

ActionCOACH™ Dream Builder

These are the life dreams of: _____

Date: _____

The ActionCOACH Dream Builder Process...

- 1. Idealization:** Complete these pages making sure you describe your most ideal life. Shoot for the stars and at the very least you'll hit the moon.
- 2. Visualization:** Invest 10 minutes each morning and 10 in the evening—with your eyes closed—visualizing everything you have written about, dreamt about and thought about as if it's already real.

Buy a large pile of magazines, several poster boards, scissors and glue, cut out words, pictures events, places and things that form your dreams and create a large collage of your dreams, or what we call a Dream Chart.
- 4. Verbalization:** Make a list of 21 "I AM" statements about your future self. Describe traits you want to build on to become the person you want to be in order to do the things you want to do, to have and experience all you dream of. State these "I AM" statements out loud every single day (at least twice) with as much passion, volume and desire as you possibly can.
- 5. Materialization:** Choose every day to tell yourself that all you dream of will be yours and when you believe it you will see it.

Let's start with the easy areas...

BE

Here's where you really have to start to think about, who it is you want to be, how you want people to remember you, and most importantly, what's important to you...

- **Spiritual:** meditation, church etc.
- **Emotions:** which top ten to feel daily, I just am
- **Friendship:** who, how many, what level
- **Family:** what do you want to them to feel, how do you want the relationships to be
- **New Identities:** who do you choose to be
- **Roles:** what are your roles, daily, weekly, monthly
- **Values:** and rules

DO

Now we can get a little more adventurous, let's look at the things you want to do, the places you want to go and the experiences you want to have in your life...

- **Major Achievements:** Business, family, investing, and sports/hobbies
- **Awards:** which ones, from whom, what for
- **Donations:** time/money, which charities, functions, amounts
- **Kids Money:** how much, when, what rules etc.
- **Sporting/Special Events:** which ones, where and when
- **Holidays:** where, how many weeks per year, what class of travel
- **Hobbies:** what, how often, at what level
- **Nature:** where, what, how often
- **Health:** diet, vitamins
- **Fitness:** what exercise, where, how long
- **Seminars:** how many a year, what subjects
- **Restaurants:** where, how often, which ones
- **Shows:** which ones, where, how often
- **Fun Times:** friends etc.

HAVE

Here we'll explore the physical things, toys or should I say, 'stuff' you want to have...

- **Houses:** How many, where, worth, beds/baths, other rooms, views, outside, fixtures and fittings
- **Cars:** make, model, year, color, interior type and color
- **Boats:** make, model, feet, color, interior, no. of berths, names, year, Jet skis
- **Planes:** make, model, year, interior, range, pilot's names, Jet/prop, base airport, name
- **Helicopters:** make, model, year, fit-out, range, name, home base
- **Bikes:** push, motor, road, dirt, registration plates, color
- **Jewelry:** his/hers, watches (make, model, metal/color stones), necklaces (metal/color, stones, weight), rings (metal/color, stones, weight), bracelets and bangles (metal/color, stones, weight)
- **Furniture:** luxury, antique, contemporary, modern, etc.
- **Electronics:** Stereos, DVDs, VCR's, Computers, Games, telescopes, Kitchen, cameras, toys, phones, tools, motorized tools, garden tools, appliances, TV's, cinemas
- **Art:** paintings, sculptures, photographs, memorabilia, prints, waterscapes
- **Pets:** dogs, cats, birds, guard dogs, fish, etc.
- **Clothes:** brands, shops you are well known in
- **Library:** subjects, no. of books
- **Investments:** Self-managed super fund
- **Properties:** residential, no. of and bed/bath, suburbs/areas, blocks of units, monthly passive, total value per year etc.
- **Shares:** Options, warrants, futures, equities, managed funds, blue chips, tech/biotech, mining, retail, transport, etc.
- **Cash:** bank accounts in what countries, how much cash in each
- **Businesses:** How many, turnover/profits, no. of employees, no. of offices/stores, industries etc.