



Stop Dreaming & Start Doing Roadmap



Strategy # 1: Step back and get your bearings.

What is your Dream? Where do you want to be?

Set the Intention; your Primary Goal.

What do you want to achieve? Identify the end result, not the process.

What are your values and aspirations? Be specific.



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Where are you relative to where you want to be?

List everything – education, finances, relationships, emotions. Be specific.

Strategy # 2: Put fear in its place. Move past fear to who you are and what you want. Your dream.

What are the stories you've told yourself about who you are? List self-talk, beliefs, and strengths.



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Who are you really? Write a statement.

What resources do you already have that will help you reach your goal? List people, experience, knowledge, and skills. Be realistic and objective.
