

Put Your Dream to the Test: Part 1

Monday, April 20, 2009 Call

- **Dr. Sinnott press release -**
www.allaboutmannatech.com/mannatech-chief-science-officer-appointed-vice-chair-of-council-for-responsible-nutrition%e2%80%99s-senior-scientific-advisory-council/
- **Two webinars tonight:**
8:30 PM CST – “Economic Stimulus” – to register:
www2.gotomeeting.com/register/675877520
9:00 p.m. CST -“Reshape yourself physically and financially in 2009” to register: www2.gotomeeting.com/register/988047746

“Put Your Dream to the Test” By: John Maxwell

Most people fail to realize their potential because their dream becomes hypothetical. This book takes your dream from ethereal to achievable.

A. Introduction

Do you even have a dream?

Do you know how to achieve it?

The right and wrong picture of a dream:

Daydreams, Pie in the Sky Dreams, Bad Dreams, Idealistic Dreams, Vicarious Dreams, Romantic Dreams, Career Dreams, Destination Dreams, Career Dreams

Definition of a dream: *a dream is an inspiring picture of the future that energizes your mind, will and emotions, empowering you to do everything you can to achieve it.*

“Dreams are valuable commodities. They propel us forward. They give us energy. They make us enthusiastic. Everyone should have a dream.”

5 most common reasons people have a hard time identifying their dream:

1. Discouraged from dreaming by others
2. Hindered by past disappointments and hurts
3. Habit of settling for “average”
4. Lack the confidence to pursue their dreams
5. Lack the imagination to dream

The Dream Test: Did you take it? Notice your answers and spend time in the chapter with respect to the ones most wanting...

B. 10 Questions to help you See It and Seize It

1. Is my dream really my dream?

Did your parents want it for you? Your friends? Your spouse?

You must own it.

“The Art of Understanding Yourself” by Cecil G. Osborne

“The young child has no clear picture of himself. He sees himself only in the mirror of his parent’s evaluation of himself...A child who is told repeatedly that he is a bad boy, or is lazy or no good, or stupid, or shy, or clumsy, will tend to act out this picture which the parent or some other authority figure has given him.”

“You can not achieve a dream you do not own.”

When you own your dream:

It feels right It will provide wings to your spirit

It will fire you up. It will keep you up at night.

It will take you out of your comfort zone.

It will be fulfilling to you. You will feel you were made to do it.

When someone else owns your dream:

It will not have the right fit. It will be a weight on your shoulders. It will drain your energy. It will put you to sleep.

It will take you out of your strength zone. It will be fulfilling to others. It will require others to make you do it.

Henry David Thoreau “The mass of men lead lives of quiet desperation.”

George Eliot: “It’s never too late to be what you might have been.”

How to take ownership of your dream?

a. Be willing to bet on yourself

b. Lead your life instead of just accepting it

Be proactive not reactive

c. Love what you do and do what you love

d. Don’t compare yourself to others

e. Believe in your vision for your future even when others don’t understand you

Know your dream

Les Brown “Live Your Dreams”

Ask yourself;

What are my gifts?

What are five things I like about myself?

What people make me feel special?

What moment of personal triumph do I remember?

“Find out what it is you want and go after it as if your life depends on it. Why? Because it does!”

2. Do I really see my dream?

If you do not have clarity you have nothing.

Vision must come first and then strategy. And the vision must be compelling enough to motivate you to stay the course.

What is your vision? Is it confusing or precise? Make sure it is razor sharp or you will be gone in 6 months...or still at Regional Director after 5 years.

You must be clear in what you want before any strategy will truly work for you. We keep looking for strategies after strategies. **GET YOUR VISION CLEAR.**

Keep in mind:

a. Clear dream makes something general become very specific
“The indispensable first step to getting the things you want out of life is this: decide what you want.”

b. Clarity takes effort.

Take quiet time. Use helpers...mentors.

Ask yourself questions: the dream is always rooted in the dreamer, his experiences, circumstances, talents, and opportunities.

Search your feelings, your senses (hearing seeing thinking)

Make appointments with people already doing what you want...get some insight.

c. A clear dream affirms your purpose

“...a person’s dream and purpose are intertwined.”

d. A clear dream determines your priorities

We all make choices; are your choices getting you closer to your dream or further away.

e. A clear dream gives direction and motivation to the team

Can’t get others to jump on the bandwagon if you do not have clarity. We all need support and inevitably will have a team.

Clarity of purpose and vision will allow others to align themselves, just as lack of clarity will cause confusion and misdirection. “Lack of clarity hinders initiative, inhibits persistence, and undermines follow-through.

Do you give your new business builders clarity? Or confusion?

Here are the other questions we will discuss next week:

3. Am I depending on factors within my control to achieve my dreams?
4. Does my dream compel me to follow it?
5. Do I have a strategy to reach my dream?
6. Have I included the people I need to realize my dream?
7. Am I willing to pay the price for my dream?
8. Am I moving closer to my dream?
9. Does working toward my dream ring satisfaction?
10. Does my dream benefit others?

The Dream Test

1. ***The Ownership Question: Is my dream really my dream?***
 - a. I would be the person in the world most pleased if I accomplished my dream.
 - b. I have publicly shared my dream with other people, including those I love.
 - c. My dream has been challenged by others, and I still embrace it.
2. ***The Clarity Questions: Do I clearly see my dream?***
 - a. I can explain the main gist of my dream in a single sentence
 - b. I could answer nearly any questions about what (if not how) of my dream.
 - c. I have written a clear description of my dream that includes its main features or objectives.
3. ***The Reality Question: Am I depending on factors within my control to achieve my dream?***
 - a. I know what my greatest talents are, and my dream relies heavily on them.
 - b. My current habits and daily practices strongly contribute to the potential success of my dreams.
 - c. My dream is likely to come true even if I am unlucky, if important people ignore or oppose me, or if I encounter serious obstacles.
4. ***The Passion Question: Does my dream compel me to follow it?***
 - a. I can think of nothing I would rather do more than see my dream fulfilled.
 - b. I think about my dream every day and often wake up or fall asleep thinking about it.
 - c. This dream has been constantly important to me for at least a year.
5. ***The Pathway Question: Do I have a strategy to reach my dream?***
 - a. I have a written plan for how I intend to accomplish my dream.
 - b. I have shared my plan with three people I respect to get their feedback.
 - c. I have made significant changes to my priorities and work habits to put my plan into action.
6. ***The People Question: Have I included the people I need to realize my dream?***
 - a. I have surrounded myself with people who inspire me and who are honest with me about my strengths and weaknesses.
 - b. I have recruited people with complementary skills to help one accomplish my dream.
 - c. I have transferred the vision for my dream to others, and they share ownership for it.
7. ***The Cost Question: Am I willing to pay the price for my dream?***
 - a. I can recount specific costs I have already paid toward achieving my dream.
 - b. I have already considered what I am willing to trade to achieve my dream.
 - c. I will not compromising my values, ruining my health, or damaging my family to pursue my dream.
8. ***The Tenacity Question: Am I moving closer to my dream?***
 - a. I can identify obstacles I have already overcome in the pursuit of my dream.
 - b. I can do something every day – even if it’s very small – to move closer to my dream.
 - c. I am willing to do extraordinarily difficult things to grow and change so that I can accomplish my dream.
9. ***The Fulfillment Question: Does working toward my dream bring satisfaction?***
 - a. I am willing to give up my idealism in order to make my dream become reality.
 - b. I am willing to work for years or even decades to achieve my dream because it is that important to me.
 - c. I enjoy the pursuit of my dream so much that even if I fail, I will consider my life to have been well spent.
10. ***The Significant Question: Does my dream benefit others?***
 - a. I can name specific people other than myself who will benefit if my dream is realized.
 - b. I am working to build a team of liked-minded people to accomplish my dream.
 - c. What I’m doing to achieve my dream will matter in five, twenty, or one hundred years.