



*Dream
Big*

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Dream Big Journey

We all have dreams and some are scarier than others, some more difficult and others will take slightly longer to achieve.

All of this is okay because we don't need to have it all by this afternoon. In fact, we probably wouldn't appreciate it if it were handed to us on a silver platter.

Our dreams matter and we can use all the excuses in the world, but now is the time to face and unleash all your desires and dreams

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My

Dream

Journey

1.

2.

3.

Which are you most likely & ready to pursue?

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What

do you need

to begin?

1.

2.

3.

What are the steps / investment needed?

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30 day goal

60 day goal

90 day goal

Blank area for 30 day goal details.

Blank area for 60 day goal details.

Blank area for 90 day goal details.

**How often will you work on your dream?
How many days will you spend on it?
What do you need to sacrifice to make your dream into a reality?**

Large blank area for writing answers to the questions above.

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What do you want to achieve in the first year?

What are your long term goals?

How do you want it to evolve?

When will you start & what's the first step?

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Don't be discouraged, if you are facing procrastination, hesitation, maybe you want to run because you feel overwhelmed. It's okay.

Start with sitting with your feelings. Don't change them, be with them. Often they will tell you reasons why you are staying hidden or afraid to step outside your zone of comfort.

The more you are able to sit with how you feel, the more you will uncover.

Maybe you were taught as a kid not to dream big, to be stable and practical.

Perhaps you had responsibilities at a young age and followed the pattern/routine of what you've always known.

Maybe you weren't given the opportunity to expand your vision and go after your dreams.

This won't be easy, you will uncover a lot of things you may have hidden away, but for sure you will be far happier pursuing your dream along the journey, way before you actually achieve it.....and you will x

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