

Living Every Minute
Design the Life You Deserve

Making Your Dreams Come True

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ATTITUDE OF GRATITUDE

1. What are your assets?

(Health, Friends, Contacts, Experience, Education, Experience)

2. What can you be grateful for in your life?

(Community, Country, Health, Family, Friends)

3. What is great about me?

(Personality, Integrity, Work Ethic, Spirituality)

THINGS I WILL NO LONGER TOLERATE

(Get Disgusted, Habits, Relationships, Poor Health, Wealth, Poor Life Choices)

4 AREAS OF EXPERTISE

Rules

1. *No filters: If money, talent, and time were no object, what would you do in the following areas?*
2. *Be Specific: List things you can actually accomplish.*
3. *Time Your Items: Everything should start with "By this date I will..."*

1. Health

2. Wealth

3. Relationships

4. Character Development

PICK ONE GOAL

Phrase your goal like it has already been accomplished.

Example: I am so grateful to be working at the job of my dreams with such a great boss.

Now name 5 steps that will get you there (break it down):

Set dates when each of these steps will be accomplished

Internal: What is keeping me from the dream?

What is in me that is stopping me?

External: What is outside me that is stopping me?

What am I going to do about it?

The two greatest secrets I know:

- 1. Put your dreams on your to do list.**
- 2. You become what you think about.**