



Connecting Dreams and Changing Lives

STEP 1. Define Your DREAM

What would you like to do if MONEY were no obstacle?

What would make you HAPPY?

What's your MISSION?

What gives you PURPOSE?

What do you DREAM about doing?

**Really Think about
these questions**



In This BOX Write Down One Thing To FOCUS

*"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."
Eph. 2:10*

YOUR "WHY" WORKSHEET

We will go over this during the WEBINAR.

STEP 2. Define Your TARGET NUMBER

How much funding do you need to manifest your Dream?

Be specific and DEFINE your GOAL!

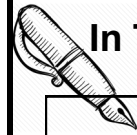
Write your estimate in the box below.

Be realistic and honest. You need a **TARGET NUMBER!**

How much money would it take to get started?

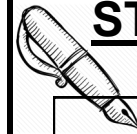
No GOAL Can Be Met That's Not SET!

You Can't Reach Your Destination Without Inspiration.



In This BOX Write Down Your TARGET NUMBER:





STEP 3. Your Pay-It-Forward Pledge



STEP 4. Contact The Person Who Referred You!

WHAT IS YOUR WHY – How To Identify it

1. Identify the things you can do to make other people's lives better.

Having self-awareness is great. However, doing something that will benefit others more than yourself is amazing. In fact, research has shown that people who have a sense of purpose and are grateful for the life they are living often contribute more to the world beyond themselves than those who do not have this sense of gratitude. This might be because, if someone can see how others benefit their life, that person will be more motivated to give back to humanity.

One study in particular found that people who engage in altruistic behaviors such as volunteering or donating money typically have a greater sense of purpose than those who don't.

Further, research has shown that people who are altruistic also report having a strong sense of purpose. The feeling of making a difference in the world or in someone else's life is ultimately the most important thing for

your own joy and fulfillment—and importance is parallel with purpose.

2. Think back to the activities you did that made you forget about the passage of time.

You have probably heard people say, "Time flies when you are having fun!" Moments like this are what psychologists call the "flow," and what spirituals call connecting with the divine. Whatever is the case for you, these activities are where your passions are.

You are fulfilling your purpose when you are doing something that energizes you rather than something that drains your energy and leaves you feeling exhausted. When you are living your purpose, you are not left wondering, "Is it 5:00 yet?"

3. Recall what you liked to do when you were a kid.

You can see glimpses of your purpose by remembering the things that you did just for the sheer fun of it as a child. As you reflect upon the story of your life, it's easy to pick up on certain patterns that tend to repeat themselves, or some trends in the activities that you did. These patterns may hold clues to your purpose. What have you found enjoyment in for your entire life?

We have a tendency to lose touch with the things that we loved as children. With adolescence and adulthood come societal pressures that take certain passions away from us.

As adults, we often believe that we should only do things that we are somehow rewarded for. The transactional nature of our society often leaves us disconnected from doing the things that we truly love.

4. Think about the things that you are willing to do even if you look like a fool.

Before you can do something well, at some point you have to do it without any competence or knowledge about what you're doing. And, in order to continue working at something even after you have made some mistakes and embarrassed yourself in doing so, you have to be passionate about it. These activities are meaningful enough for you that you do them regardless of other people's opinions.

People avoid embarrassment for obvious reasons, but if you avoid doing anything that has the potential to embarrass you, then you won't end up doing anything that feels meaningful.

Feeling foolish comes with the territory when you are on the path to achieve something important or significant. The more intimidated

you are by a major life decision, the more you probably need to be doing it.

5. Observe what people ask of you when they come to you for help.

Is it a specific talent that you have? Are you a sounding board for your friends' concerns? What do people thank you for? Appreciation from other people can help fuel your work.

You may not be able to see your strengths like others do because they come naturally to you. Look for common themes in reasons behind why people reach out to you in times of need.

For example, you might not realize the ways in which you inspire your friends to want to be like you. If you ask your friends directly what they believe your strengths to be, they might say something like, "You are great at being *proactive* in solving problems, rather than being *reactive* once a problem occurs." You can tie these strengths into your "why."

6. Imagine what you would be doing if you learned that you only had a year left to live.

Most people don't like thinking about death, but death forces us to focus on the truly important things. Knowing this often leads you to realize what your "why" is, and allows you to let go of things that are trivial or distracting. Death may be the only thing that can give you a clear perspective on the value of your life. How do you want people to remember you?

When people do not feel like they have a sense of direction or purpose, it is because they haven't figured out what's important to them or what their values are. And if you aren't living in line with your own values, whose values or priorities are you living for? Discovering your "why" in life means that you have found a way to spend your limited amount of time here on earth well.

7. Enumerate the things for which you would be willing to go the extra mile.

These are the things that, regardless of failure or setbacks, you'll still make an effort to do—and get up and learn from your previous mistakes. A lot of people don't understand that passion is a *result* of action rather than the *cause* of it. You won't find your passion by being complacent. It is a trial-and-error process. If you aren't willing to go out of your way to do something, then you aren't truly passionate about it.

8. If you were given the chance to teach others (e.g., young people), what would you teach them?

If you consider this question, you are really thinking about what you would change about the world, or what knowledge you want to pass on to future generations. This question also forces you to reflect upon the things in life that you believe you are truly competent in and able to teach other people about. How

would you want to improve other people's lives, or where do you believe there is a gap in knowledge that you could fill?

9. What task at work would you do for free if you didn't need the paycheck?

Do you work to live or do you live to work? If you are doing something that you are passionate about, it won't feel like work. There will never be a Sunday night where you are dreading the imminent Monday morning.

What part of your work comes easy to you because you are happy while you're doing it? Aligning your professional life with your purpose is a critical part of living out your why.

10. What's usually the reason why people thank you?

Similar to observing why people come to your for help, how do people find value in you or your contributions? Do you give great advice?

Are you willing to take extra time out of your day to help your friends with something in particular? Think about the things that you do for people that are unique.

11. If you were given the chance to do something that you love and not worry about the paycheck, what would it be?

Considering this question is a great way to discover your passion. What would you do with all of your free time if money was not an issue? If you're not motivated by money, the only other thing you can be motivated by is time, and how you spend your time would certainly be on something that you love.

12. What was your happiest memory of your childhood?

Did you love to be on stage dancing as a child, but gave that up with age? Or maybe you loved a certain class in elementary school that you couldn't necessarily apply to a career. Think back to what you had a passion

for before adult life got in the way, and find a way to tie your current life back to those original interests.

Conclusion

Finding your “why” is important not only for success in your professional and personal life, but also for your well-being and longevity.

Hopefully, the tips presented above on discovering your “why” can help you identify your own purpose and implement it in all areas of your life.

You need to look within, discover the things that you are passionate about, and pursue them—regardless of other people’s doubts or the setbacks you’ll meet. Your own purpose will point the way to your success.