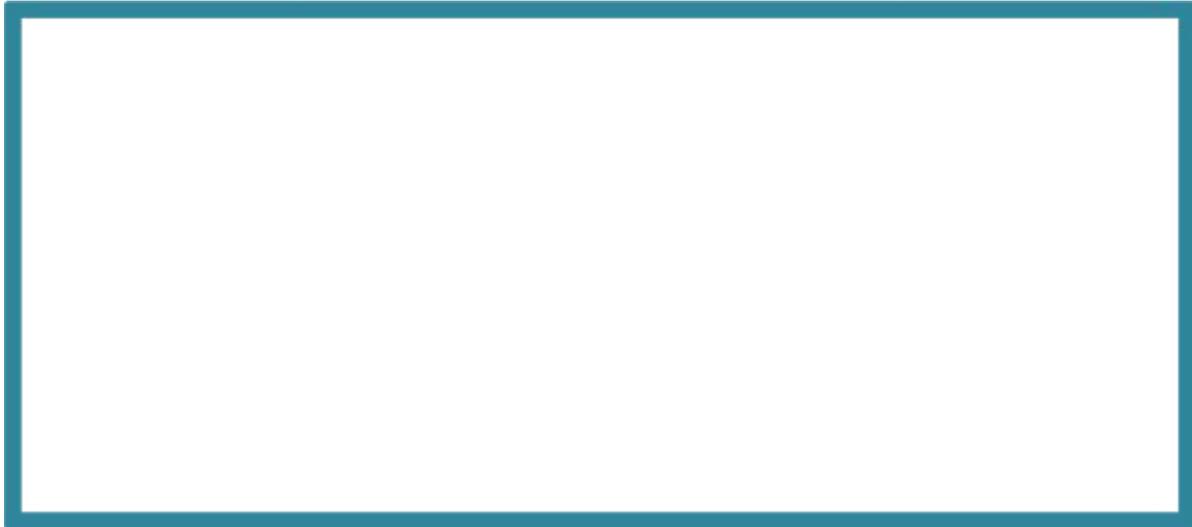


Hopes and Dreams Becoming a Reality

When you can see your IDEAS on paper you can figure out how to work toward your hopes and dreams. You can put the pieces together and come up with concrete goals you need to work on a daily basis.

IDEAS: a 5 part process

I = Intention: What do you want to accomplish in life? What are your hopes and dreams?



D = Details: Look at all areas of your life; personal, professional, emotional, physical and spiritual. Where do you see yourself in 1, 5 or 10 years? 1 month, 6 months a year?



E = Ethics: Do your goals match your values? What do you value? ~ Family, community, health, etc.



A = Ask: Will this benefit my family? Will this move my career/business forward? Will this enhance my community? Will this spark personal growth? Will this make me money?



S = Steps: What do you need to do to get there; step by step. Map out each goal and what needs to happen to make it a reality.



Tips and tricks on breaking down tasks/goals.

Avoid creating tasks that require longer than one hour.

If one task seems overwhelming and large break into smaller tasks, practice the guitar can become practice beginning of a song for 25 minutes.

Nothing is set in stone, if a task is more difficult once you start it look at how to make it easier by spreading it over more time slots and give it more time.

When working on a task turn off all distractions, phone, social media, tv etc.