

DREAM

Step One in the D.O.I.T. Process



CUT LOOSE!

1

If you had all the freedom, money, resources, knowledge, skills, and time to do ANYTHING YOU WANTED, what would you be doing RIGHT NOW? Don't analyze, don't think of practical concerns, and don't think of reasons, just cut loose and dream. THIS IS NOT A GOAL SETTING EXERCISE. This is an exercise in freeing your mind.

DESCRIBE YOUR PERFECT WORLD - *Don't plan it, DREAM it!*

The only mistake you can make here is being reasonable. DON'T BE REASONABLE! You do that all the time. Just write down - in as much detail as you can - what your life would be like right now if there were no restrictions on what was possible. Where would you be? Who would you be with? What would you be doing? What would a typical day be like, from sunup to sundown?

ALTERNATE VERSION - *So You're Already Satisfied? ENHANCE IT!*

If you're convinced you're already happy with most of your life, scale it down and do a "modular" version. Select a specific area of your life (relationship, home, work, hobby, etc) to zero in on in the same fashion. But again, DON'T BE REASONABLE!!! That undermines the very point of the exercise.

STUCK?

2

For all their belly-aching about what's holding them back, many people have a lot of trouble outlining in any detail the dreams they're supposedly being held back from. If you're feeling stuck, here are some things to help you.

HOW TO FRAME IT - *Having, Being, Doing*

If your dream is not magically materializing in your head, that's okay. Try listing up to five of the following things:

- Things you'd like to HAVE – A house? A new car? A thriving business? A perfect mate?
- Things you'd like to DO – Travel? Finally write your memoirs? Learn French?
- Things you'd like to BE – Your own boss? A great cook? A marathon runner?

STILL STUCK? *Try filling in the DOING spots with the following...*

- One place to visit
- One thing to do before you die
- One thing to do daily or weekly

STILL STUCK? *Try listing any of the following...*

- One thing you've always wanted to learn
- What would you do if there were no way you could fail?
- If you were 10 times smarter than the rest of the world?
- What would you do, day-to-day, if you had \$100 million in the bank?
- What would make you most excited to wake up in the morning to another day?