

WEALTHY SPEAKER U

CATAPULT YOUR SPEAKING BUSINESS

with Jane Atkinson



Big Dreams Worksheet

Step 1: Current Year Round-up

Looking back on the current year:

1. What are you most proud of?

2. What goals will you bring forward into the next year?

3. What got in your way of achieving your goals this year?

4. How will you move around those roadblocks next year?



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Step 2: Next Years Goals

1. What are your top life goals for next year? (i.e.. improve health, family vacation, etc.)
2. If you didn't have one shred of fear or doubt, what would you set as your financial goal for next year?
3. What are some of the milestones that would have to take place to achieve that goal? (i.e. raise fee, new speech, write book, etc.)
4. When you break down those milestones into steps, what will your first steps be in January of next year?

Now, transfer your steps into your calendar for next year to ensure that you get moving on them! Do not try to do them all at the same time!

Step 3: Map It Out

Find photos that represent your goals and can provide a visual for these things happening. For instance if you have a goal to purchase a boat, find a photo of a boat. If you want to travel, get photos of where you want to go. Perhaps a giant stage with your photo on it will inspire you.

You can do a dream map in several ways:

1. Kick it old school with some scissors, glue, magazines and some bristol board.
2. Create it on your computer with Pages (MAC) or Word or Publisher (Windows) and cut and paste photos from the internet and lay them out in a pretty fashion. Print and laminate. I sent my 11x17 dream map to Staples and they laminated it for me. I made 3 copies and placed them around my house - office, bedroom and bathroom- for constant inspiration.