

# Live Your Dreams

## Week 1 – Get Your Bearings

Liz Jansen

*Where the Road Meets Spirit*



# Liz Jansen

- Writer, Author, Speaker, Facilitator
- *Women, Motorcycles and the Road to Empowerment*
- Traveler
- *Where the Road Meets Spirit*



# My Role

- Facilitator
  - Draw from the symbolism and wisdom of motorcycles
- Co-creator
  - Create the space for you to do your work
  - Create the structure which will help you
  - Guide you in using the process
  - Celebrate your success together

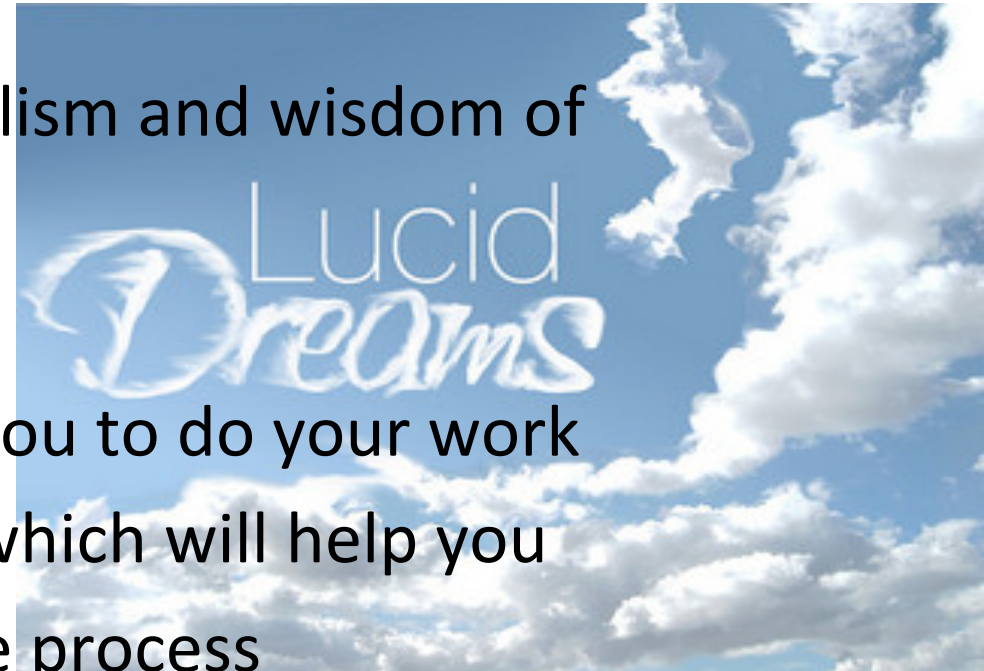


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# Your Role

- Co-creator
- Draw from your own power
- Actively pursue your dream
- Ask for help
- Celebrate success



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# 5 Step Model

**Step 1 – Get your Bearings (Weeks 1-3)**

**Step 2 – Commit & Prepare**

**Step 3 – Plan your Route**

**Step 4 – Get Started**

**Step 5 - Plan for Sustainability & Growth**



# Week 1 – Get Your Bearings

## Objectives:

- I. Define your values
- II. Assess where you are right now
- III. Determine where you want to go





# Motorcycle Trip Analogy

- Need to know where you are
- What's important to you
- Need to know where you're going
  - Even if you want to let the road lead you – you need to know that because it's going to affect your action steps
- How you get there is up to you



# PART I -- Values

## Definition

- The things you believe are important in the way you live and work
- Usually fairly stable
- Can change over time
- Match = Happy
- No Match = Discord



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# Values

Knowing your values help answer questions

- What career should I pursue?
- Is it best to follow tradition or start a new path?
- Is this relationship right for me?



# Identify Your Values

Step 1: Use examples from work and home

When did you feel:

- Happiest?
- Proudest?
- Most fulfilled?
- Who was with you?
- What was the occasion?
- What contributed to the feeling?



# What's already in place?

Look around:

- What have you gathered around you?

Listen

- What messages do people keep telling you?  
What words keep coming up?
- If that many people are telling you something,  
you ought to be listening

Observe

- How do you spend your spare time? What do you  
enjoy doing? Where is the common ground?



# Write them down

Look for:

- Common ground
- Similarities
- Underlying themes
- Common words



# Identify and Prioritize

- Step 2 – Identify top 10 values
- Step 3 – Rank them
- Step 4 – Reaffirm values



# PART II – Identify your Dream

- Planning a journey – need to know where you're going
- Start with a blank map





# Be specific about what you're feeling

## **Instead of:**

Vague stirring, restlessness, yearning

- Want to go on a 2-week trip
- Need a change

## **Be specific:**

Specific, crystal clear dream

- Want to spend 2-weeks traveling in July, solo, camping, be in a different place every night, national parks
- Want to start your own business as a [marketing] consultant



# What is your dream?

Be as specific as possible

- Who
- What
- When
- Where
- Why

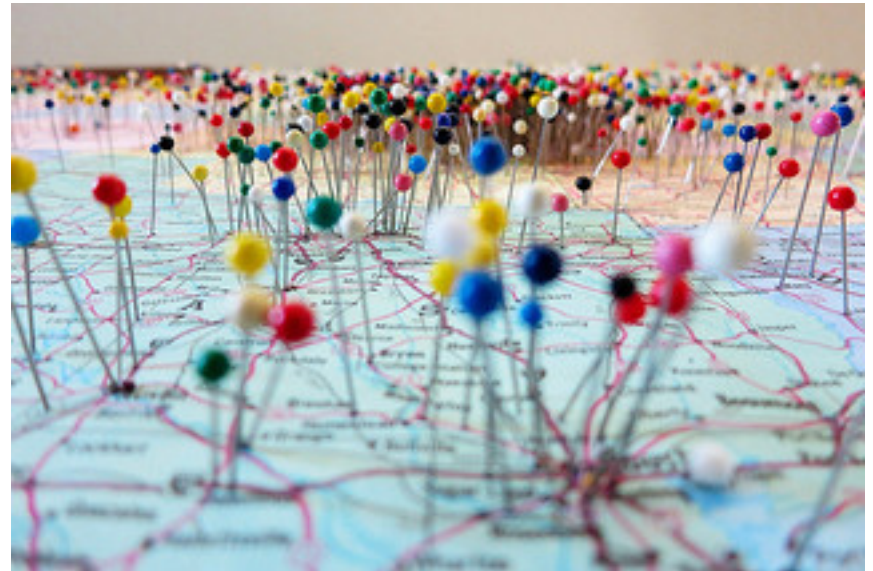


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# If vague – clarify your vision

If you could do anything, what would it be?

- What keeps coming back to you?
- What are your interests?
- Make sure you're moving towards something, not getting away from something



# Resources

If you could do anything, what would it be?

- Meditate
- Journal
- Visioning exercises
- Write free-form for 15 minutes
- Dedicated quiet time – even if only 20 min/day



# Write down your Dreams

Anything works!

This is YOUR dream to fulfill YOUR purpose

- Prohibited words –  
could, should, would, if  
only, can't, hope, try



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# PART III - Confirm Your Current Location

- Write down where you are as it pertains to your dream
- Include facts only
  - No opinion
  - No assumptions
  - No judgement



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# PART III - Confirm Your Current Location

Pertinent facts:

- Education
- Experience
- Finances
- Relationships
- Volunteer experience
- Interests



# Homework

- Articulate your dream
- Identify where you are right now
- Get to me by Monday evening at 8:00 pm ET and I'll have it back to you before next class



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