



Live Your Dreams

Course Outline

Start to live your dreams. Map your route – on your terms!



Week 1 – Get Your Bearings

- Define your values
- Define what you want to do
- Determine where you want to go
- Assess where you are right now

Week 2 – Identify Your Resources and Strengths, Talents

- Leverage your assets
- Power up

Week 3 – Identify your roadblocks

- Use the lessons of the past as much to build the future you want
- Become free of old ways of thinking
- Learn how to let go of what no longer works
- Transform your core beliefs about who you are and what you're capable of
- Attract different people and experiences into your life
- Change how you respond to familiar patterns

Week 4 – Commit & Prepare

- Say YES to *Live your Dreams*
- Leverage your Assets
- Identify the resources you'll need
- Build a support network
- Prepare physically, emotionally, spiritually – energy, endurance, vitality

Week 5 – Plan your Route

- Plan from a place of empowerment
- Identify 3 alternative routes (just like Google Maps)
- Communicate your ideas effectively

Week 6 – Get Started

- Take control
- Focus on how to reach your destination/goal/dream
- Be receptive
- Prepare for change
- Address detours

Week 7 – Plan for Sustainability & Growth

- Celebrate success
- Benefit from the strength of community

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