



Beyond Excellence, Above Innovation

Dream Designer

Build Your Future



**'Fairy tales can come true,
it can happen to you...'**

—Frank Sinatra - 'Young at Heart'



Thanks, Frank. We think so too.

Most of you are quick to hum along to that famous tune, but forget that those lyrics apply to YOU! Too often we accept that other people will achieve their dreams, but yet we don't give our own aspirations much more than a second thought. Think we're wrong? How many times have you met someone and without a doubt knew that they'd become the doctor, musician, or writer they set out to be? How many times have YOUR ambitions crossed your mind with the same amount of certainty? The only difference between those that realize their dreams and those that let them escape is that people who envision their dreams set goals.

Seeing is believing, and half the battle of achieving. Goals are the nuts and bolts that fasten your dreams into reality. Goals require deadlines, action and accountability. Best of all the more specific you are with what you want, the easier it will be to get there!

See it, believe it, plan for it! Those three notions will set your dreams in motion!

What do YOU want and how are you getting there?

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What's Your Dream?

Write your dream in the corresponding boxes below. Describe what you see, hear, and feel in your ideal life. Who is there? How do you spend your time? Where do you spend your time?

Survival Dream

Self-Indulgence Dream

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Master Dream



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Contribution Dream

Legacy Dream



'A dream doesn't become a goal until it is written.'

- Edwin Louis Cole

What Are Your Goals and Affirmations?

Write your goals in present tense, as though they already happened. Follow your goal up with 5 specific affirmations that support the goal.

Example:

Survival Goal: *To have enough money every month to pay all my bills on time.*

Affirmations: *"I am a money magnet!"*

Survival Goal

Five Survival Affirmations:

- 1,**
- 2,**
- 3,**
- 4,**
- 5,**

.....

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Self Indulgent Goal

Five Self Indulgent Affirmations:

- 1.
- 2.
- 3.
- 4.
- 5.

Mastery Goal

Five Mastery Affirmations:

- 1.
- 2.
- 3.
- 4.
- 5.



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Contribution Goal

Five Contribution Affirmations:

- 1.
- 2.
- 3.
- 4.
- 5.

Legacy Goal

Five Legacy Affirmations:

- 1.
- 2.
- 3.
- 4.
- 5.



Part 2

Writing Your Script

First off, think BIG! Don't limit your dreams.

Be as descriptive as possible when writing ideas. This will make finding the photos to match the description easier.

Never underestimate your first thought. You can refine your list later.

Write 2-4 affirmations for use in your Vision Video for each category.

Do this project at your own pace.

Last, but not least, have fun with this project. Try to remember back to when you were a kid and had those fun projects, like making a working volcano! This is a project that will help you model your future. It should be fun, not a chore.



Before you start:

Choose 4 affirmations from each category that you listed in part one of this workbook and place them here.

Survival

- 1.
- 2.
- 3.
- 4.

Self Indulgence

- 1.
- 2.
- 3.
- 4.

Mastery

- 1.
- 2.
- 3.
- 4.

Contribution

- 1.
- 2.
- 3.
- 4.

Legacy

- 1.
- 2.
- 3.
- 4.

Your first Step:

On the pages below, paint a picture of your FUTURE life. This is an exercise that allows you to begin seeing yourself as the person you will someday be. As you describe things, make sure you are not responding as things are today but instead as they will be.

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Script Writing Process



Now use the process below to **REFINE** your affirmations and prepare them to be used in your vision video. This process will help you figure out precisely what your affirmations should be in your script. (Note: Your affirmations will be stated using detail in present tense. You can find additional affirmation examples at the end of this handout)

1. Material Possessions

Your Dream Home:

Describe your dream home in as much detail as possible

What does your dream home look like? Describe the rooms it has. Where is your dream home located? Describe the view? Do you have more than one home?

Cars & Vehicles:

Describe your dream vehicles in as much detail as possible:

Make? Model? Color? Boats? Bikes? Jetskis? Planes?

Travel:

Describe your dream travel in as much detail as possible:

Where do you travel? How often do you travel? Who do you travel with?





Shopping:

Describe your dream shopping experiences in as much detail as possible:

Where do you shop now that money is not an issue? What do you purchase? What kind of Jewelry do you buy? Describe the clothes you buy? What other things do you buy?

Lifestyle:

Describe your lifestyle in as much detail as possible:

Do you have personal trainer? Do you have a chef? Do you have someone who cleans your dream home for you? Do you have a full charge nanny? How do you spend your spare time? Do you have lots of time with your kids/spouse/friends? Do you spend time on the hobbies you have a passion for?



2. Personal Wealth/Money

Describe your money situation in as much detail as possible:

How much do you make per week or month? How do you earn it? What is your bank balance?

3. Business or Career

Describe your business or career (if applicable) in as much detail as possible:

Do you work or own a business? Describe your job or business.

What is your title? How does your job or business make you feel?



4. PERSONAL lifestyle

Describe your PERSONAL lifestyle in as much detail as possible:

Who do you spend time with? What sporting events do you attend? Describe your favorite adventures. Do you spend time becoming educated or trained? If so, describe.

Where do you dine? Describe your favorite entertainment pass times. Describe what you do for fun or leisure.

5. Relationships

Describe your relationships in as much detail as possible:

Who is your spouse or partner? (if you don't currently have a spouse or partner, describe the perfect spouse or partner for you as if they exist now) Describe your relationship with your spouse or partner. (fun loving, passionate, adventurous, etc) What does your partner look like? What qualities do they have? What do they mean to you?



6. Family and Friends

Describe your relationship with friends and family in as much detail as possible:

Do you have children? How many? Describe your relationship with them. Do you have pets? What kind? Who is in your social circle? Describe your relationship with your friends. What impact do they have on your life? What do you do with them?

7. Health

Describe your health in as much detail as possible:

How important is your health to you? What do you do to improve health and fitness? Do you enjoy these activities? How do you look and feel?



8. Spirituality/Gratitude

Describe your spirituality and what you are grateful for in as much detail as possible:

Describe the person you want to be. What are you grateful for? What else are you grateful for? What else? Describe your spirituality.

Notes

Vision Video story board

On the next few pages we will walk you through creating your very own vision video. After you've completed your vision video storyboard here, you can bring it to life using Animoto.

After you've signed up for a free account on Animoto follow these easy steps to bring your vision film to life.



Image or Video Clips

Choose images that bring about strong feelings. Like pictures of your kids, parents, pets, etc.

.....
.....



Affirmations

Use your affirmations you listed at the beginning of part 2 of this hand out, or choose from the examples listed on the pages below.

1.

2.

3.

4.

1.

2.

3.

4.

1.

2.

3.

4.

1.

2.

3.

4.

1.

2.

3.

4.

.....

.....

Example Affirmations



<i>Each day my business gets better and better</i>	<i>I am enthusiastic at my work</i>
<i>Everything I touch is a success</i>	<i>I am intelligent</i>
<i>I act promptly and decisively</i>	<i>I am organized and disciplined</i>
<i>I always do my best</i>	<i>I am persistent</i>
<i>I always make the right decisions</i>	<i>I am proactive in my job</i>
<i>I always work to my full potential</i>	<i>I am productive</i>
<i>I am a smart, savvy businessman/woman</i>	<i>I am productive and focused</i>
<i>I am a winner</i>	<i>I am purposeful in building my business</i>
<i>I am always clear and focused on my business</i>	<i>I am respected by my peers</i>
<i>I am an asset to my employer</i>	<i>I am responsible for the success I achieve</i>
<i>I am an asset to my work team</i>	<i>I am skillful and creative</i>
<i>I am capable of any task given to me</i>	<i>I am so grateful for my successful business</i>
<i>I am capable of solving any challenge</i>	<i>I am successful</i>
<i>I am competent at my job</i>	<i>I am talented</i>
<i>I am completely happy in my job/career</i>	<i>I am the number 1 salesperson in my industry</i>
<i>I am confident in my ability</i>	<i>I attract 100 new customers per week</i>
<i>I am confident, competent and calm</i>	<i>I attract loyal customers</i>
<i>I am consistently rewarded by my work</i>	<i>I attract lucrative opportunities</i>
<i>I am creative</i>	<i>I attract positive, like-minded people to me</i>
<i>I am creative and innovative</i>	<i>I can accomplish anything I put my mind to</i>
<i>I am determined to reach my business goals</i>	<i>I can resolve any challenge</i>
<i>I am determined to reach my career goals</i>	<i>I condition my mind with positive information</i>

Example Affirmations



- | | |
|--|--|
| <i>I created a positive work environment</i> | <i>I am open to receive</i> |
| <i>I create outstanding value for my customers</i> | <i>I am wealthier each day</i> |
| <i>I do an outstanding job</i> | <i>I am worthy of receiving abundance</i> |
| <i>I earn \$10,000 per week in my business</i> | <i>I attract money with my abundant thoughts</i> |
| <i>I earn \$50,000 per month in my business</i> | <i>I attract more money than I need</i> |
| <i>I enjoy creating win/win/win situations</i> | <i>I believe in my unlimited prosperity</i> |
| <i>I enjoy helping others</i> | <i>I choose an abundant life</i> |
| <i>I enjoy my success</i> | <i>I create money easily and effortlessly</i> |
| <i>I enjoy working in my business every day</i> | <i>I create money through joy and love</i> |
| <i>I enthusiastically welcome opportunities</i> | <i>I deserve prosperity of all kinds</i> |
| <i>I face daily challenges without fear</i> | <i>I enthusiastically accept abundance</i> |
| <i>I face my fears courageously</i> | <i>I get unexpected checks in the mail</i> |
| <i>I have a constant flow of prospects</i> | <i>I have a consistent, dependable income</i> |
| <i>I have a thriving business</i> | <i>I have more than enough money to pay my bills</i> |
| <i>I have all the skills I need to be successful</i> | <i>I have wealth in every area of my life</i> |
| <i>I have the perfect job for me</i> | <i>I honor my worth</i> |
| <i>Avalanches of abundance flow to me</i> | <i>I invite and allow money in my life</i> |
| <i>I always have more money in than out</i> | <i>I know abundance flows freely through me</i> |
| <i>I am connected to the abundance of the universe</i> | <i>I know my value</i> |
| <i>I am financially free</i> | <i>I live in a rich and loving universe</i> |
| <i>I am financially independent</i> | <i>I live in an abundant universe</i> |
| <i>I am grateful for the riches in my life</i> | <i>I make \$10,000 per week</i> |

Example Affirmations



I make \$50,000 per month

I am in control of my health

I am perfectly healthy in body, mind and spirit

I am slim, trim, taut and terrific

I am strong and healthy

I am strong, flexible and fit

I am the perfect weight for me

I am whole

I am whole & complete just the way I am

I choose to exercise regularly

I easily maintain my perfect weight

I eat only organic food

I enjoy eating fresh fruits and vegetables

I feel at peace with my body

I have all the energy I need to accomplish

my goals

I have all the energy I need to fulfill my desires

I have an abundance of energy

I have an abundance of vitality & well-being

I have endless energy

I have the power to control my health

I am respected by my peers

I am responsible for the success I achieve

I am skillful and creative

I am so grateful for my successful business

I am successful

I am talented

I am the number 1 salesperson in my industry

I attract 100 new customers per week

I attract loyal customers

I attract lucrative opportunities

I attract positive, like-minded people to me

I can accomplish anything I put my mind to

I can resolve any challenge

I condition my mind with positive information

I created a positive work environment

I create outstanding value for my customers

I do an outstanding job

I earn \$10,000 per week in my business

I earn \$50,000 per month in my business

I enjoy creating win/win/win situations

I enjoy helping others

I enjoy my success

I enjoy working in my business every day

Example Affirmations

I enthusiastically welcome opportunities

Unexpected money comes to me

I face daily challenges without fear

Wealth is pouring into my life

I face my fears courageously

Every cell in my body vibrates with

I have a constant flow of prospects

energy & health

I have a thriving business

I am a radiant being filled with energy

I have all the skills I need to be successful

I am able to sleep well and wake up

I have the perfect job for me

feeling rested

I make money easily

I am comfortable in my own skin

I prosper wherever I turn

I am energetic

I trust the universe to provide for me

I am glowing with health and wholeness

Money flows effortlessly and easily to me

I am happy and healthy

Money flows to me from many sources

I am healthy in all aspects of my being

Money is abundant in my life

I am healthy, and full of energy and vitality

My bank balance is \$1 million

I am healthy, happy and radiant

My days are rich with opportunities

I am highly motivated to exercise

My financial abundance overflows today

My income increases while I sleep

My prosperous thoughts create my

prosperous life

My thoughts and works of abundance

inspire others

My wallet is bulging with money

'A dream doesn't become a goal until it is written.'

- Edwin Louis Cole



Notes

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