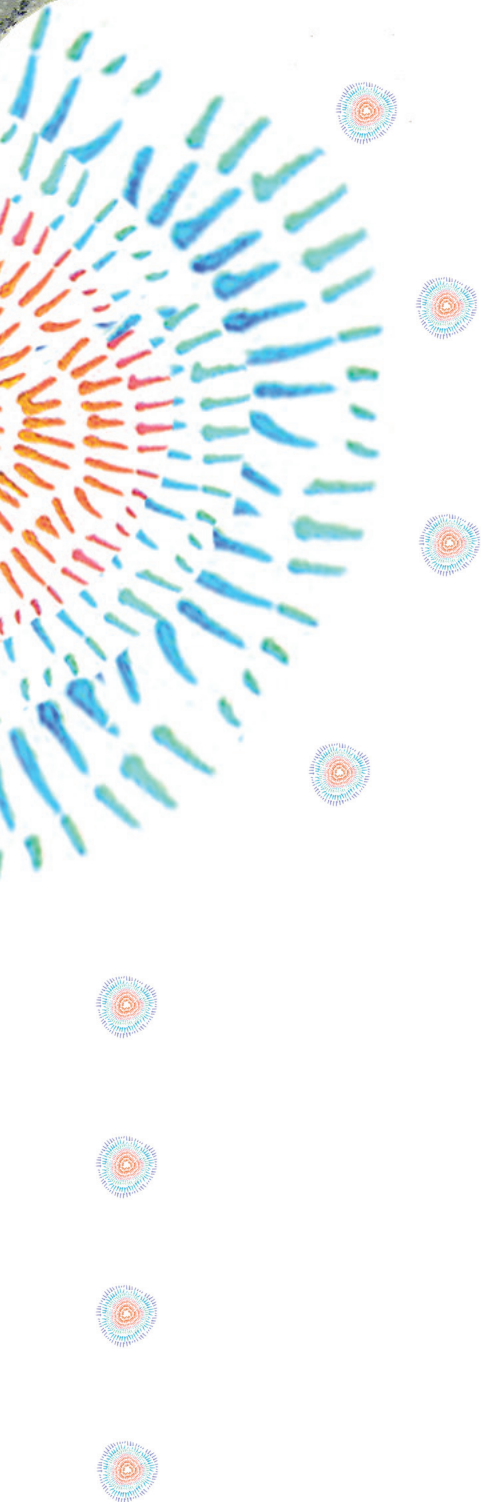


In your opinion, what are the most important,
most urgent
problems in the world,
in your region,
and in your neighborhood?





Think about people who really
blow your mind
with their awesomeness.
What are you **inspired** by
(or jealous of) in their lives?



Identify the Resources

List your skills and gifts, your uniquenesses, what you are good at. What have you received positive feedback for? What do you really enjoy doing?



*If you get stuck,
keep going!*

Put weird stuff in there!

Fill out that list!

*Let the still, small voice
in your heart
give the answers.*

Conditions for Flourishing

List specific moments or phases in your life when you have flourished in the areas listed on the previous page.
(For example, I was flourishing creatively when I was in school.)

What conditions were present when you were flourishing?

(Were you working in a group, on a deadline, living in nature, etc.)



Soul Fingerprint


Imagine that each of us, including you, has a unique offering to make to the world. No one is the exact same collection of experiences, skills, talents, interests, and passions. What is your offering, your totally unique gift, to give the world? What is your purpose, that little green square in the diagram to the right? Gather your findings from the previous two pages.

What elements are present? (For example, my soul fingerprint has something to do with welcoming people, something to do with visual art, and something to do with contemplation...)

My soul fingerprint has something to do with...





 -PURPOSE

Envision

Write out where you would like to be 20 years from now. Include the topics stirred up by the previous exercises. Tackle your toughest problems. Imagine yourself deeply satisfied. What would that look like? Dream wild and big! Let go! Experiment! Make each statement positive and in the present tense.

Twenty years from now, I am...



- Be sure that your vision includes all the **values** you listed on page 6.
- Does it address any of the **urgent problems** you listed on page 7?
- Can you include more of the **awesome factors** you listed on page 8?
- Does it incorporate your **conditions for flourishing** from page 10?
- What other details can you add to make your vision really juicy?



Implement

Take Action!

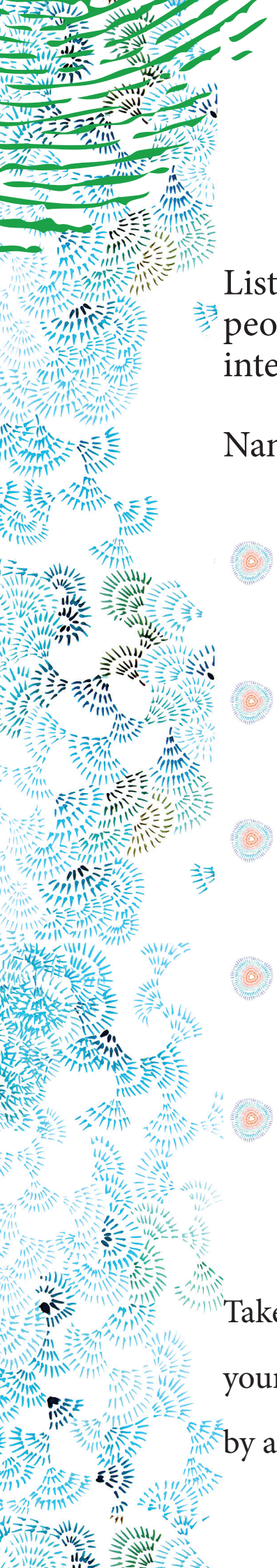
Big dreams come to fruition one tiny step at a time. Note on this page actions you could take in the next three weeks toward manifesting your envisioned future.



Now assign deadlines to your action steps.

Write the deadlines next to the steps.





A key element for actualization is to create an accountability system.

List 5 people you can check in with about your goals, people who will support you, and hold you to your intentions.

Name & Contact Information



Take a moment and write or call at least two of the people on your list. Ask them to stand for you in realizing your dreams by asking if you've accomplished your action steps on time.

Refill the Well

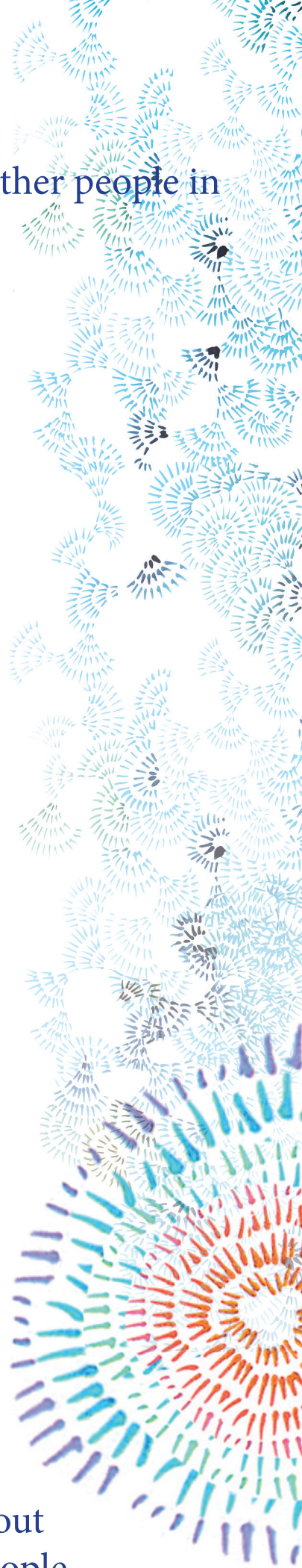
List small but meaningful things you could do for other people in the next few days.



Circle the three actions that make your energy go up.

Feel your body.

Notice how it feels to even *think* about doing nice things for people.





Build New Habits: Treats!

A huge part of implementation is re-training ourselves toward our desired behaviors. One effective way of entraining new behaviors is to reward yourself when you've finished.

List 15 rewards, prizes, and treats you can do for yourself after completing each one of your identified steps from page 15 (for example: bake cookies, go for a walk, visit a new museum, pick flowers, etc.).

*Having trouble finishing the list?
Get sillier!*

*What did you
love to do
as a kid?*

What makes you giddy?

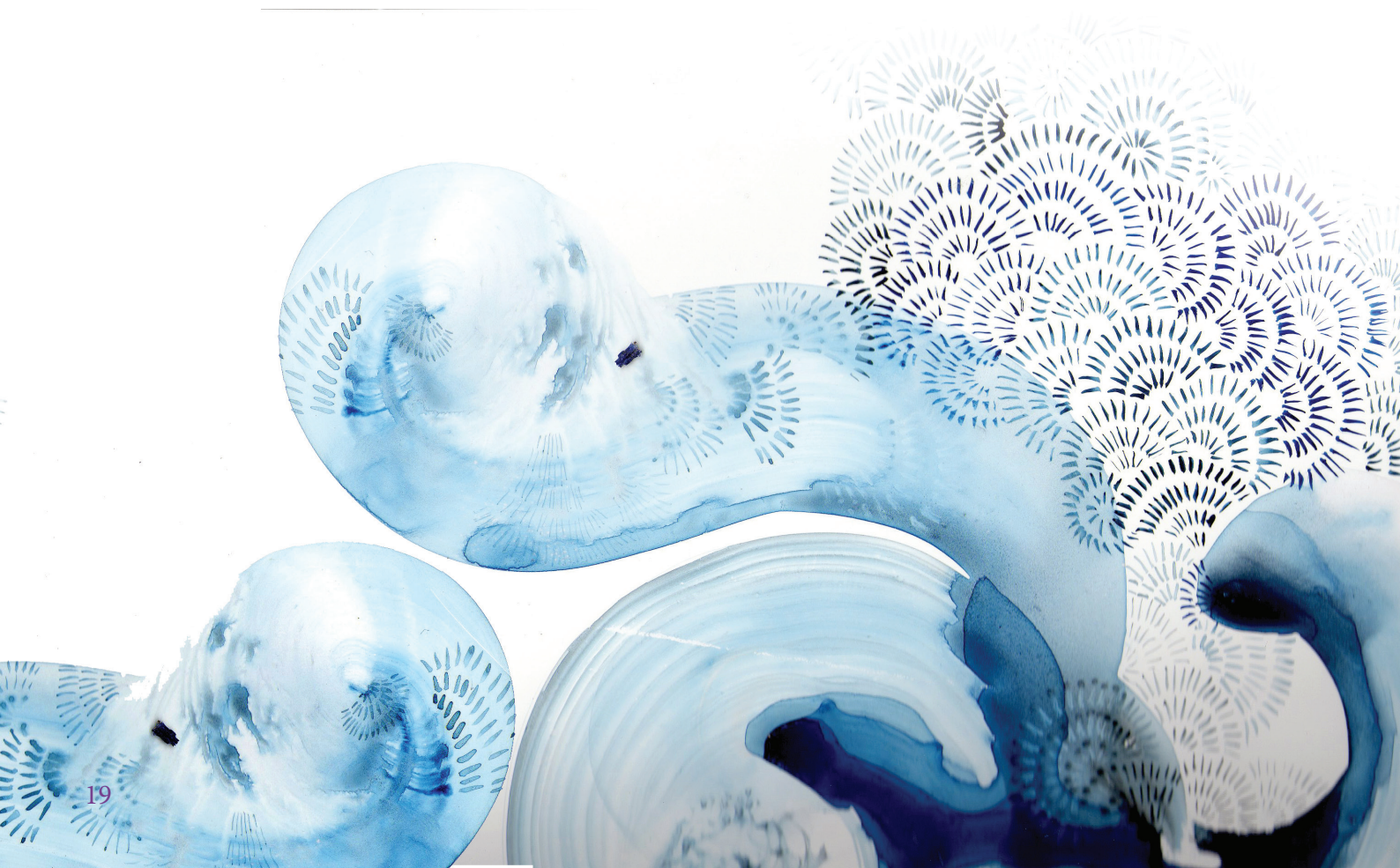
Reflection

Now we've clarified

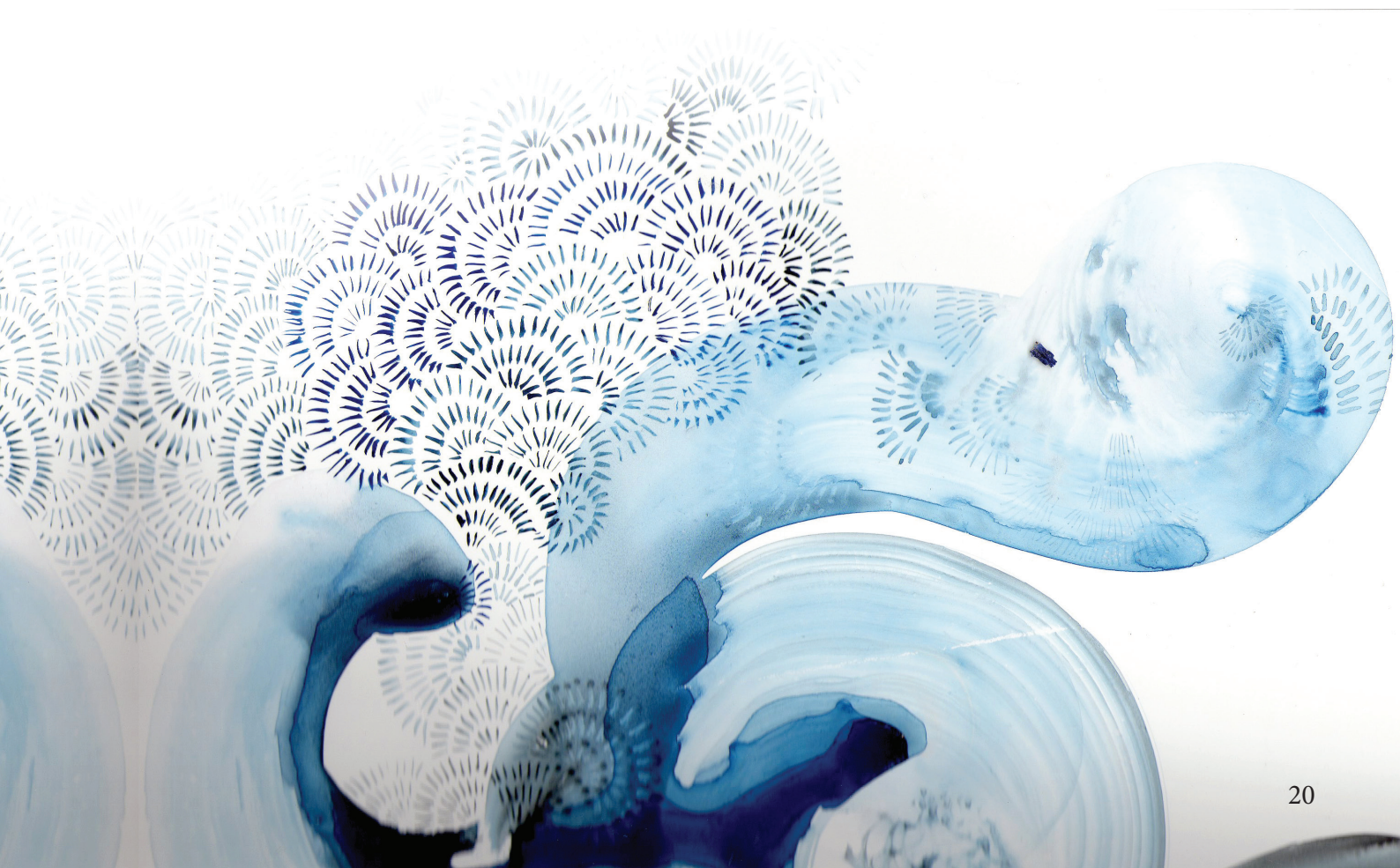
- your core values
- your deepest concerns for the world
- inspiring elements you'd like to incorporate into your life
- your skills
- your most meaningful moments
- the areas included in your soul fingerprint
- times you've flourished and what the conditions were
- your 20-year vision and actions to take you in that direction
- who can support you in your dreamward journey
- how to replenish and motivate yourself

Take a moment to reflect.

What insights did you gain from these exercises?
Jot down some notes in the space on the opposite page.



Reflection



You've completed the workbook!

You're on your way to
saving the world
by living your dream.

Celebrate



Celebrate in the way that feels right in
this moment:

you could stand up and stretch,
dance around,

listen to your favorite power song,
pick one of the treats from page 18,

or let out a wooHOO!



orate!

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a collaboration amongst

The ART MONASTERY
Project

plenum
sustainability • change • impact

SENDZIMIR
FOUNDATION

authored,
edited,
and illustrated
by Betsy McCall

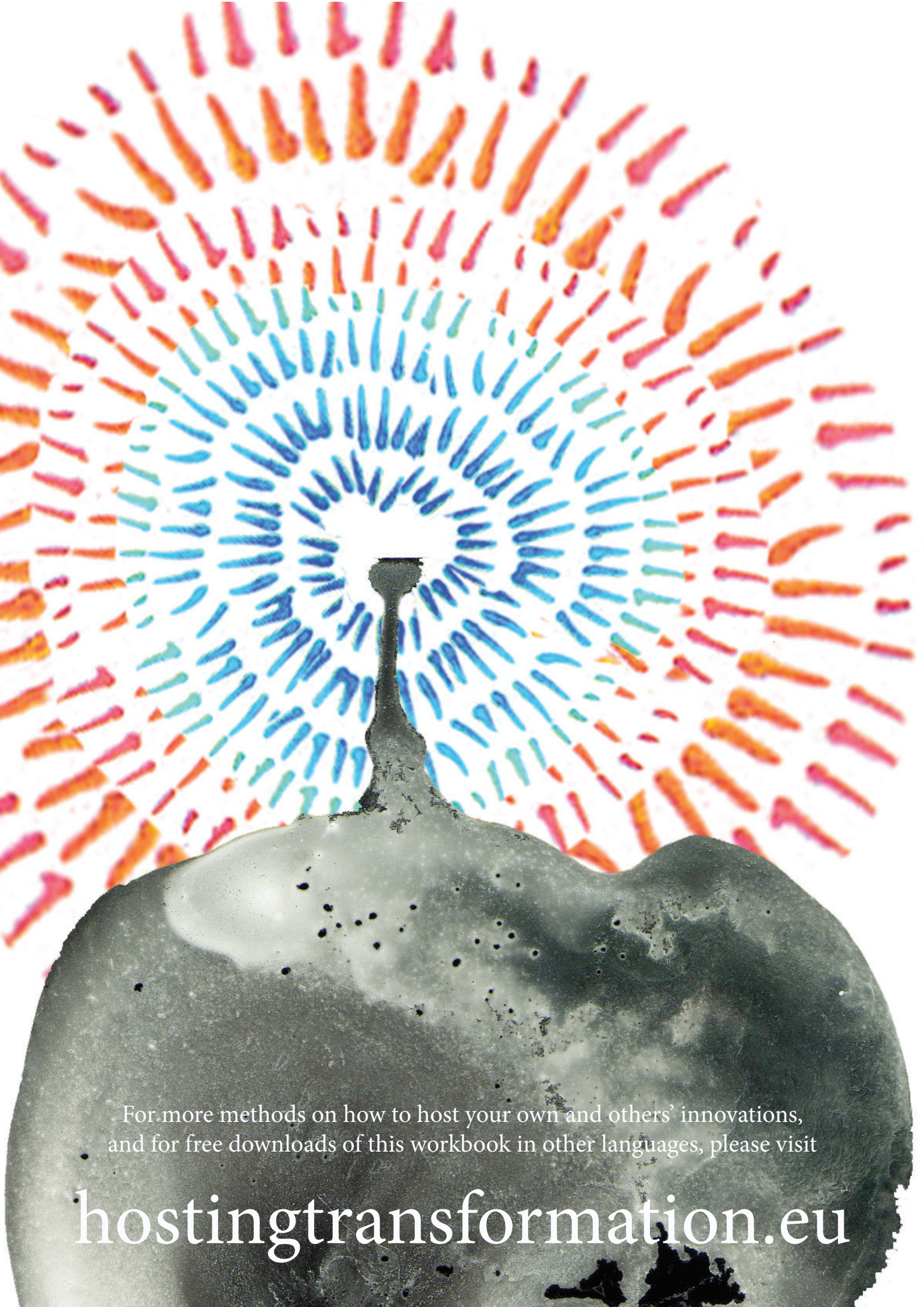
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