

Live Your Dreams

Week 4 – Commit and Prepare

Liz Jansen

Where the Road Meets Spirit



Visioning Exercise



photo credit: [photosteve101 via photopin cc](#)



Week 1 -3 – Get your Bearings

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 4 – Commit & Prepare

Objectives:

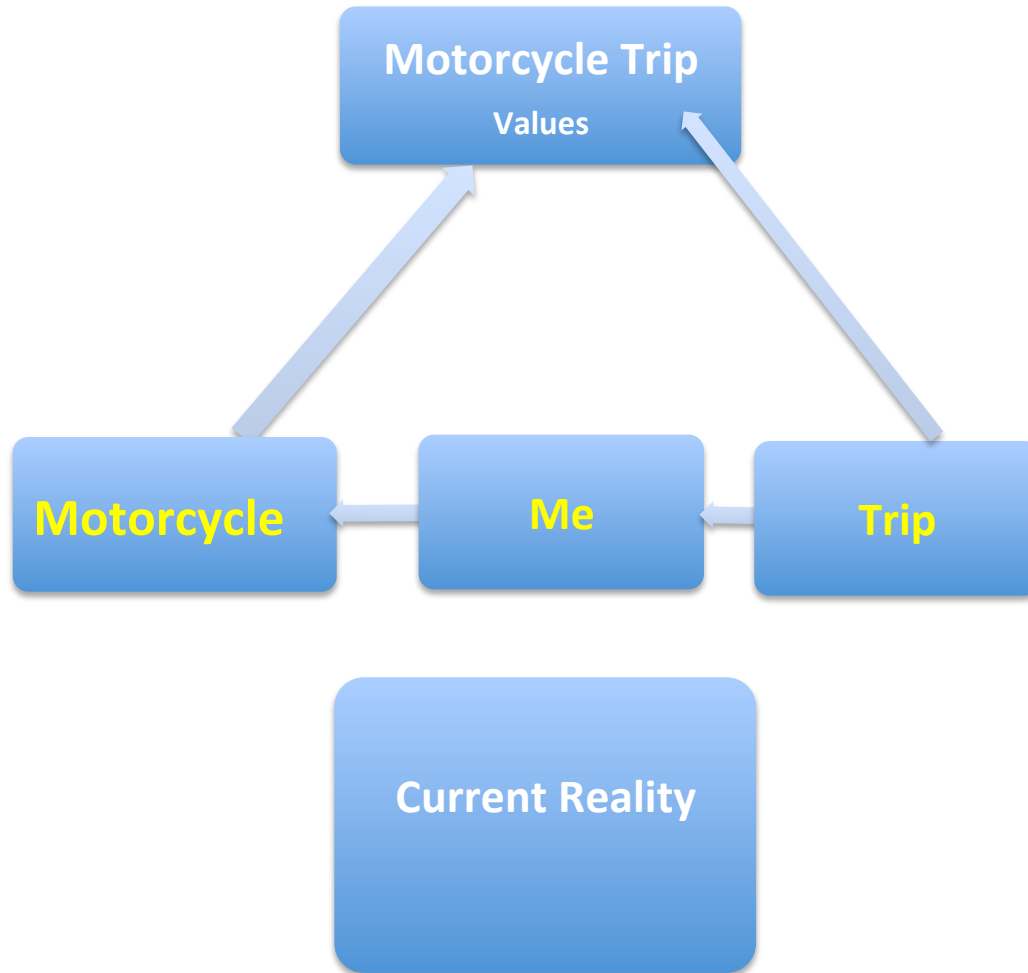
- I. Say YES to *Live your Dreams*
- II. Learn how to leverage your assets
- III. Identify the resources you'll need
- IV. Begin to prepare physically, emotionally, spiritually – energy, endurance, vitality



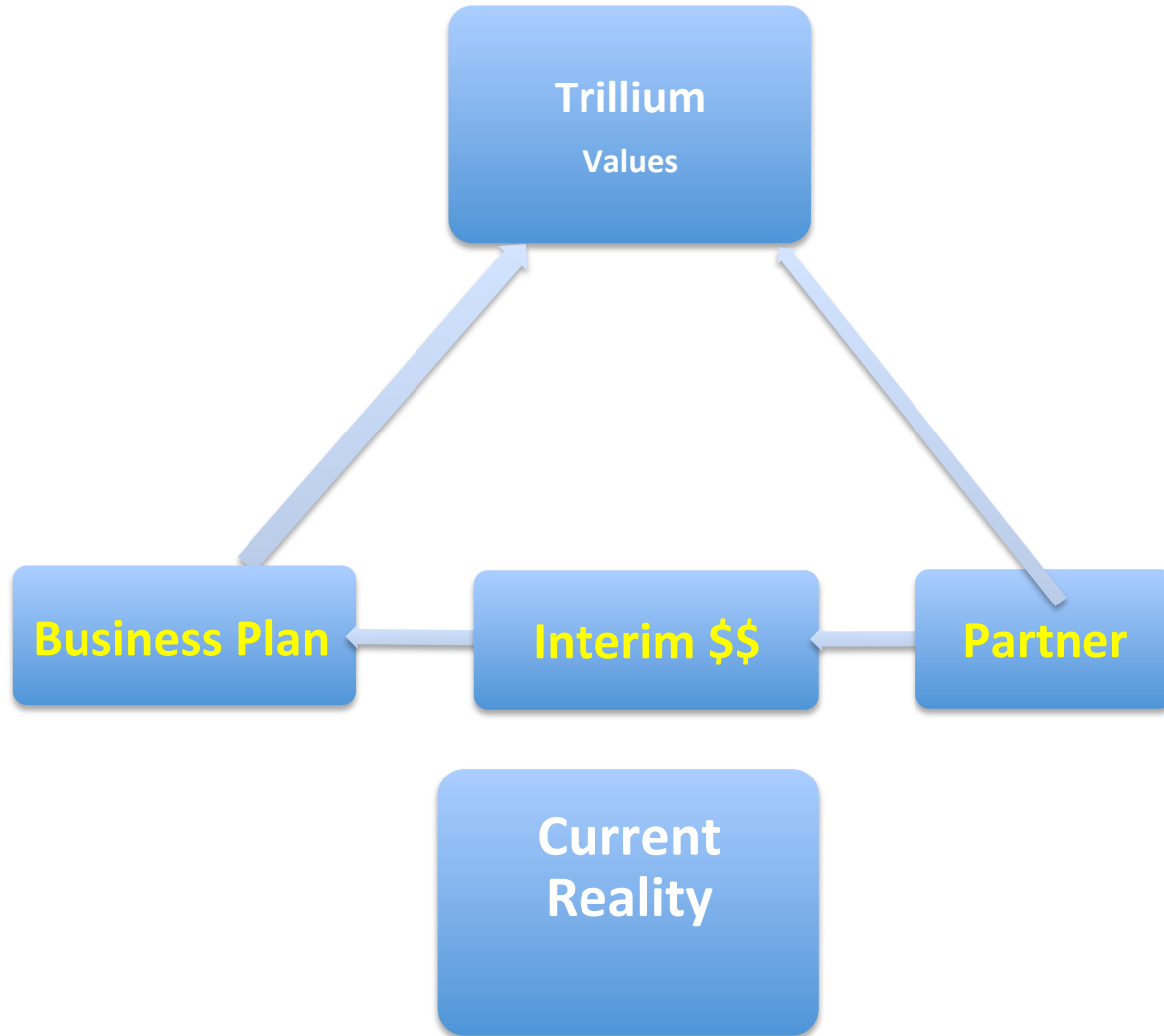
I – Action Steps



I – Action Steps



I – Action Steps



Maintaining Balance

- Prioritize
- Question and challenge yourself
- Make responsible choices
- Pay attention to feedback



photo credit: [Ozyman via photopin cc](#)



Action Steps

- You'll be pushing your comfort zone so expect some unease
- Identify the resources you'll need
- Be objective
- Identify the resources that are available



photo credit: [Freaktography via photopin cc](#)



Resources

- Colleagues
- Think conceptually
- Competitors
- Stay aligned with your goal



photo credit: [Thomas Hawk via photopin cc](#)



Dealing with Disappointment

- Natural part of the process, of growing
- Think conceptually
- Be kind to yourself



photo credit: [Johnath via photopin cc](#)



Celebrate Success

- There is always something to celebrate
- Look at where you are, what you're doing
- Review your progress weekly
- Watch for doors opening



photo credit: [SpreadTheMagic via photopin cc](#)



Homework

- Commit to your dream in writing
- Write down the action steps
- List your resources
- List your needs
- Get to me by Monday evening at 8:00 pm ET and I'll have it back to you before next class

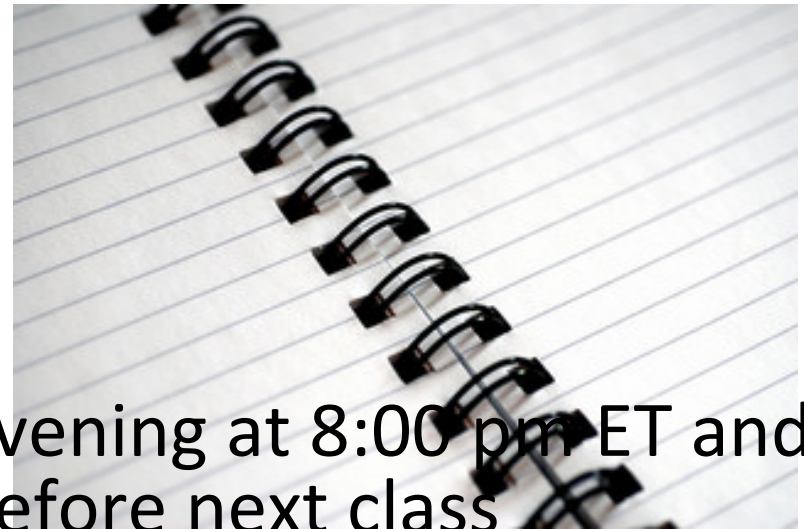


photo credit: [incurable hippie via photopin cc](#)

