

Your Dream Day Guide



Think about the imagination of most children. Their futures are filled with promise and potential. *Anything* is possible for them.

They are able to ***dream!***

We were once those children:

1. Our careers would take wherever we wanted to go.
2. Our relationships would be like a fairy tale.
3. Our lives would be as wonderful as we could imagine!

Along the way to adulthood, we forgot that having an imagination is a key aspect of enjoying life. Without dreams, we just live day to day in an endless loop of existence. As children we were ready to conquer the world, now it seems we are doing all we can just to survive.

It doesn't have to be that way. It is time to find that sense of wonder again and begin **Changing Your Equation!**

By following this Dream Day Guide, you will take this first step on the journey to your Ideal Future. Along the way you will discover:

- All you ***hope*** for...
- All you ***dream*** of...
- All you ***believe*** is possible.

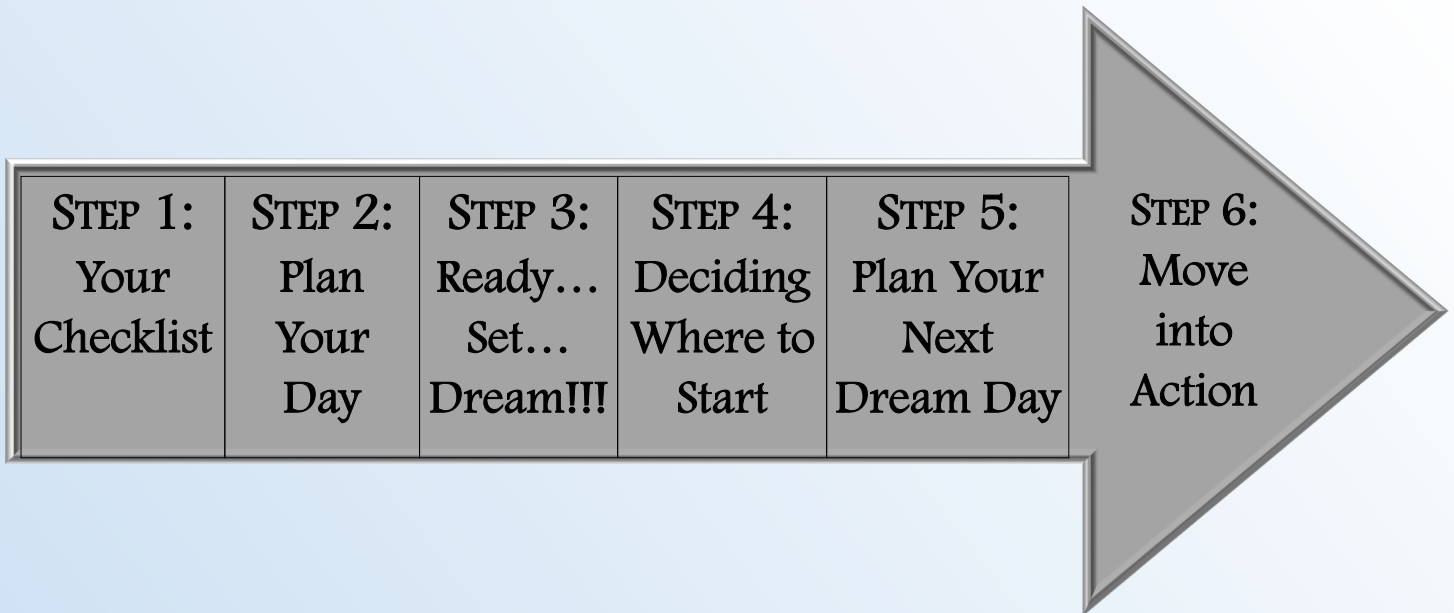
GO AHEAD, START CHANGING YOUR EQUATION!

www.ChangingYourEquation.com

CHANGING YOUR EQUATION

Starts with your Dreams!

The steps in this guide will help you plan your Dream Day. As you go through the process, keep an open mind to imaging all that is possible.



Once you are ready to Move into Action, use the tools in the book, *Changing Your Equation*, to start living the life you want to live...
the life you ***deserve*** to live!

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STEP 1: YOUR CHECKLIST

Distractions get in the way of dreams! Use this checklist to ensure you are prepared to focus.

- Spiral-bound notebook**—The act of writing dreams down make them more concrete. Forgo your electronic devices and use the old-school approach!
- Pens/Pencils**
- Drinks**
- Snacks**
- Beach towel/blanket**
- Weather related items**—A jacket, umbrella, gloves, bug spray or sunblock, whatever you need to be comfortable.
- Make sure cellphones are shut off or on silent**—Personal electronics are the biggest distraction! Do not use them during this time.

Notes:

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STEP 2: PLAN YOUR DAY

Dream Day doesn't happen by magic. It must be a special event, a holiday for your future. Fill out these questions to make it a date!

- ↔ **Are you going alone or bringing someone with you?** List who you are involving in this process and make sure you talk through this guide before you leave.
- ↔ **Choose a place to go, somewhere you can quietly sit, reflect and write for at least an hour or two.** This could be a park, museum, library, café—just get out of the norm. Go somewhere different.
- ↔ **Pick a place ahead a time for lunch or dinner.** Again, make this a special treat, something to use as a reward for a job well done. Planning it ahead of time takes the stress out of the moment.
- ↔ **Finalize all of the other logistics ahead of time.** Plan the route you will take, the time you will leave, arrange for baby-sitters, pet care and anything else that might cause a distraction in your day.
- ↔ **Make your commitment and set your ground rules.** Dream Day is a time without judgement. If it is something you dream about, it goes on the list. Discuss and/or determine what your personal and rules ahead of time.

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STEP 3: READY...SET...DREAM!!!

- ↓ On the next page, you will find the questions you need to start your process of dreaming. To help organize your thoughts, write each one of these questions on a page of your notebook.
- ↓ Once you are settled in, all comfortable, relaxed and prepared, then start to go through page-by-page to answer the questions.
- ↓ If you are with someone, work on your lists as individuals at first, and then create a joint list for your life as a couple/family.
- ↓ In the end, some of these pages will be filled, while others might be almost blank. That is okay—it is your list! Just really be honest with yourself and give yourself permission to list everything. Sure, not everything may be accomplished but it gives you a great starting point to focus on.
- ↓ The steps that follow will transform your dream list into a map for your life's equation. Using the book, *Changing Your Equation*, will put that map into motion.

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STEP 3 CONTINUED: QUESTIONS FOR READY...SET...DREAM!!!

Using your notebook, title pages with the following questions.

Then go through, page by page, and start making your dream list:

- 1. What would you change about your life or those you love if you could do it in an instant?**
- 2. If you had more spare time, what would you do?**
- 3. What makes you happy?**
- 4. What were your childhood dreams that didn't come true?**
- 5. What relationships do you desire to develop?**
- 6. What experiences do you wish you can have?**
- 7. Where would you like to be in your career?**
- 8. What material possessions do you want to obtain?**
- 9. Where do you see yourself in 5, 10 and 20 years?**
- 10. If you were to look back on your life at the end, what is the legacy you would like to leave?**

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STEP 4: DECIDING WHERE TO START

This step summarizes the 10 questions you have just answered into an actual list of dreams you hope to fulfill. The questions of “Why” and “What difference” are added in as a measure of just how important the particular item really is to your Ideal Future.

Using your notebook, make this grid with as many lines as you need:

In this column, list the dreams from the previous pages you want to make a reality.	Use this column to answer the question: “Why is this important?”	In this column, answer the question, “What difference or value will it bring to my life?”	Use the book, Changing Your Equation, to answer this final question: “How can the life equation be used to make this all

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STEP 5: PLAN YOUR NEXT DREAM DATE

The final step before the Dream Day is done, is to set a date for a follow up planning session!

- ➔ Book a day, place and time so you will be set to take the next step— Move into Action.
- ➔ This step can be found at the end of the introduction chapter in the new book, Changing Your Equation, Moving Towards your Ideal Future.
- ➔ The Dream Day process is designed to help you be totally prepared for the life changing approach that is detailed chapter by chapter in Changing Your Equation.

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When you are ready to start the journey to your Ideal Future, go to www.ChangingYourEquation.com.

There you will find more information on the book, programs and services.

You deserve the chance to live your life to its fullest potential and we are here to help.

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