

Lesson 1: Pursuing Your Dream

Lesson Objectives: By the end of this lesson, you should be able to:

- list the three questions you should ask before pursuing your dream
- list two strategies to employ when you pursue your dream

Lesson Summary:

At one point or another, you've probably been encouraged to pursue your dream and do what you love, but is it worth it? What if you try for years and fail?

To help address this challenge, this lesson discusses the three questions you should ask before you pursue your dream:

1. **What exactly is your dream?** Is it to be an actor? Do you dream of fame? Maybe you dream of being a real estate agent or you just want to be wealthy. Getting clear on what you really want is the first step.
2. **What exactly does your dream entail?** Often, people give up on their dreams for the simple reason that the dream doesn't turn out to be what they expected. Consider a person who opens a bakery because she loves to cook. As soon as her bakery opens, she realizes that she has a lot of other work to do besides making cupcakes, like washing dishes, bookkeeping, sweeping floors, and cleaning ovens.
3. **What exactly will it take to achieve your dream?** Few people know what it truly takes to achieve their dream. For example, many actors go to Los Angeles, but then what? How many have a step-by-step plan to achieve their dream of becoming an actor?

Once you answer these questions, there are two simple action steps to take:

1. **Set yourself up for constant victory.** Break your dream into the smallest steps possible, and celebrate every time you complete one! These little celebrations will convince you that every day, week by week, month by month, you are getting closer to your dream.
2. **Take the biggest risks you can possibly afford.** Dreams are not easy. If

they were, they wouldn't be dreams. Chances are, if you do the minimum or do what everyone else is doing, your dream will not come true. Taking big risks can catapult you into Dreamland. Ask yourself, every step of the way:

- What can I do that is different, new, and bold?
- What's the worst that can happen if I do it?

Many of your calculated risks will fail. But not all of them will and if you can stomach enough of them, your dream will come true.

Review Questions:

- What if your dream doesn't entail what you thought it would? What then?

- In the lesson, Peter told the story of writing his first book and how he turned the book writing process into a celebration of constant mini victories. What did he do?

Homework Assignment:

Write down your dream. Describe it in detail. What exactly is involved? What are the costs for education, training, etc., that you need to pay to achieve the dream? Who do you know who is already living your dream?

Next, break your dream down into the smallest steps you can. The more detail you can provide here, the better. Use the Dream Worksheet in this lesson.

Class Activity:

Share with the group your dream. Allow others to ask questions and offer suggestions. Perhaps someone in the group knows someone who is living that very dream. Can they introduce you?

Additional Information:

For additional information on pursuing dreams, the absolute best thing is to find someone who is already doing it and communicate with that person. The second best is to interview someone who gave up on a dream. Ask friends, family, and internet buddies for help!

Fun Facts:

Harry Potter creator J. K. Rowling was so poor when she was trying to sell the first book in her series that she couldn't afford a computer or even the cost of photocopying the 90,000-word novel, so she manually typed out each version to send to publishers.

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