

## **Running Toward Your Dream . . .** ***Actualizing Life Goals***

What do you still want to *be, do* and *have* in your life?  
If you could do anything and knew you would not fail, what would you do?  
If you could get paid to do what you love, what would you do?

### **Objectives:**

- Hurdle barriers and start to dream again
- Capture your dreams and convert them into goals
- Learn the **3 Steps** necessary to actualize your life goals
- Leave with an action plan of steps toward your next dream

### ***Vision: Knowing the Course...***

***Don't let anyone steal your dream, especially yourself!***

What challenges do you face in doing your dream? What are your dreams? Begin to “capture your dreams” by recording them on a *Dream List*. Ask yourself what are all the things you want to ***be, do*** and ***have?*** Then list them all! This keynote speech addresses our fears, fumbles, forgiveness and future.

### ***Plan: Keeping on Track.***

***The only difference between a dream and a goal is a plan!***

Planning how to achieve the dream is where most of us get hung up. Life happens. Other priorities get in the way and we can't seem to make progress. Select one of your dreams from your *Dream List* and convert it into a goal. How? A simple formula can aid in gathering all the possibilities to achieve your goal. Then, break down the goal into action steps to keep yourself on track.

### ***Action: Going the Distance!***

***Step by step, daily go against the odds and make it happen!***

Once we have the plan, the hard part begins: step by step toward the goal. Transfer action steps into your to do list and calendar. What will motivate you along the way when dark days come? The program will help you hurdle this and many other challenges to focus you toward attaining your next dream!

***Start “Running toward your Dream” today!***

Leave inspired to focus on the journey toward what you want most in life

***Jennifer Rousseau Sedlock***