

*Another Talk-a-Latte ReTreat!*

# Gearing Up to Reach For Your Dreams



With  
Cindy Rushton



## Your Action Plan...

*Take some time to work on these questions. It will really make a big difference in your year. Download the audios from this session. Grab a big cup of tea, a journal, and settle in with me. We are going to take action. Ready? Roll up your sleeves. Let's dig in!*

1. Look at THIS year. How has it been? How is it going? Is it how you wanted?

2. What has stood in your way from reaching for your dreams this year?

3. What obstacles are currently keeping you from reaching for your dreams? What has kept you stuck?

4. Take a few minutes to brainstorm all of the big and little dreams that you have on your heart! (you may want to just dump your brain here then transfer your DREAM LIST to the planning pages)

5. Who are YOU?

What do you know? (special knowledge, special abilities)

What do you love? (your passion, heartbeats, hobbies, job)

What are your gifts?

What are your talents?

What are your interests?

What is your message? Topic?

What are YOU all about?

What trials/struggles have you overcome?

In what have you succeeded where others have failed?

What is in your library—at home or on the computer?

What is your dream? (definitely list that one that you have put on the shelf!)

What is your life message?

What is your life purpose?

6. What is your vision?

“A person without a vision will always return to their past.”

What do you SEE? (either write it here or on the planner pages)

Make a Vision Notebook or a Vision Board.

7. Set goals that get you set!

Take some time to get everything out of your head and on paper. Let's do it together here!

Brainstorm all that needs to get done to reach for your dream (do this for each dream—yes, it will take a while!)



Brainstorm all of the “to-do’s” that need to be done for each goal/dream.

Go through your dreams/goals/to-do’s. What will be first on your calendar? Set it! Make a deadline!

Develop any checklists that will help you get it done.

Think through your day... What is the best time to carve out time to work on it?

7. Stuck?

Why aren't you getting around to it? Be real honest!

8. What are you going to do to get unstuck and moving again?

9. Is it time to clean out, revamp, restructure?

Stuff?

Activities?

Commitments?

Brain Clutter?

UNDONE Things?

10. Time to Invest in YOURSELF!

List some ways that you are going to invest in yourself. Remember—this is not an extra, this is essential! You will not ever reach for your dreams if you will not first invest in yourself. So, how are you going to invest in yourself (put this on your calendar!!)

**NOTES FROM OUR SESSION:**

**Bonus Goodies!**

**Printable Planning Pages**

# My Dream List:

*Time to brainstorm your list of dreams. Take a few moments to brainstorm things big and small that you would like to do, see, be, experience. Consider this like your "Bucket List."*

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# My Vision:

*I See* \_\_\_\_\_

*Cut out or draw a picture of  
your dream here!*



# Goals Towards My Vision:

*Brainstorm everything that needs to be done to reach for your dream.*

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# To-Do's for Each Goal:

*Brainstorm everything that needs to be done to reach for your goal.*

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# My Links and Log-In Information:

*Include a list of your websites, social network links, etc. Include any log-in information that you may need—  
this is a great back-up in the case of computer or memory crashes!*

Name of Site:

Link to Site:

User-name:

Password:

Any other information

Name of Site:

Link to Site:

User-name:

Password:

Any other information

Name of Site:

Link to Site:

User-name:

Password:

Any other information

# Yearly Planner...

Plan and list below your projects throughout the year!

January

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February

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March

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April

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May

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June

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July

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August

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September

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October

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November

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December

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“May the words of my mouth and the meditation of my heart be pleasing in Your sight, O Lord.”  
Psalm 19:14









# Yearly Project Planner

*Jot down projected projects for each month.*


# Yearly Promotions Planner

*Jot down projected promotions for each month.*
