

WELCOME ABOARD.

It is good to see you on the journey.

This is a reviewer's copy of The Roadmap to Freedom (Dream Into It). It is not for sale.

IF YOU WILL work your way through this brief field manual, you will meet with a "success unexpected in common hours."

My experience is, though, that only a very few of those who gain access to this material will complete it. I cannot understand why that is ... except that we are BUSY. We want self-serve, microwave, fast-food solutions that require minimal effort.

Make yourself stop, slow down, and do this work. You will not regret it. If you have been seeking change in your life, this is your ticket. Do not allow this manual to get filed, piled and forgotten.

MY REQUEST: Please provide feedback. I am working on an updated edition that will trim the process down even more. Those who comment on this edition will be given the new edition (both in thanks and in hope they will help make it better too).

PLEASE SEND YOUR SUGGESTIONS and QUESTIONS

Email to: don@roadturn.com

Or comment on the website: <http://www.roadturn.com/roadmap-to-freedom-dream-into-it/>

You are appreciated ... I hope to hear from you soon.

Don Sturgill
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The Roadmap To Freedom: Dream Into It

SECTION ONE: HOW TO LIVE

Defeating the inner critic

Chapter One: You are worth it

Let's say that you and I have finished the day's work and we are headed home. Our cars are right next to one another in the parking lot, so we have paused there on this beautiful spring day, talking a bit before we go.

Our attention is drawn to an elderly man on the corner. He is standing almost into traffic, looking one way, then the other. He takes a few steps south, but then turns back north. Concerned, we go over to see if there is something we can do for him.

The conversation goes like this . . .

"May we help you, sir?"

"Got me," says the old timer.

"Where are you headed?"

"I, uhmm, I don't know."

"Well, what are you up to in the first place? What are you trying to do?"

"Can't tell you," he mumbles, shaking his head. "I'm really not sure."

"Sir, who are you?"

Then, with tears in his eyes, he whispers, "I wish I knew what to tell you—but I just can't seem to remember who I am or where I'm going."

What should we do in a situation like that? We couldn't just walk away and leave him there. We would have to help him, wouldn't we? After all, chances the poor guy would end up getting run over by a truck seem pretty good.

The old man needs clarity and direction. So do we.

Stop and think for a moment. How is your own grip on who you are and where you are going? Have you thought about your deepest desires—your Dream—at all lately? Most of us are too busy to even notice that something is missing.

We have learned to accept “good enough.” We are consigned to showing up when we are supposed to show up, leaving when we should leave, and living a life that consists of habitually going through the motions—day, after day, after listless day.

But it doesn’t have to be that way . . .

The secrets to success are not secret

If you want to live the life of your dreams—or if you’re like I was, and life has taken you so far adrift that you can barely see your dreams anymore—then this book is for you. The simple program outlined in this manual works like a map. It enables you to determine where you are, where you want to go, and how to get there.

This little workbook is self-improvement dynamite.

Dream Into It is about finding and believing in your Dream. It is about getting to know someone who believes in you.

You can . . . if you will

The course of action described here isn’t expensive, and it isn’t difficult. It doesn’t require a college diploma, an employment application, or even a job. This program does take effort, though. You will need to invest the most precious commodity of all—your time—to get and stay started, but the payoff potential is immense.

Most people **can** do the DIIP (the *Dream Into It* program, pronounced “the DEEP”), but that does not mean everyone **will** do the DIIP. This program is not for the self-satisfied and comfortable. It is for those who know there is a better life possible. It is for those who want more for themselves than just showing up and doing what they are told to do.

The DIIP is for entrepreneurs at heart. It is for rogues, roustabouts, and runaways. It is for those who long to know and experience a deeper life. It is for you.

If you do what this program asks, then you will realize your Dream. It’s an unalterable law of nature—as sure as the sunrise. Henry David Thoreau put it like this, as he reflected on his experience at Walden Pond:

I learned this . . . that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.

If you follow the path described by *Dream Into It*, you will find out exactly how to meet with your own “success unexpected in common hours.”

You can use the DIIP to get anything you want, anything at all. This program is a “dream machine.” It manufactures whatever you desire—not by magic, but by the daily use of a MAP for the journey and a special set of tools for the road.

You can use the DIIP to lose weight, to get in better physical condition, or to finally afford that home by the lake. Some have used it as a framework for spiritual growth and discipline. Others have launched careers with the DIIP.

What do you want?

Ground rules and admonitions

A few things you should know before we get started:

1. This program is adaptable. You can do it early in the morning or late at night. You can use computer, paper, or both. And if you are already using another method of scheduling and time management, no problem—the DIIP will supercharge any other system. Only the basics are essential—the rest can be arranged to fit your individual style. In other words, “I already use a planner” is no excuse to keep ignoring your Dream.
2. All that is necessary to get started is a bit of self-reflection and thought. Don’t worry about getting everything just right. The main thing is to get moving. If you want your boat to float, then you must get it into the water. My own experience went like this: After 30 days, I began to realize the immense value of this work. After 90 days, I experienced benefits that amazed me. After 180 days, I became aware of a “roadturn.” I saw paths and possibilities that were previously invisible. Put this program to the test. You won’t regret it.
3. Just reading this manual is helpful, but don’t neglect the exercises. If you want the DIIP to pay off big, then you must carry through with a daily commitment to learn and use the system. I don’t know of any shortcuts. This program doesn’t take a lot of time, but it does take regular time. The DIIP is powerful medicine. It is a daily dose of the essential vitamins for success.

Let’s face it; life can be tough. The more you do, the more there is to do. The harder you work, the harder you need to work. At some point there are just too many balls to juggle, and they begin to drop, one by one.

If you’re like me, the DIIP will be the first thing you have found that really works to keep you out of the ditch and on the path to the life you have always wanted.

Say this and succeed

Have you read books or attended seminars that pumped you up, but then dropped you flat? We are going to end all of that right here.

Thoreau insists that you “will meet” with success. Not that you “can meet” or “may meet,” but *will meet*. I’m here to tell you that you can, you may, and—if you give this program an honest try—you will meet with a success unexpected in common hours.

Ask yourself this one question . . .

Am I ready to do whatever I need to do in order to live my Dream?

If you are ready, and you know you are ready, then why not make the first move in that direction? Why should you deny your Dream for one more minute?

Stop a moment to reflect on your situation and your ambitions, then make this commitment to and for yourself:

I will do this. I will fight for my Dream, and I won't give up. Nothing will stop me. Nothing. This time is different. This time I will not quit. This day I draw a line that will change my life forever.

LIVE: Let's fight the toughest battle first

Do you hear the resistance of an inner voice—a familiar voice that wants to pull you back? It may laugh and say that you have always failed before, so there is no chance for you now. The voice may call you a loser, a lost cause. It may insist the DIIP is just another stupid attempt towards getting out of the rut, an attempt that will end up just like all the rest—a waste of time.

Do you hear that voice now? Have you ever heard that voice? Does it undermine your efforts every time you get a little hope built up? That voice has been holding you back for a long, long time hasn't it? It has kept you in chains long enough.

Let's deal with that internal critic right now

The voice challenging you does not know everything. It has plenty of information about the past, but it cannot predict the future. You are capable of much, much more than you, or anyone else, currently imagines.

The toughest battles in life are won from the inside out.

Your life is not a mistake.

Most human beings receive plenty of criticism, and it begins early on. When you were a child, did you ever spill a glass of milk? Get grass stains on your new school clothes? Break a window? If so, chances are the feedback you received was not pleasant. It may even have been severe.

Maybe you were yelled at, spanked, or told you were stupid. Maybe your mother or father just glared at you with that certain look—the one that told you how big of a disappointment you were. Can you see a scene like that in your mind? Can you recall any instances when you felt embarrassed, humiliated, or degraded by others?

The real problem does not consist of just one isolated incident, but the small, sometimes indistinguishable, leap that moves us from, “My actions were disappointing” to “I can’t do anything right.” *Once that internal decision is made, we begin to automatically and habitually interpret our mistakes as proof we are incompetent.*

We quickly become our own harshest critic and worst enemy.

How about you? Have you made a mistake, or are you a mistake? How you speak to yourself is of critical importance.

Think of a time when someone was upset over something you did. Visualize the moment. Do you hear the voice of the one you offended? Do you see the angry face and scowl of disapproval? How does that feel in your gut? How does the inner voice define the situation? Does it call you an idiot? Does it remind you of what a failure you are—what a loser you are?

Most of us don’t need others to tell us how insignificant and incapable we are—we are experts at self-abasement. The disapproval of others simply reinforces what we already fear in our guts: I am stupid, ugly, and worthless. I don’t measure up.

How to LIVE in Peace

I know some of you are hesitant to deal with the critical component. You have been taught that one should quickly replace every negative thought with a positive—that even to acknowledge negativity is to encourage it.

Consider this, though. If your arm is broken, you can deny it all you want—but you need to get that arm set and doctored. Treatment is the only way (outside of a miracle) your arm is going to get better. Don’t get me wrong—I believe in miracles. I also believe in doing what I can with the knowledge and tools available.

Your internal brokenness needs to be reset. It needs to heal, and the DIIP proposes a simple means of dealing with the inner critic: LIVE.

Sometimes, when we hear the familiar voice of the inner critic, we will accept what it says without challenge. We act as if it is the voice of God, or at least the voice of truth—and quite often, the voice is correct . . . at least in part.

Sometimes, we cannot bear the pain of what the inner critic says. We try to ignore the voice, or we try to run from it—thinking enough distance or neglect will make it go away. But these methods are temporary fixes. In the end, they don't work. You can run, but you can't hide, from yourself.

The DIIP asks you to come out swinging—to stand up inside of yourself and confront that inner critic. Are you brave enough to do that? Are you tired of putting yourself down and dragging yourself through every bit of mud you can find?

If so, the first way to LIVE is this: Just Listen.

("Listen" is the "L" in LIVE.)

Listen

Don't argue. Don't run and hide. Don't fold in and admit you are a loser—set judgment aside for a moment and Listen.

For instance, let's say you sit down to plan your day, you follow the DIIP as outlined in this manual; you get focused, you reflect on your Dream—then you hear a familiar voice saying something like this:

Why are you wasting time on this stuff? You are lucky to be where you are and to have what you have. That Dream of yours is ridiculous. Give it up before you make a real fool of yourself (like usual).

You might be tempted to agree with that assessment, give up the fight, and do the same thing you've always done when your Dream cries to be heard—tell yourself dreams are for children, get busy with your chores, get drunk, eat a gallon of ice cream, sink into depression, go back to bed, turn on the television, check your email—anything to escape the horrible feeling that you don't deserve a decent life.

Not now, though. Not this time. You are walking on different ground. You turn to the principles of LIVE. You stop and Listen to the voice. You hear that voice out—even if it hurts. There will come a time—trust me on this—when you will even be able to thank the internal critic for being so interested in your welfare.

Today is the day things begin to change. Today is the day you Listen. You hear the voice out, as if listening to a complaining old friend, then you ask the critic, "Is that all, or is there more you have to say?"

This is a turning point, a watershed moment in your walk towards Freedom.

Inquire

You then do something you may never have done before: You Inquire. You ask the voice where it is getting its information. You ask for clarification.

The inner conversation may go something like this:

You say I'm wasting my time on this Dream Into It stuff. You say my Dream is impossible rubbish. Tell me, please: where do you get that information? What facts are you basing your opinions on, and how can you be so sure that you are able to accurately foretell the future?

Once you have Listened and Inquired, get ready to witness something amazing. The voice that has been bossing you around and acting like it knows absolutely everything about absolutely everything is going to falter. The best it can come up with may sound like this:

Well, that's the way it's always been! You've never succeeded before, have you?

Don't miss this

Did you catch that? The inner critic has no way of predicting the future. It relies solely on a distorted view of the past. The inner critic is governed by fear, not by faith. It is like a child, alone in the dark. The problem is that the inner critical voice is seldom confronted—and, without confrontation, the assumptions it makes seem true.

I've never been to Paris, France, but I could get there if I mapped out a plan. I've never flown an airplane, but I could find a flight instructor who could teach me how. Do you see where I'm going with this? The argument that you will never do something—just because you have yet to do it—is absolutely unsupportable. You are capable of all kinds of things you have not yet done.

Not only that, but think about this: It is true you haven't accomplished everything you ever set out to do, but you have accomplished some things, probably many more than you credit yourself for. You haven't lost every battle—but the voice will make it sound like you are an impossible, habitual loser. Don't fall for the trap.

Change your direction and you change your future. Change your actions and you change your life. You will only continue to get the same results if you continue doing the same things. The DIIP is designed to get you on a different path. The DIIP helps you to see your options, and your options give you back the freedom to choose your own path. You no longer need to dance to someone else's tune.

Your past does not determine your future. Your best days are yet to come.

Verbalize

Once you have held your ground and challenged the inner voice, you can Verbalize the truth of the matter. I like to do this aloud. Speak reality to the situation. Speak up for yourself. Henry David Thoreau said that *to stand inside of your self is to form an impenetrable shield*. In my experience, Thoreau is right. Say this to the inner critic:

I may not be living my Dream yet, but that does not mean I never will. If I plan my route and I do the work, then I will surely succeed. I choose to advance confidently, rather than to shrink back in despair. Nothing, nothing, nothing can stop me. Absolutely nothing!

It is helpful to collect quotes and notes to remind you of the truth. Truth is like gold. When you find it along the way, pick it up and hold onto it. Truth overcomes the lie.

For instance, if the inner critic wants me to play it safe, asking that loaded question, “What will people think?” I can remember that most people seldom think of me at all. Those who do have an opinion of my actions are welcome to their thoughts—but it is my own opinion of myself that really counts.

That truth is bolstered by a quote from Henry David Thoreau, one that I have stored in my own quiver—ready to use in an instant:

Public opinion is a weak tyrant compared with our own private opinion. What a man thinks of himself, that is which determines, or rather indicates, his fate.

Your internal critic isn’t likely to give up with just one flaming arrow. It may shoot another and another, trying to convince you of the absolute impossibility of your situation:

You don’t have enough money, you’re not smart enough, you never get the right breaks, everyone is against you . . .

Whatever the internal critic says, I can guarantee one thing: If it’s not on your side, if it’s not building you up, then it is out of line.

And the minute you refuse to fall for the same old story again, the minute you stand up and oppose the voice that says you can’t, that is the moment in time when you will know that you CAN.

The critic will scamper off like a whipped pup, and you will know a Freedom that has previously been inaccessible to you.

Hang in there. Practice using the LIVE method, and it will happen. Not only that, *but the voice that has been plaguing you will some day return—only this time, it will be a valuable friend and a trusted advisor.*

Explore

To round out the LIVE method, you step out with the courage and determination to Explore your new life. Begin to confidently live the life you have imagined. Try on the most authentic version of You.

After all, your inner freedom can never be taken away: it can only be surrendered. Take it back. Take it back and LIVE.

Give yourself permission to try thinking a new way, walking on a new road. The more you remember to LIVE, the more you will live. The outer world will change as a result of the inner victory. After all, you get what you settle for.

Get out of the house

I know some of you won't be satisfied with the simplicity of the LIVE method. You will want to read a book, or a bunch of books. You may want to understand the inner critic thoroughly. I know exactly how you feel. I ran around in circles of confusion for years.

The longest trip I've ever taken is the one from head to heart.

An in-depth discussion about where the interior enemy comes from and why we listen to it in the first place could take a long, long time. Volumes have been written on the subject; but most of us don't have the time to make a career out of introspection. We need to move on.

Consider this: If your house is on fire, the first thing you should do is to get out of the house. Once you are safely on the sidewalk, you can begin thinking about how the fire got started.

But get out of the house first.

Please understand, I am not against self-reflection. An honest appraisal of one's self can provide valuable insight. But I am against worry, self-condemnation, and laying the blame on others.

Life is a school, and our experiences are but grist for the mill of growing up. The only one who can ever make you happy is sitting in your chair.

By the way, the ones who say you shouldn't even acknowledge the voice—they mean well. But I'll bet you that when they get a toothache, they don't ignore it for long before going to the dentist.

Some things sound great in theory, but don't prove out under fire. The real test of a theory is this: Does it work?

When it comes to the LIVE method, I'm not just a believer—I'm a knower.

How to get started

Look again to Thoreau's observation. It describes the essence of this work.

I learned this . . . that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.

With thought, we can see that something is needed first in order to advance in the direction of our dreams. There is a prerequisite . . .

In order to live your Dream, you must first identify it.

How can you know which direction to take, if you don't know where you want to go? If you are serious about living your Dream, you must define your Dream.

Don't worry; this is not a difficult process. The DIIP keeps it exceptionally simple.

Your destination makes a whole lot of difference, doesn't it? If you drive northeast from Los Angeles, you can wind up in Denver. Drive southwest a little ways from Los Angeles and you will be sitting in the Pacific Ocean.

Is there a difference?

There is a huge difference. And if your aim is to attend a convention in Denver, then your direction will determine whether or not you get there on time.

How to decide where you want to go

You will never arrive if you never get started. The first part of the DIIP separates those who will from those who won't. Let's find out right away which group best describes you. This is not the time to shrink back. It is time to press on.

There are a ton of resources aimed at helping a person identify whom they are and what they want to do. When I first began to consider my own vocational journey, the popular question (from a book by the same name) was, "What color is your parachute?"

Later on, Tony Robbins insisted that the way to success is by "awakening the giant within." Stephen Covey entered the fray by reminding us to keep "first things first," and his colleague, Hyrum Smith, set us on a search for our "governing values."

Others have talked about finding your passion, knowing your purpose, writing a life mission statement, being the best you can be, setting big goals, and creating the life you love. It can get confusing out there, can't it?

As part of a Small Business Development Center project, aimed at helping entrepreneurs move from idea to implementation, I looked at every time and life management program I could find. I invested months of research, looking for the right system to motivate, inspire, and guide those I would help—and I studied until a light came on . . .

All of the programs were based on valid principles, and all of them held a piece of the puzzle—but none of them was a complete system.

Furthermore, there was one principle they all acknowledged, one thought that seemed to be central to getting a right fit in life: *Something that thrills you may bore me to tears. In order to live your Dream, you must walk the path that is right for you.*

You are not like everyone else

Fitting a square peg into a round hole is seldom a good idea. Many of us waste years of our lives at jobs we hate, settling for just a reflection of what we could be.

That may explain why more fatal heart attacks occur on Monday mornings than at any other time during the week—people looking ahead to another week of torture, wishing there was a way out and not realizing the road is right in front of them.

Sometimes, it is not our work that needs to change—but our attitude about it. If I can see my current job as a stepping-stone to the career I really want, a part of the MAP to my Dream, then my current work can be viewed as a purposeful choice, rather than as something forced upon me.

We mistakenly attempt to live a life we think will please others (impossible), rather than to go after the life that is our own.

After all, we are brought up to conform, aren't we? To head in our own direction is to “make Mommy and Daddy sad.” To think differently than others is to sound like a know-it-all or to risk being thought of as “not a team player.”

The flip side of that coin is a bit more difficult to see. Those who are severely hurt and let down by others can turn to rebellion as a way of life—even to the point of denying their own deepest desires. It's the “I'll show you. I'll make a mess of my life; then you will be sorry . . .” syndrome.

It happens. Believe me. It happens.

By the time we have left the teenage years, it is likely that our youthful Dream, our God-given picture of who we are, is either so covered up by conformity that it is no longer recognizable, or has turned into a destructive vendetta bent on showing the world who is boss.

It doesn't have to be that way, though.

Can you do this?

It is possible to reclaim our selves. Most folks can still recall the basics of who they are and where they want to go. They still know what they really want—they just don't believe it is possible. So their Dream gets filed away in the basement of their consciousness, like an out-of-date jacket or a worn-out prom dress.

In order to access the power of the DIIP, you will need to risk digging your Dream out of storage, taking a look at it, and brushing it off with a few basic exercises. (By the way, if your Dream doesn't fit anymore, you can trade it in for a new one.)

We will begin with five pertinent considerations, then plug the results into a format you can use daily to keep focused on and moving towards the life you want.

I said the DIIP is simple, but that doesn't mean it is easy. One thing I can promise you, though: it is definitely worth it.

When you're ready, let's get started.

Dream Into It: The Roadmap to Freedom

SECTION TWO: FIVE ESSENTIAL EXERCISES

Find out whether you are one who will . . . or one who won't

Chapter Two: Dusting off your Dream

We are going to keep the process very simple, but you do need to set aside some time to do the hardest work there is—focused thinking. This first exercise will set the process in motion.

Slow down. Think deeply. Answer honestly. Answer according to how you really feel, rather than according to how you think you should feel or how someone else wants you to feel. You don't need to share this with anyone else, unless you choose to do so.

Exercise One: Defining your Dream

Begin by minimizing your distractions. Get away from interruptions, bring yourself to the present moment, look inside, and consider this:

What would it be like to be living your Dream, the life you desire? Where would you be? What would you be doing? Who would be with you?

For the purposes of the DIIP, your Dream is that set of perhaps five or six conditions that—for you—would define an ideal life. You don't have to write an essay; a simple list or a single paragraph will do.

Use your imagination and allow yourself to believe the life you want is somehow possible.

Then describe what you see, beginning with

I am . . .

What we really want.

I have presented this program to business leaders, college students, jail inmates, and government workers. I have worked with men and women, rich and poor, smart and not so smart—and I've found that we all want pretty much the same things. The United States Declaration of Independence puts it like this: life, liberty and the pursuit of happiness.

The difference is in how these values play out. Where you want to live, whom you want to live with, how you want to live, and what you want to do—these things are colored by your own inclinations and desires.

You can be as specific or non-specific as you want in this first exercise. I have seen responses that say, “I am out of debt, my children are launched, and my wife and I are living well.” And I have seen responses that spell out exactly how the money is to be earned, what kind of house the person will be living in, and where it will be located.

Right now, all that really matters is that you get in touch with your own Dream and that you make a beginning.

I offer the following as a sample case. It is an illustration only, and is by no means a prescription or template. You can even use bullet points instead of sentences. The most important thing is that the desires you describe are your own.

I am living in a log home near the ocean. My deck is perfect for watching the sunset. My spouse and children are with me. We work together in a home-based business, one that more than provides for our needs. I have time to read and to garden. We are able to travel often, and our business allows us to be of service to others. We are healthy, we are happy, and we are blessed.

Simple, isn't it?

Believe it or not, most folks will never take the time to write their Dream down and begin to work towards it.

Do you know why? They don't believe it can actually come true. *Most of us will plan our summer vacation months in advance, but neglect to consider our life journey.*

If you took time to seriously consider the first exercise, to piece together a glimpse of your Dream, then you most likely felt an internal stirring of joy and hope—one that wants to believe that your Dream really is possible.

Once you have touched your Dream, you will know it; you will not ever want to let it go again. And once you have voiced a commitment to advance in that direction, you have already taken your first step towards getting there.

You don't have to sit on the bench any longer, watching others score the goals; you can get back in the game.

Now that you have completed the first exercise, and have identified the basics of the life that most suits you, it is time to ask yourself this one critical question: Why?

It may include money, but it's more than the money

Chapter Three: Fuel for the journey

Why is your Dream important to you?

A sufficient Why will overcome any obstacle in its path. A sufficient Why can give an 80-pound mother the strength to lift a 3000-pound automobile off her trapped child. A sufficient Why gave a rag-tag group of civilians an impossible victory over the king's army.

And a sufficient Why will enable you to live your Dream.

One thing I know for sure—it's not about the money. Money, by itself, is not very useful. The important thing to know is what the money represents. What will money enable you to do that you presently cannot do? What can money get you? And why do you want what you want?

Will a pile of cash allow you to purchase the home you want? That sounds important, but it is quite possible to be miserable in a mansion. Keep going. Dig deeper.

Keep asking, "Why?"

What will the home do for you? How will you feel when you have it?

Your Dream is not primarily about things; it is about ideals. It is based upon feelings and relationships. It is about freedom, responsibility, and self-respect.

I want that house by the ocean so my family will be well taken care of, so I can be a better provider for them, so I can feel some peace in my life.

I want that successful business so I will be able to put my God-given talents to work in a way that is personally satisfying and valuable to others.

I want to pay off my bills so I can hold my head up in public and regain the confidence of my family.

Once again, your answer can be short and simple or long and involved. All that is essential is you make a start and you answer according to your own heartfelt desires, not according to what you think will impress others.

Exercise Two: Without this, you won't get far

Think now, and respond—either with bullet points or sentences—Why is your Dream important to you?

Write it out, beginning with

My Dream is important to me because . . .

Here is our case example of how the Why might look:

My Dream is important to me because the two most important things in my life are freedom and family. I want to be able to set my own schedule, to work at something I enjoy, and to provide a safe and encouraging environment for my children—a place where they can have every opportunity to realize their own dreams. I want my wife to be glad she married me.

If you have put some effort into the first pair of exercises, then you have two things most people will never possess: you have a written description of the life you want to live, and you have identified sufficient reason for getting to where you want to go.

This puts you ahead of about 97% of the crowd.

Your Dream is the destination, and your Why is the fuel. The rest of this program is the vehicle.

This is a good day. It is an exciting day. After years of preparation, you are ready to get on with the journey. In reality, you have been on the road the whole time. The difference now is that you have rediscovered the map. You can see exactly where you want to go, and you will soon determine how to get there.

Take a minute to congratulate yourself. Many of those who were with us at the beginning aren't here anymore. They got distracted, or they listened to the voice telling them they were foolish to even think that things could change.

Not you, though. You are still here. And you refuse to blindly agree with the inner critic or try to run from it in vain. You have three powerful tools now. You have a Dream, you have a Why, and you know how to LIVE.

You can go anywhere you want to go if you have the right MAP

Chapter Four: On the Road

Mapping the route

Here's an important thing to know: You can sit in the driver's seat and turn the steering wheel all you want, but unless you start the car and get it moving, you're not going anywhere. In order to get to where you want to go, you absolutely must take the gearshift out of Park.

Let's say you want to drive to the Colorado Convention Center, but right now you are in Los Angeles. Furthermore, up to this point you have only heard about Denver; you have never actually been there. You know it is somewhere to the northeast, but should you just start driving and hope to somehow find your way there?

Of course not. You need a map.

The actions you take could go like this:

- You locate both cities on the map.
- You determine the best route from where you are to where you want to go.
- You see that you will first want to get on Interstate 15, so you figure out how to do that from your present position.
- You see that you will need to turn onto Interstate 70 after you have passed through Las Vegas, Nevada, and have entered Utah.
- You determine exactly where the Convention Center is in Denver, and you note which exit to take off I-70. You will also need to know which turns to make after that.
- You figure the time required for each leg, and you consider where your primary stopping points along the way might be.
- You prepare a point-by-point list of the streets, highways, and geographical locations you will be looking for. You don't need to know every curve; but an outline of your trip, with primary points, will be helpful.
- You check your automobile for roadworthiness, fuel up, and head out when you're ready.

Are you likely to reach Denver? Sure you are. You know where you want to go, you have determined how to get there, and you have prepared for the trip.

All that is left now is the "Bon voyage."

You can do the same thing with your life journey. Thoreau said to "advance confidently" in the direction of your dreams.

Defining your Dream and mapping a route to get there will be the first tangible proof that you are on your Way.

NASA and the Gap

One of my undergraduate professors was a member of the NASA Mission Control team during the Apollo era. It was during Apollo 13 that Astronaut “Jack” Swigert radioed in to let Houston know there was “a problem.”

The first question my professor posed to our Organizational Theory class was this: “How do you suppose NASA knows when there is a problem?”

He probed even further, “What is a problem, anyway?”

After our attempts to answer had faded into silence, he provided the NASA definition: *A problem is a deviation from a standard.*

That doesn’t sound very earth shattering, does it? It works like this: NASA teams define exactly what they expect to see at each stage of a mission—these are the standards. If an unacceptable variance is found, then they have a problem.

A problem is a deviation from a standard—so you need to have standards in order to recognize problems. The beauty of this approach is that problems quickly reveal themselves (by deviating from the standard).

They will even offer up their own solutions . . .

Here’s how: NASA teams know what the situation should be (the standard), and they know what the current situation actually is. If there is an unacceptable deviation between those two points, then there is a Gap (a “problem”), and closing that Gap is the solution.

If a problem occurs, the ground control team goes to work *figuring out how to make what they are seeing become what they want to see*, thereby removing the Gap and bringing the situation back to the standard.

Do you remember the Apollo 13 movie? That is exactly what the team did. They gathered up everything the crew would have available to them, and they figured out how the problem could be solved (i.e. how the Gap could be closed) by using those items.

By the way, did the NASA team have a sufficient Why during the Apollo 13 crisis?

They definitely did. The lives of three of their astronauts were at stake.

How you can think like NASA

Let's go back to our case example—the one where the Dream looks like this:

I am living in a log home near the ocean. My deck is perfect for watching the sunset. My spouse and children are with me. We work together in a home-based business, one that more than provides for our needs. I have time to read and to garden. We are able to travel often, and our business allows us to be of service to others. We are healthy, we are happy, and we are blessed.

And the Why statement said this :

My Dream is important to me because the two most important things in my life are freedom and family. I want to be able to set my own schedule, to work at something I enjoy, and to provide a safe and encouraging environment for my children—a place where they can have every opportunity to realize their own dreams. I want my wife to be glad she married me.

That Why makes a whole lot of sense to me. If I knew I was fighting for freedom and family, I would give it my all. Wouldn't you?

Seeing that I have sufficient reason to push hard for my Dream, I next need to determine the Gap. This requires me to assess the current situation, so I take an honest look at my life. Don't worry, that Gap doesn't have to remain for much longer.

Exercise Three: Determine the Gap.

You have described your Dream, and you know Why you are willing to do whatever is necessary to get there. Now take a look at where you are—right now—in relation to the elements of your Dream.

Right now, I . . .

Here is how one might respond, using the case example:

Right now,

- I hate my job.
- I barely get by from one pay period to another.
- I fight with my wife on a regular basis—mostly about money.
- I am 40 pounds overweight, and my blood pressure is in the danger zone.

It isn't too difficult to see the difference between the Dream and the reality in this case, is it? The Dream is a radical makeover, compared to the present situation. That difference is the Gap.

Are you able to see your own Gap?

Some people find the life they want to live looks so far away from where they are that their Dream seems foolish and unreachable.

Hang in there, though. You are very close to being able to see the situation differently. You are closer to a solution than you can presently imagine.

Exercise Four: Closing the Gap

Once the Gap has been identified, it is time to think about how it could be closed. You don't have to believe the Gap will be closed, at this point—only that it could possibly be closed.

Imagine you are standing on a riverbank and looking at the other side. The river is the Gap. What would you need to know, what would need to happen, what would need to be in place for you to cross the river?

Some people are excellent swimmers. Some know how to build boats and rafts. Some would decide to construct a bridge. Any one of those solutions could work, but the ideal solution would depend upon the options open to the particular person in the particular situation.

Going back to our case example, the following ideas could provide a point-by-point solution to the Gap we identified—let's call this the Way:

- I must find work that suits my talents and desires.
- I must earn considerably more money.
- I need to learn how to communicate better with my spouse.
- I'm going to have to eat for health and begin to exercise.

This isn't a perfect list, and it isn't defined to a sharp edge. I haven't stated precisely how much money I need to earn or exactly how I will earn it. I don't know how long it will take for my marriage to heal or which exercises I will use for burning fat. All of that will work out as I proceed.

My work to this point, though, is sufficient to get me started. You do not need to know exactly how you will get to where you want to go. It is good for you to leave room for presently unseen developments. The temptation is to try to get too specific, and then give up because the things needed to close the Gap seem impossible to obtain.

Life has a way of accommodating those who step out in faith and begin to walk towards their Dream. Where do you think Dreams come from in the first place?

Compare your Dream to your current situation. What is the Gap? It may seem that your river is absolutely uncrossable—don't worry about that.

What if it were possible? What would need to happen?

You don't need to place any bets on the chances your Gap will be closed; all you need to do, right now, is to propose ways it could be closed.

Don't make this difficult. It is simple.

If closing your Gap, for instance, will require money—then the Way will include earning sufficient money.

If the part of the Gap is a lack of knowledge, then part of the Way is to gain the necessary knowledge.

It's your turn now. Think:

In order to get from where I am to where I want to be, I must . . .

You now have a Way.

Miracles do happen

You have come far. You have a Dream, a Why, a knowledge of the Gap, and a Way to close the Gap. I applaud your effort and your desire.

My own Gap lessened considerably when a Learjet landed at a remote airfield where I was working. That event introduced me to someone who provided exactly what I needed to take the next step towards my Dream.

Was it an impossible occurrence? It sure seemed so—but it happened. Your “miracles” will happen too . . . right when you need them most.

Do you hear an internal voice saying you are wasting your time—that there isn’t a chance in the world your Dream will ever be realized?

Go back to the chapter on the LIVE method. Use it. And keep walking forward. Keep following this simple path.

If you need a break, take one. The initial exercises are almost complete.

Signs tell us we are still on the right path

Chapter Five: Signs along the Way

You have determined how to close the Gap between your present situation and your Dream. Certain things need to happen, and you know what they are. This is valuable information.

Remember the trip from Los Angeles to Denver? When we mapped the trip, it was apparent that we must first get on I-15, take that highway north past Las Vegas, then turn east on I-70 and follow it all the way to Denver.

Those were the main points, but there are more concerns—in order to reach our destination there will be streets we need to turn right or left on, exits we don’t want to miss, and there will be necessary stops along the way requiring directions of their own.

The distance between the two cities is the Gap, and we are able to close it by mapping a Way. You are doing the same thing with your Dream. The DIIP is showing you how to prepare a map that will move you from where you are to where you want to go.

The next exercise is to list the Signs you can expect to see along the Way. Instead of markers that say “I-15” or “I-70” though, your Signs will look something like this: “I passed my certification test,” or “I saved \$3,000.”

It is important to list the Signs you can expect to see for each of three time periods: This month, this year, and in the next three years. This can take some thought. You may want to ask for insight from others, or you may instinctively know how the pieces should fall into place.

Let's propose some Signs so you can see exactly what I mean. It is helpful to have your Way in front of you as the Signs are considered. Going back to our case example, The Way looked like this:

- I must find work that suits my talents and desires.
- I must earn considerably more money.
- I need to learn how to form a partnership with my spouse.
- I'm going to have to eat for health and begin to exercise.

Can you think of Signs that would indicate I am on the Way? Can you see a potential progression over the next three years, leading from where I am towards where I want to go?

I have listed some potential indicators below. Note they are divided into this month, this year (the next 12 months), and over the next three years:

This Month

- I have researched self-employment options.
- I have begun to set aside 10% of my income for seed money.
- My spouse and I have registered for marriage enrichment classes.
- I have begun walking at least one mile, three days per week.
- I have stopped drinking soda pop. I am drinking water instead.

This Year

- I have decided which self-employment option is best for me.
- I am earning part of my income via self-employment.
- I am walking at least four miles, three days each week.
- My blood pressure is stabilized, and I have lost over 20 pounds.

Within Three Years

- We are running our own business full-time.
- We are debt-free, and we are saving over 15% of our income.
- My spouse and I are working together as a team.
- I am in better physical condition than I have been since high school.
- We have begun to search for a new home.

Notice that these ideas are written in the present tense. That isn't magic, but it does help set up the plan. After all, "I am" is a whole lot better than "I might" or "I wish." And it definitely tops "I should."

Furthermore, I am still speaking in fairly general terms. I have said only that I will research self-employment options before the month is out. I haven't committed to how, when, or where. There may be several equally fine routes to any outcome.

Once the destination is determined, the route will begin to appear.

The DIIP will provide a tool to contain your specific plans and actions, but that comes with the MAP. We will talk about it soon.

Right now, the essential thing is that I know where I am going. This example, as simple as it is, would serve just fine to get started. Your initial work needs to be no more complicated than this.

The main thing is that you describe your own Dream and sketch out a feasible route for getting there.

It's your turn. Don't stop now—you have come much too far. If you need help, ask—just don't give up. This is the final preparation step for the DIIP. It will take some thought, but the rest of the program is all downhill.

Remember: Don't worry about getting it exactly right.

If you find it difficult to map a route from here to there, reverse the process. Start at the desired destination, and then determine what you would have had to do to get there.

It may even be helpful to flip back and forth between the two points of view—like the Transcontinental Railroad project, shoot for meeting in the middle.

Exercise Five: What do you expect to see?

Considering your Dream and the Gap that separates you from living it, look to the Way and ask yourself this question:

As I travel through the next month, the next year, and the next three years, what are some of the Signs I might logically expect to see along the Way?

This month, I am . . .

12 months from now, I am . . .

Three years from now, I am . . .

Once you have completed this exercise, something amazing will become evident. The once huge and uncrossable Gap between you and the life of your dreams can be traversed after all. It may not seem feasible or likely . . . but it is possible.

Mapping out the Signs can give you the confidence to get on the Way to the life you may have thus far thought impossible.

Have you completed all five exercises? If not, go back and do the work. The information you gather from the Preparatory Exercises is absolutely essential to getting onboard with this program.

We are going to make good use of your efforts. No part of the work I have asked you to do will be wasted. Your time is too valuable for that.

Life is too short to be trite, too fraught with danger to be unattended, and too important to be left to chance.

In the end, you get what you settle for . . . so determine now that you absolutely refuse to settle for less than the life that calls to you.

Do the exercises, and don't despair.

Dream Into It.

Dream Into It

The Roadmap to Freedom

SECTION THREE: SEVEN STOPS ON THE WAY

The best way to get a good start is to Stop.

Chapter Six: A friend you can count on

In Part One of this manual, I promised that if you invest the time to learn this simple system and apply it to your life, then you are sure to meet with a success unexpected in common hours. That promise still stands.

So far, we have primarily been concerned with learning to LIVE and gathering information. You have identified some crucial data: what you want, Why you want it, where you are now, the Gap you need to cross, how you can cross it, and how you will know you are succeeding.

Now . . . what should you do with all of that?

This program, remember, is not just an exercise in self-assessment. It is an action plan.

Where is my “To Do” list?

The DIIP is much more than a list of tasks to accomplish. Surprisingly, knowing what to do is not our primary problem. It is doing what we know that evades us, not knowing what to do.

Once you have determined what your Dream looks like and have committed to advancing towards it, then your daily activities will fall in line naturally. Your daily planning will reflect your innermost desires.

You may be anxious, though, to discover how this program approaches the need for daily task scheduling and time management . . . so let’s get right into it.

The DIIP uses several acronyms—words that are formed from the first letter of other words. One of these is the MAP (My Action Plan). It provides daily direction, the MAP works hand in hand with another valuable tasking tool, the PAL—the Potential Activities List.

The MAP is a list of all activities that are scheduled for today. The PAL holds everything else.

But why do we need both?

Most of us can quickly come up with more things that need to be accomplished than we could complete in a month or more. There is absolutely no way that everything can get done today.

That situation—I can't do everything in one day—opens me up to a potentially serious problem: If I am trying to work on one thing, but thinking about another, neither of them is going to get enough attention.

This is where the Potential Activities List (PAL) proves itself to be an invaluable friend. It allows me to keep track of many items, but to concentrate on the work before me right now. There is real power in the ability to focus. Amazing power.

The PAL is not complicated. We don't need to worry about setting priorities for tasks or arranging them into a complicated hierarchy. At the most, you will want to use a handful of general category headings and list each action point or note in the appropriate group at the time it is entered. That is a simple means of organization; one that proves helpful once the PAL gets to be more than about 20 items long.

All you need to do is this: Take a sheet of paper (whether real or virtual) and write “My PAL” across the top. Then, whenever you think of something that needs to be accomplished or something you need to remember, immediately do one of four things:

- Complete the item right away.
- List it on your MAP to be accomplished today.
- Schedule it for a specific time and day on your calendar.
- Store it in under a specific category on the PAL.

That is all there is to it.

The major benefit is this: Once the note or activity is either completed or moved to the proper location, you can release it from your mind. You don't have to think about it any longer. You are free to concentrate on the work before you.

Items moved to the PAL are not forgotten and they are not being ignored—they are simply resting in a safe place where they can be retrieved at the proper time. The PAL is your good buddy—that’s why it’s called the PAL.

The PAL is not only an ideal place to store tasks, remember, it can also serve as a collection spot for your ideas, quotes, notes, and questions. The PAL is a powerful means of keeping your mind clear of clutter and focused on the issue at hand.

Tip: I augment my PAL by keeping a small notebook in my pocket. When my PAL isn’t readily available, I use the notebook as a mini-PAL—recording information there and moving it to the primary PAL when I can.

Are you ready to take the DIIP for a spin?

Let’s get you behind the steering wheel now, and show you how to drive this Ferrari. At first you will need to refer back to the instructions to stay on track. Before long, though, the DIIP will become second nature, and you won’t need to refer to the instructions and examples at all. You will be well on your Way.

The next chapter walks you through each of the seven daily Stops that will help to ensure your journey is successful.

Chapter Seven: A Toolkit for the Road to Freedom

Let’s look at the seven Stops that comprise Dream Into It, and at how the tools are embedded within them. Examples are located in Part Three: Papers for the Journey.

Stop One, with commentary.

The best way to start is by stopping. Pull off to the side of the road, minimize distractions, and consider the day before you.

1) This day is critical. Begin by handing over to your PAL, Calendar, Journal, or directly to your MAP any present concern, then take a few minutes to get connected. To get off to the best start, you must first stop. Know that you are blessed and favored. Breathe. Smile. Relax.

The first Stop clears your mind of tasks that are pressing on you right now—from “Buy milk and bread” to “Prepare for Friday’s sales appointment.”

Simply list them (or anything else that you need to remember) on the PAL. If it is something that you are sure should be addressed today, then move it directly to your MAP. Use your calendar to schedule future events and appointments. If it is something that could and should be done immediately; do it now.

After you have created a space for yourself, take a few breaths on purpose. Pray, meditate, or do whatever works best for you to get connected and in a relaxed state of mind. To make the best progress, you must first stop and make a good beginning.

Stop Two, with commentary.

The next Stop allows you to remember who you are:

2) Look to your Dream. Remember who you are and where you are going. Choose now to live the life you have imagined, to advance confidently in the direction of your Dream.

This is crucial. The world is a busy, busy place. If you aren't careful, you will get caught up in the rush of the crowd and you will go wherever it takes you. Don't do that. Don't allow that. Don't wait to wake up, just before you die, and regret that you never invested the time, or had the courage, to live the Dream inside of you.

If you are to advance towards your Dream, you must know what it is and you must recall it often. Otherwise, the voice of your Dream will become just another part of the background noise, just another bothersome detail in your frantic life.

Stop Three, with commentary.

3) Listen for interior dialogue. Use the LIVE method to address it.

You may find, especially during the first six months of using the DIIP to chart your Way, that as soon as you verbalize your Dream the familiar voice of the inner critic will pipe up and begin reciting a litany of all the reasons why you are fooling yourself—why your Dream is impossible. No problem, just use the LIVE method to address that voice. Keep at it . . . and one day that voice will show up and tell you something supportive and encouraging. That will be a day of celebration.

Stop Four, with commentary.

The next Stop gives you a power boost. Having stood up to the inner critic, you follow through with a one-two punch—by reading and remembering your Why and your Way.

4. Consider your Why and your Way.

A sufficient Why, coupled with a well thought out Way, is a straight path to success. Only the basic framework of the DIIP is static, keep refining your Dream, your Signs, your Why, and your Way. As you continue on with the DIIP your insight will deepen, and your ability to envision the journey will sharpen.

Stop Five, with commentary.

Having come this far, you are definitely making some waves, and it is likely that you aren't your only opponent. Your new attitude and determination can stir up resistance from others—maybe even from within your own family. It could take a while, but those who really care about you will come to see that there is something different going on this time—that you now mean business.

Much of life is a battleground. Whether it is the interior critic that tells me I'll never make it, the well-meaning friend who advises me to get my head out of the clouds, the stack of bills that keeps expanding, the spouse who is spoiling for a fight, the child who won't do his homework, the truck that keeps breaking down, the weather, the job, the flu, or any of a long line of other potential landmines; life is tough.

We need a battle plan, so let's learn a lesson from military strategy: Don't just stumble into the fight without preparation. Gather all the information you can about yourself, your enemy, and the situation. The next Stop does just that, by helping us to prepare a special tool—the Battle On Plan (BOP).

5. Think: In the past 24 hours, what have you learned about the journey? What battles have you fought, whether won or lost? Turn to your BOP and record these lessons. Refer to them often; learn from the past. Your best days are yet to come.

Like the MAP, PAL and LIVE, the BOP should be a separate page in your DIIP notebook—whether on paper or on your computer screen.

After you have worked with the BOP for about 30 days, you will see definite patterns emerge. Rather than use a separate line for something that is persistent, I find it helpful to just put an asterisk * down each time the situation occurs. For instance, I love to eat sweets. Unfortunately, I have trouble stopping, so I tend to overindulge (to put it mildly). One of the first entries on my BOP was this:

Battle: Eating too much sugar // Strategy: Think before you eat

You can organize your BOP in the way that best suits you. I prefer to keep it simple. Note that both the problem and a possible solution are described as briefly as possible. I soon stopped even writing out “Battle” and “Strategy.” I know that the // marks separate the observation and the remark.

My acknowledgement of the problem didn't solve it, though. After a few weeks, my Battle On Plan regarding sweets began to tell a poignant story. Since I was using an asterisk to mark repeating battles, the “Eating too much sugar” line had morphed into this:

***** Eating too much sugar // Think before you eat.

Here is the point: Before I began keeping a BOP, I knew that I was taking in too much sugar and too many calories (my waist told me that). Once the record—complete with a string of asterisks—was down on paper, though, the evidence was overwhelming. I was not only losing the battle, but I was losing it repeatedly. I was walking headlong into the trap on a regular basis. Now that is valuable information.

Faced with the facts, I was faced with a decision: Would I admit defeat or fight back? Once I committed to the battle, change became easier. I really did begin to think before eating. I really did start to eat for health, rather than for instant gratification. I still get ambushed here and there, but the BOP has provided insight and technique that allow me to make a much better showing in the fight.

The BOP also monitors my progress. I start with a fresh slate every month, but keep the old one, so I can quickly observe my progress (or lack of progress) for any given problem. This information is easy to record, and it is invaluable to the struggle. Don't neglect the BOP.

The longer you work with this program, the more insight you will gain. After a few months, I could see that my most of my battles were coming from only about five different strongholds of opposition. That realization enabled me to concentrate my efforts on those specific areas, giving me more focus and better results.

Have you ever seen a time and life management program that includes tools like LIVE and BOP? I spent thousands of dollars and untold hours trying to learn and use other systems, but I kept spinning around in a circle of defeat.

Don't let that happen to you. To use these Stops daily is to do something for yourself that no one else can do for you. The DIIP is better than a private gym with a personal trainer. The DIIP strengthens more than just your body; it strengthens your life.

Stop Six, with commentary.

At the next Stop, you lay out your course for the day, making sure the trivial does not take precedence over the essential.

6. Chart today's course by first looking to your Signs and asking, "What actions can I take today that will most help me on the Way?" List those things on your MAP.

This Stop hinges on your Signs. After all, they let you know you are still on track. They are your guideposts, your trail markers. They keep you from getting lost. So you turn to them and ask one question: What can I do today that will most help me to realize these Signs in my life?

This is a critical point. To illustrate, let's go back to the case example we developed in Part Two of this manual. Remember, the Signs were written in present tense, and they are set forth in three time periods: this month, this year, and within the next three years.

This Month

- I have researched self-employment options.
- I have begun to set aside 10% of my income for seed money.
- My spouse and I have begun marriage enrichment classes.
- I have begun walking at least one mile, three days per week.
- I have stopped drinking soda pop; I am drinking water instead.

This Year

- I have decided which self-employment option is best for me.
- I have begun earning a part of my income via self-employment.
- I am walking at least four miles, three days per week.
- My blood pressure is stabilized, and I have lost over 20 pounds.

Within Three Years

- We are running our own business full-time.
- We are debt-free, and we are saving over 15% of our income.
- My spouse and I are no longer fighting about money. We are working together as a team for our marriage and for our children.
- I am in better physical health than I have been since high school.
- We have begun to search for a new home.

With my Signs in front of me, I scan through them thinking of action steps I can take today that will move me decisively towards them. These are my most important tasks for the day—they will advance me confidently towards my Dream—so I write them down on the MAP. My entries may look like this:

- Research self-employment options.
- Make an appointment at the local Small Business Development Center.

- Open a savings account.
- Register for marriage enrichment classes
- Walk at least one mile today. Ask my wife to join me.
- Remember to eat for strength—No soda pop today.

That wasn't difficult, was it? My action items arise naturally from my Signs, primarily from my expected Signs for this month. The activities that would most help me along the Way today are not that difficult to discern. They are evident.

And although each task, by itself, may not appear to be all that significant—it is. Every rung on a ladder is important. Every step towards your Dream moves you closer to it.

Stop Seven, with commentary.

I'm now ready to solidify my journey for the day.

7. Turn to your PAL to see if there are other tasks that would fit into this day's activities. If so, move them to the MAP. Once the MAP is set, go over your closing meditations, then get the day underway by focusing on the MAP item that can best be attended to first.

PAL items are not necessarily less important than MAP items. It is just that they are waiting for the right time or opportunity to be accomplished. There may be something in the PAL that will give me a giant push towards my Dream, but the time isn't right yet. So I leave it safely stored, waiting for an appropriate time.

After the day's MAP is completed, take time to once again devote yourself to the journey. I keep several of my favorite quotes and ideas on hand, and I consider them at this point. Here is an example, from the writings of Dr. Howard Thurman . . .

There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that somebody else pulls.

As distractions arise, take care of them and return to focus. You must fight for your life daily. I don't mean to be dramatic here, but that is the truth. Whether it's a road-raging driver on the highway or that third piece of chocolate cake, hazards are everywhere—and they will eat you for lunch, given the chance.

Your best defense is to stay aware and focused. Successful people do the things that lead to success. Unsuccessful people don't do the things that lead to success. It really is that simple.

You are not alone.

The DIIP doesn't just rev you up and drop you off to fend for yourself. We are in this thing together. Our paths are different, but our needs are similar . . . and one thing we both need is ongoing encouragement. This manual is designed to get you up and going, but the follow-up work and forum will keep you going.

Check in often at the Dream Into It mentors group. Participate in the discussions there. Ask and answer questions. The site is available 24 hours per day, seven days per week. Get a mentor and be a mentor. You are not in this alone, and you never again have to feel outnumbered and outgunned.

And that's it—those are the seven Stops of the DIIP, ready for you to put to daily use. Part Four of this manual consists of sample papers you can use as templates to prepare your own DIIP.

I know it can seem confusing at first—with new acronyms and tools to assimilate—but it won't take long for you to be zipping through the daily DIIP with confidence. And it won't be long after that before you realize just how effective this program is.

If you are trying to come up with an excuse not to dive into the DIIP, then here is what I suggest: Buck up your courage, stop right now, and use the LIVE method. Give yourself a chance.

Final remarks follow the Sample Papers. For additional help, to provide feedback, or to otherwise contact the author, use the Contact form on the DIIP website.

Dream Into It

The Roadmap to Freedom

SECTION FOUR: PAPERS FOR THE JOURNEY

DIIP documents, using the sample case as an example.

My Daily DIIP

1) This day is critical. Begin by handing over to your PAL, Calendar, Journal, or directly to your MAP any present concern, then take a few minutes to get connected. To get off to the best start, you must first stop. Know that you are blessed and favored. Breathe. Smile. Relax.

(The PAL, calendar, journal, and MAP, are kept on separate pages.)

2) Look to your Dream. Remember who you are and where you are going. Choose now to live the life you have imagined, to advance confidently in the direction of your Dream. Your Dream wants you as badly as you want it.

I am living in a log home near the ocean. My deck is perfect for watching the sunset. My spouse, children, and I work together at a home-based business, one that more than provides for our needs. I have time to read and to garden. We are able to travel often, and our business allows us to be of service to others. We are healthy, we are happy and we are blessed.

(This Dream is from the sample case. You will insert your own.)

3) Listen for interior dialogue, and use the LIVE method to address it.

(LIVE notes are kept on a separate page.)

4) Consider your Why and your Way.

My Dream is important to me because the two most important things in my life are freedom and family. I want to be able to set my own schedule, to work at something I enjoy, and to provide a safe and encouraging environment for my children—a place where they can have every opportunity to realize their own dreams. I want to never have to argue with my spouse about money again. I want us to be able to buy what we need and go where we want without worrying about how to afford it. I want our marriage to soar. I want our children to be glad they were born to us.

The Way to my Dream is to create or find work that suits my talents and my desires, to earn considerably more money than I am presently bringing in, to join my spouse in learning how to support one another, to work together, to begin eating for strength, and to get back in shape.

(This Why and Way are from the sample case. You will insert your own.)

5) Think: In the past 24 hours, what have you learned about the journey? What battles have you fought, whether won or lost? Turn to your BOP and record these lessons. Refer to them often; learn from the past. Your best days are yet to come.

(The BOP is kept on a separate page.)

6) Chart today's course by first looking to your Signs and asking, "What actions can I take today that will most help me on the Way?" List those things on your MAP.

This Month:

I have researched home-based business opportunities

I have begun to set aside 10% of my income for seed money.

My spouse and I have registered for a marriage enhancement weekend.

I have begun walking at least one mile, three days per week.

I have stopped drinking soda; I am drinking water and lemon instead.

This Year:

I have decided which home-based business is best for me.

I have begun earning a part of my income via self-employment.

I am walking at least four miles, three days per week.

My blood pressure is stabilized, and I have lost over 20 pounds.

In the Next Three Years:

We are running our own business full-time.

We are debt-free, and we are saving over 15% of our income.

My spouse and I are no longer fighting about money.

We are working together as a team for our marriage and for our children.

I am in better physical health than I have been since high school.

We have begun to search for a new home.

(All Signs are from the sample case. The MAP is kept on a separate page.)

7. Turn to your PAL to see if there are other tasks that would fit into this day's activities. If so, move them to the MAP. Once the MAP is set, go over your closing meditations, then get the day underway by focusing on the MAP item that can best be attended to first.

###

My MAP

(My Action Plan—using the sample case from the workbook.)

Make an appointment at the local Small Business Development Center.

Open a savings account.

Register for marriage enrichment classes

Walk at least one mile today. Ask my wife to join me.

Remember to eat for strength—No soda pop today.

Mow the lawn.

Fix the kitchen window.

Get the van's oil changed.

###

My PAL

(My Potential Activities List—using the sample case from the workbook.)

My Dream

Research home-based business ideas and opportunities.

Arrange paper files

Arrange computer files

Listen to the Dream Into It audiotape series

Take a class on sales and marketing

Do the DIIP daily

Work

Find out more about the tuition reimbursement program.

Give my employer an honest day's work for an honest day's pay.

Home

Mow lawn

Fix kitchen window

Hang pictures

Change van oil

Hold family meeting about how to use vacation hours

(My PAL continued)

Buy

Hammer and nails

Tissue paper

Coat hangers

Gloves for work

Sandwich bread

Sandwich bags

Notes

Furnace filters size 14 x 20 x 1

Logitech MK300 keyboard

Fax: 101-573-5149

Cell update *228

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LIVE Notes

(Format = Listen // Verbalize)

You are too old for this // My best life is before me

*** You don't know enough // I can learn what I need to learn

Life is tough // That is true, but it also contains joy and hope. I will not quit

***** The DIIP won't work for you // It will, if I try and stay consistent

***** Your Dream is impossible // It may be improbable, but NOT impossible

***** No one cares // I care

You don't have enough money // I have what I need to proceed

(Note that items with an asterisk (*) indicate issues that have been repeated. You will find that the internal critic concentrates on a handful of complaints. Noting the ones that reoccur allows you to begin to see the pattern and put special emphasis on refuting the fear behind it.)

###

My BOP

(My Battle On Plan—using the sample case from the workbook.)

***** Fighting with wife // Learn to give rather than to always demand

***** Eating junk // Eat for strength

** Getting out of bed too late // Roll out of bed and wash your face right away

** Didn't do the DIIP today // Make the DIIP the first thing you do every day

***** Spending money foolishly // Prepare a budget and stick to it

* Listening to those who say I can't // Use the LIVE and tell them they are wrong

(Note that items with an asterisk (*) indicate issues that have been repeated. You will find that your battles are primarily composed of just a handful of specific traps. Noting the ones that reoccur allows you to begin to see the pattern and put special emphasis on winning the battle.)

###

Epilogue: Ending Notes

Some of this has been mentioned already. Some has not. It isn't a complete list, just random notes on what seems most important to me right now.

After you have worked with the DIIP awhile, you will naturally begin to modify it. During the first six months or so, I modified my Dream and Why regularly . . . I kept rewriting and tweaking the words to better fit my true desires and motivations. I still adjust it often.

? The BOP and LIVE notes are invaluable. Read back over them often to hold on to the personal wisdom recorded there. To get the best results you will want to review the pages of the DIIP weekly and begin fresh notes monthly (but keep the old). That is a valuable, valuable practice.

? Another good practice is to make two columns on the MAP: Today and This Week. You already have a monthly, yearly, and three-year look at the Signs. Glancing up from the day to see what is ahead for the week helps you stay on track and keeps the most important work in focus.

? Use a journal. I keep a page in my DIIP for that. It's not a daily regimen for me, but it marks significant thoughts and events along the Way. Like a ship's log, the journal records my

findings on the journey and provides a window back in time. Most of the entries are but a few sentences, but I'm glad I took the time to write them down.

? There will be ebbs and flows in your experience with the DIIP. There are times when I can clearly see how this program is keeping me on track and opening up new possibilities, and there are times when it seems like a chore. That is the way life goes—grand times followed by hitting a wall. The person who steadily does what needs to be done, whether or not he or she feels like it, is the one who will succeed.

You are more than your past. Within you lies incredible potential. Don't allow your failures to overshadow your possibilities. You can do much more than you, or anyone else in this world, presently realizes.

I hope to see you soon on the Road to Freedom . . .

Thank you for helping make this work better. Please send your comments to don@roadturn.com or comment on the website: <http://www.roadturn.com/roadmap-to-freedom-dream-into-it/>

Don