

MATTMCWILLIAMS

Live with Passion. Lead with Purpose. Leave a Legacy.

The Dare to Dream Worksheet

Exercise 1: Explore your curiosity. Delve into your past. Chase some wild geese.

To find your true dreams, the things that really drive you, you first need to use your imagination.

Ask yourself the questions that most people never dare to ask:

What was I passionate about when I was a child?

Think back to when you were eight. What got you the most excited? It's OK to list things like exploring space, playing tag, or other seemingly "childish" things. That's the point.

The things that excited me the most when I was eight were:

Now, fast forward to when you were twelve. What changed? Why? Was it something someone said? A new relationship? Something you learned?

The things that excited me the most when I was twelve were:

What changed between age eight and twelve was:

What about when you were sixteen? What inspired you, motivated you, got you angry or made you want to act?

The things that excited me the most when I was sixteen were:

What changed between age twelve and sixteen was:

Now think of when you were twenty? What changed in those four years? Those eight years? Those twelve?

The things that excited me the most when I was twenty were:

What changed between age sixteen and twenty was:

The biggest different in my interests from ages eight and twelve to age twenty were:

What were my favorite subjects in school?

This often shows where your fascinations lie. What subjects interested you the most? Which ones did you excel in?

My favorite subjects in school were:

What am I fascinated by today? (No restrictions, no limits, no holding back. Anything is on the table here.)

Today, I am fascinated by:

What questions do I have that remain unanswered?

I've always wanted to know about:

When I daydream, what do I daydream about?

I often find myself daydreaming about:

Ignite your imagination. I've heard it said that your imagination is like a GPS system. It's powerful when used correctly, but in order for it to work, you have to turn it on first.

It's time to power on your imagination, delve into your curiosities, remember the long lost passions of your youth, and find your true dreams today.

Now ask yourself, which of the things you listed most surprised you?

The five things I listed above that most surprised me were:

Exercise 2: Look to the future. See what's possible. Write your script.

What do you want your life to look like?

It does not matter even one bit what your life is like today. What do you *want* it to look like?

One year from now. Five years from now. Ten, twenty, or fifty. Look into the future.

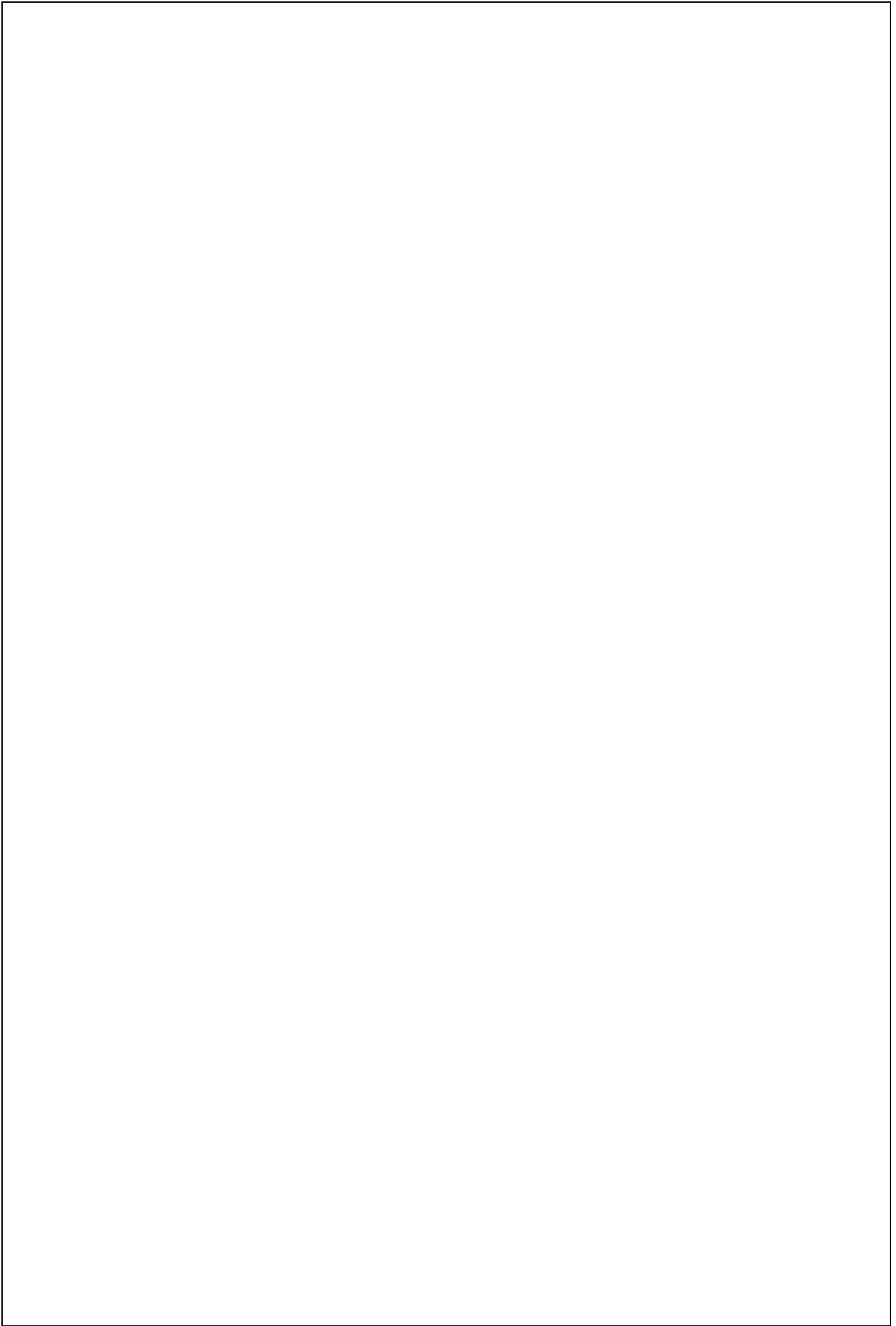
The key here is to invest every drop of your creative energy looking at the rest of your life, not focusing on what it looks like now. You cannot change the past, not even five minutes ago. Any time spent there is useless. It's wasted energy.

Ask yourself these questions that most people never dare to ask:

If money were no object, what would I do with my time? (Yes, it's cliché, but a powerful question to ask):

What do I truly want me life to look like?

I truly want my life to look like this (there is ample space for a reason – go into detail)



Who do I want to be?

The person I really want to be is:

What do I want to be (career)?

My perfect career is:

What does my ideal day, week, month, and year look like?

Picture your ideal day in vivid detail. When do you wake up? What do you do? Who do you spend time with? What do you learn? Where do you go? As with all answers, you may need extra space than what is provided below, but at least fill up that space.

My ideal day looks like this:

My ideal week looks like this:

My ideal month looks like this:

My ideal year looks like this:

What will be my major accomplishments in the next year? Next five years? Next ten, twenty, or fifty?

My major accomplishments in the next year will be:

My major accomplishments in the next five years will be:

My major accomplishments in the next ten years will be:

My major accomplishments in my life will be:

What type of legacy do I want to leave?

I want to be remembered as:

By my family:

By my friends:

By the people I worked with:

By the people who worked for me:

By my community:

By the world:

Write the script of your life. Write your own script. Not someone else's. Not the one your parents wrote for you. Not the one you saw on TV or read about in a book. Your script.

If I were to submit a one-page synopsis of the script of my life when it is done, it would read as follows:

Exercise 3: Work back to today. Make it real. Take action.

You've looked to the past, you've looked to the future, and you've explored your curiosities and imagined what can be.

Now let's make it real. Let's make it present-tense.

It's time to ask yourself these questions that most people never dare to ask:

What will it require of me to live the future I've dreamed of?

To live the life I've envisioned, I must do the following:

Physically:

Financially:

Spiritually:

Other:

What type of information or skills must I learn to live that future?

To live the future I've envisioned, I must learn the following information or skills:

Who must I become to live that future?

To live the future I've envisioned, I must become:

What immediate changes must I make?

To live the future I've envisioned, I must do the following in the next:

24 Hours:

Week:

30 Days:

What beliefs must I change?

To live the future I've envisioned, I must change the following beliefs:

Who can help me get there?

To live the future I've envisioned, I will enlist the following people to help me:

Now ASK those people to help you.

This boils down to one simple question:

What would it take to get from where I am now to where I want to be?

Few people dare to ask that question. Even fewer choose to act on it.

When you ask that question and you take the time to actually answer it, you unleash the power of your creative mind. You unleash the spirit you were born with. You unleash the World Changer inside of you.

You will find your true dreams and live them out every day. Full of meaning. Full of purpose. Full of joy.

People will be drawn to you. People will follow you. You will lead others to find their true dreams.

To the life of your true dreams!