

Dream Achievement

The 6 Step Plan to an Inspired Life and
Meaningful Success

Workbook

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Welcome to the Dream Achievement Workbook!
This workbook accompanies Dream Achievement: The 6
Step Plan to An Inspired Life and Meaningful Success.

The activities in this workbook are compiled from the
Dream Achievement book to allow you to actively
participate by writing in the workbook. This is to help
you transform your dreams into reality and create
success. We are excited for your participation and
cannot wait to hear about your success.

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Chapter 1 You and Your Dream

Chapter Application Activity

1. In the space below, write a dream you have always wanted to achieve and you are willing to work on starting now. Or write down a dream idea you are presently considering and are willing to work on.

2. Using the driving forces of passion, purpose, problem/need, proficiency, and proprietorship, identify your dream's driving force or forces.

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3. Provide details on why you think this is your dream driving force(s).

4. What are some extrinsic and intrinsic motivations you may use to push your dream along?

List at least three motivations in each category.

Extrinsic Motivation

- a. _____
- b. _____
- c. _____

Intrinsic Motivation

- a. _____
- b. _____
- c. _____

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5. List some of the strengths that you use in your daily life and work.

6. Are there strengths that you have that you are not using? If so, list them below.

7. How will you use your strengths to accomplish your dreams?

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8. List at least three of your weaknesses and identify the adverse effects they may have on your dream and how you can mediate the effects.

9. How will you use the help of others to support your dream?

10. Write your dream story to identify the step-by-step process of your dream.

Chapter 2 Your Purpose, Mission, and Goals

Chapter Application Activity

1. Using the SMARTER goal process, write a long-term goal you would like to achieve.

2. Write one short-term and one daily goal you will use to help you achieve your long-term goal.

3. What is your why or purpose for this long-term goal?

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4. Write the headings of areas of your life that are important to you, for example, Spiritual, Family, Financial, and Health. Under each heading write what is important to you in that area and develop a daily and short-term goal for the areas of importance.

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5. Examine your long-term goal and write how it relates to the essential things to you. Keep this where you can see it daily as a reminder of the importance of your goal.

Chapter 3 Perception Matters: Widening Your Territory

Chapter Application Activity

1. Review the diagram, Effects of Perception and record your perception regarding one of your life's dreams and one of your life's goals.

2. Document how that perception positively or negatively affects your thoughts, feelings, attitudes and behaviors regarding your dream and goal.

3. Identify at least three steps you can take to enhance your perception regarding your dream,

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4. Identify at least three steps you can take to enlarge your dream territory.

5. Begin a gratitude journal, writing daily, one thing for which you are grateful.

Chapter 4 You and Your Mindset

Chapter Application Activity

1. Identify three fixed mindset statements that have derailed your dream in the past.
2. Using a growth mindset approach, reframe those statements and identify the difference in your emotions and drive.
3. Indicate different ways to reframe this statement, "i can't do it," to embody growth mindset.
4. Identify how your money mindset has held you hostage.
5. List three strategies you will use to free yourself from scarcity money mindset.

Chapter 5 Honing Your Leadership Skills

Chapter Application Activity

1. *What do you consider the benefits of self-leadership?*
2. What is your leadership story?
3. How can you use your leadership story to bring your dreams to life?

Chapter 6 Live Your Inspired Life

Chapter Application Activity

1. *What is your dream product or service?*
2. In one sentence, identify the problem you solve through this dream service or product.
3. In two or three sentences, describe your ideal audience, clients, or customers.