



Creating dream goals with your Destination Dreamboard.

When you're getting ready to take action towards your dream it's really important to appeal to your heart first and your head second. Feeling first, logic second.

A **Destination Dreamboard** is a great way to start finding the feeling and putting in colour and movement. They can be incredibly inspiring – they show you where you're headed and why the journey is worthwhile, your big **WHY**.

Think of your dream life as if it were a long awaited holiday. If you were going on a holiday, would you just get in the car and start driving without a destination? Where would you go? What would you take with you? How would you know were heading in the right direction or when you had arrived?

How would make sure there was some FUN happening along the way, or ADVENTURE or THRILLS or whatever floats your boat?

What's your dream?

1. Choose a date a few months or even years ahead that means something to you – an anniversary or a birthday. Then get yourself grounded, close your eyes and imagine that things have turned out the way you wanted them to, you've become the person you wanted to be, living the values that are important to you and doing the things you wanted to do, making your difference in the world. Imagine how you would feel if you were joyful and satisfied. Got it fixed in your head and heart and home?

Good, now, write a letter telling yourself about the everything in your life and describe your **perfect day** in as much detail and colour as you can, include how you feel, see, hear, smell and taste, what you're doing, where you are and who's with you.

Destination Dreamboard

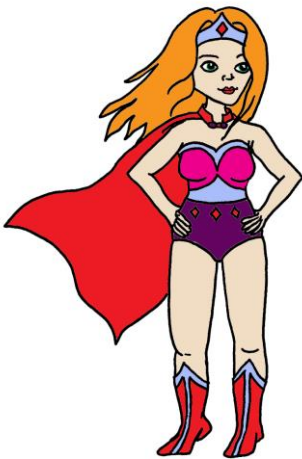


Take small steps 1, 2 or 3.

2. Now read your letter over and pick out the **key milestones** you need to reach to get to your dream. These are the big signposts, things like doing a training course or moving house or changing jobs. Choose the milestone you want to start with and write down the first 3 small and achievable action steps you need to start yourself down the road to your dreams.

Next pick a time to get each action done by, write this down too, use colours and big print. If you like pictures, paste these with your words and put the **Destination Dreamboard** up where you can see it everyday.

Finally, tell a good friend about your dream and goals and ask them to keep you accountable for the getting the actions one.



Take courage, put on your super cape (or whatever secret heroine equipment that gets you going) and get started.

Don't forget to use a journal and regularly write down what you're doing, how you're feeling and who you're being. Write the goods, the greats, the bads and the uglies. They're all helpful lessons.

Reflect, re-plan, and repeat.

3. Once you've got your first few small actions under your belt, give yourself a **super** pat on the back, you wonderful woman.

Now, check on your dream goal. Look through your journal, reflect on how you felt getting stuff done (or not), what worked and what didn't. Re-plan if you need to, then repeat the small action steps and update your **Destination Dreamboard**. Repeat as often as you need to get to your dream.

If you're having trouble keeping on track, think about getting yourself a coach to help you get clear, get organised and get started.