

# Developing Your Dreams

A Crib Sheet by R. Anderson

Steps are modified from Make Your Creative Dreams Real by SARK (Simon & Schuster © 2004)

## Discover and Name Your Dreams

Sometimes our dreams remain for years locked away in a cabinet... this stage is the stage of thinking about them, and maybe writing about them, and drawing about them... this is a stage of safe discovery and brainstorming, letting out your ideas, so that you can decide what to do next.

*Task: Get a journal. Write down a list of your dreams. You don't have to decide if they're good or bad... just get them down on paper, you can change or add to the list later.*

## Learn About Your No's

This is a time of learning why you aren't living these dreams here and now. What is stopping you, or what has stopped you in the past? Learn about your fears, your anxieties, the resources you lack. Discover what you are telling yourself! Is there a little person in your brain that is judging you? Tell it to bug off! Replace your no's with yeses.

*Task: Let the little person in your brain have the pen for a while. Have it fill in the following blanks in your journal: I will never do \_\_\_\_\_ because I am \_\_\_\_\_. Then you take the pen from the little person in your head, and fill in these blanks: I am \_\_\_\_\_, and that is why I will be able to do \_\_\_\_\_.*

## Learn About Your Yeses!

Now that you know what stops you, you can develop what starts you! Different things work for different people; you can discover what works for you! Part of learning about your yeses, is giving yourself permission to be you! This is called radical self-acceptance and it means that you don't have to wait until you are \_\_\_\_\_ enough to start living your dreams. You can start today.

*Task: Make a collage about you. What gets you moving—what is motivating? Is it a particular color, do you need to work for money, do you like to listen to music while you work, does someone inspire you? What moves you? It can be anything!*

## Move. (micro-style)

When we think of dreams, we often think BIG... this is why they sometimes seem so unreachable! It's like standing on your tippytoes to try to touch the top of Mt. Everest... it doesn't work that way... you have to take one step at a time, and be patient! Sometimes we stand on our tippytoes to touch the top of Mt. Everest, don't reach it and give up! This sounds silly, but it's what we do... instead, we can look at each step and make teeny tiny itty-bitty goals that we can do today. 365 of these in a year will add up!!!

*Task: Make a checklist of 10 micro-movements you can pick from to do today or tomorrow or the next day. (hint: when I do a to-do list I always put in 1 or 2 things I've already done, so then I can check something off right away!!! How accomplished!!!)*

## Support Systems

We can develop supports inside ourselves, but we also must develop supports outside... our friends, families, mentors, teachers, the guy at the grocery store who will give you one extra paper bag because that somehow will help you reach your goals... whoever!!!

*Task: Make a list of 5 people you can email or call this month to tell them about your dream. Call one of them tomorrow!*

## Commit to Your Dream

When you have the support from yourself and others, understand what stops you and can overcome it, and understand what starts you, and when you really understand what your dream is, you can commit to it! This means saying you are going to do it and sticking with it. One way to do this is by saying to others that you are working on a goal, another way is by writing the end result down and posting it on your fridge, or on your mirror... this way you will know that you should keep working on it until you have reached that result.

*Task: Write your dream down and put it on a brightly colored piece of paper on the fridge. People will ask you about it, and you can develop commitment by getting it out there! You will also develop commitment by talking and learning about it.*

## Learn About Other People

One of my greatest mentors is my dad. He always had a smile on his face, an open ear for listening, and a laugh, and he was really successful, he had his own business and created a magazine and graphic design and marketing company. He has never laughed at my dreams, and he always supported me when I failed. I think that this is because he failed, many times... and when I heard about my greatest mentor failing, do you know how I felt? RELIEVED!!! It is nice to know that even great dreamers fail, and try again, and sometimes fail again, and sometimes succeed. It is important to hear about real dreamers like this... it helps us to realize that we are all capable of achieving our goals, no matter how much we mess up along the way.

*Task: Ask one person you know who is living their dream about the journey it took for them to get there. Then tell them about some of your journey.*

## Live Your Dreams

Dreaming, setting and reaching goals, just like life, involves changing, growing, developing, learning, and many more unstable, shifting things. Living your dreams means being open and understanding of these changes and to revisit these steps throughout your life.

*Task: Develop your dreams over time. Commit to revisit these steps at least once a year, or as big changes happen, like graduating from high school or moving to a new town. Stay connected with yourself and take care of yourself so you can continue to grow.*