

How to Develop, Set and Achieve Your Top Ten Dreams

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TELECLASS PARTICIPANT LIMIT: 20

TELECLASS DURATION: 1 Hour

Introduction



Welcome to LCIA's Teleclass series. This learning guide has been designed to support you in getting the most out of your participation in the course and to achieve your desired results.

There's a saying, "goals are simply dreams we've put to paper." How true! There are many dreams, both big and small, that float around in our head, things we've set aside in the past and what we daydream about to this day. Together, let's take these pieces from your imagination and creativity and work to make them a reality. Those things we thought might be unpractical or unrealistic can take on new shape and possibility when we write them down.

Learning Objectives and Course Agenda

1. To understand the importance of acknowledging our current situation as well as our dreams.
2. To measure our current satisfaction in the key areas of life.
3. To define what the ideal condition would be for each area.
4. To understand some useful tools in identifying our dreams.
5. To understand the basic principals of goal setting and achievement.

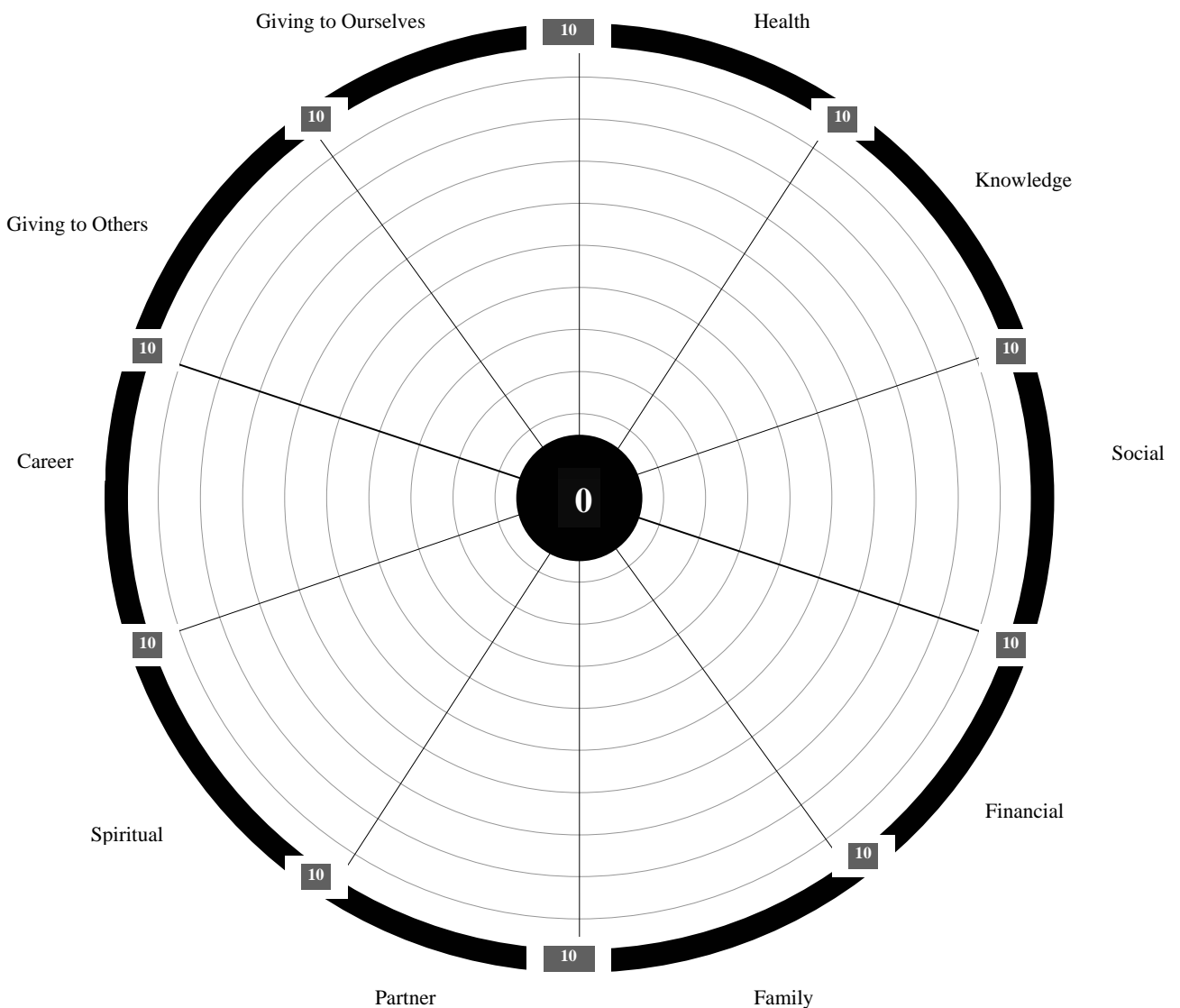
Understanding the Importance of Acknowledging Our Current Situation as well as Our Dreams

- ▶ How do we feel when we've achieved a dream?
- ▶ How do we feel when the dream seems to elude us?
- ▶ What typically gets in the way?

Measuring Our Current Satisfaction in All Areas

◆ *Wheel of Life* – on a scale of 0-10 with 10 being the most satisfied (and the outer edge of the circle), plot your current satisfaction in the following areas.

- Health – mental, physical and emotional
- Knowledge and Learning
- Social
- Financial
- Family
- Partner (or Partner Within)
- Spiritual (or Inner Peace or Understanding Ourselves)
- Career and/or Business
- Giving to Others
- Giving to Ourselves



To Define Our Ideal Condition

- ▶ Spend time writing your ideal situation in each of the ten categories. Be as specific as possible with lots of detail about what will be happening, how you'll feel and what will be different about you.
- ▶ You can do this in narrative or list form.

Useful Tools

Wheel of Life

Dreams Journal or Lists – use the following categories to log/list your dreams:

- Health
- Personal Development, traits and qualities
- Career
- Possessions
- Family
- Friendships and other relationships
- Traits of your ideal partner
- Knowledge and things to learn about
- People you'd like to meet
- Hobbies, interests and new adventures
- Giving to and for others – serving your community
- Places to travel to
- More?

Letter From the Future

Goal Defining and Planning Sheet – see below for what to include

The Principals of Goal Setting and Achievement

- ▶ Define your objective using this version of the SMART principal:
 - Specific
 - Measurable
 - Attractive (why you want it and what you're putting to risk if you don't achieve it)
 - Realistic and Relevant
 - Time Frame
- ▶ What are the benefits to you and others if you achieve this objective?
- ▶ What are you putting to risk for yourself and others if you don't achieve this objective? Include how you'll feel and the effect on your answers from the Wheel of Life.
- ▶ What are three potential or real obstacles to you achieving your objective?
- ▶ What are two possible solutions for each obstacle?
- ▶ Create an Inspiration/Motivation Strategy that best applies to how you operate.
 - Inspiration strategies keep you focused on what you're moving toward.
 - Motivation strategies keep you focused on what you're moving away from.



- ▶ Develop an action plan of steps to take in chronological order, starting with the first step needing to be taken in 24 hours.
- ▶ Build in milestones into your plan that you can celebrate your progress.
- ▶ Commit to how you'll celebrate your success when the objective is achieved.
- ▶ Invite someone to assist you, either a coach, friend, co-worker, partner or family member and be sure to celebrate the achievement with them.

What Next

This Teleclass has provided you with a number of tools to assist you in defining and going after your dreams. The next step is up to you.



- ▶ What are you willing to commit to right now?

- ▶ What is your first step?

- ▶ Do you need assistance to get there?

If you feel you need the assistance of a coach, please check out the **Find a Coach** section of our website at www.lcia.com.au. We have highly qualified and talented graduate coaches who'd be happy to help you.