



DREAM

The Key Steps in the Process of Setting an Impossible Dream and the Worthy Fails Required to Change Your Belief About Failure



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DREAM THE IMPOSSIBLE DREAM

My mentor recommends that one of the best ways to grow personally and professionally is to change our association with the word “failure”.

CONSIDER THESE QUOTES

“I have not failed. I’ve just found 10,000 ways that won’t work.” — Thomas A. Edison

“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.” — Maya Angelou

“Do not fear failure but rather fear not trying.” — Roy T. Bennett

WHAT IS AN IMPOSSIBLE DREAM?

It is one goal, one measurable result that is beyond your current capabilities to achieve. Something you’d be excited to achieve, but you haven’t even tried because you believe it’s impossible. And you’re right.

Based upon who you are NOW, it is impossible. Yet, by implementing this process, you are going to become an entirely different person a year from now.

This workbook covers the key steps in the process of setting an Impossible Dream and the Worthy Fails required to change your belief about failure and what IS possible as you grow.

For more information, we recommend you check out the accompanying Begin Again podcast episodes links below (approximately 15 minutes total).

- 011 BA: Setting an Impossible Goal
- 012 BA: Taking on 100 Worthy Fails



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STEP ONE

Dream the Impossible Dream

Fill up a notebook (or this workbook page) with at least 20 ideas. Think about some impossible goals that you'd **BE ECSTATIC** to accomplish, but you're not going after it because you feel it's impossible.

It can be **ANY-THING**. Dream and explore without your doubting mind entering into the picture.

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STEP TWO

Pick One Goal (Not Two or a Few)

Picking one is all about helping you **BE**-come a **NEW YOU**. This process worked consistently over time will do the job of transforming you into a more capable leader and business owner.

Many times, you will find **ONE** that makes several of the others unnecessary.

CRITERIA FOR PICKING/RESTATING YOUR ONE IMPOSSIBLE GOAL

- Very specific/measurable (others should be able to agree it was achieved)
- Make sure **YOU** believe that it is currently impossible
- And it's **YOUR** true desire in your heart and you know your reason why
- Knowing that the process is worth it regardless of the outcome

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LIST YOUR ONE IMPOSSIBLE DREAM, DATE/TIME ACHIEVED AND EXACT RESULT THAT PROVES IT WAS ACHIEVED

MY IMPOSSIBLE DREAM

BY WHEN

HOW WILL WE KNOW



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STEP THREE

Yes, It's Impossible

Your brain is here to protect you. It's already going to town giving you all the reasons your impossible goal will not work. Let's honor your brain and take "dictation" of every possible reason your impossible goal will not work.

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I WANT YOU TO START WRITING ONE REASON PER LINE WHY YOUR GOAL WILL NOT WORK!

Get every possible reason-- don't **STOP** until you get all of them.

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STEP FOUR

Strategies for Massive Action

Now, imagine someone who **COULD** achieve your impossible goal/dream. Perhaps because they have **ALREADY** achieved that and more.

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WRITE OUT YOUR ANSWER TO THESE FOUR QUESTIONS

WHAT QUALITIES DO THEY HAVE THAT YOU NEED TO DEVELOP?

HOW DO THEY THINK DIFFERENTLY THAN YOU?

WHAT DO THEY DO THAT IS DIFFERENT FROM WHAT YOU DO?

WHAT TYPE OF PERSON DO YOU NEED TO BECOME TO ACCOMPLISH THIS IMPOSSIBLE GOAL?



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STEP FIVE

Embodying the Future You

Now, below, ask your future self how you **OVERCAME** each of the obstacles on the earlier list. For each numbered item 1-20, give your brain a new job. **FIND MY ANSWER.**

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WRITE YOUR STRATEGY FOR EACH ONE.

Take your time, create your clear path.

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STEP SIX

Brainstorm Your Epic, Worthy Fails

Now, it's time to fail.

Let's have gratitude ahead of time for all of the ways you are going to grow this year.

Remember, if you do not stretch beyond what you can already do...you will never experience anything exciting or new.

Your Worthy Fails are **NOT** activities. They are results you will attempt to get. And the best part is you will end up with strategic byproducts from even your attempts if you play full out.

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NEXT, BRAINSTORM ACTIONS YOU CAN TAKE FOR THE NEXT 3 MONTHS WHERE YOU WILL MOST LIKELY FAIL AS YOU ATTEMPT TO ACHIEVE YOUR IMPOSSIBLE GOAL/DREAM.



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STEP SEVEN

Commit to 25 Worthy Attempts
over the next 3 Months

NOW, COMMIT TO 25 ACTIONS/RESULTS YOU ARE COMMITTED TO TAKING OVER THE NEXT QUARTER, EVEN THOUGH THESE COULD END IN "FAILURE".

Make sure to post these 25 in a visible location as a reminder of your journey of growth over the next 90 days.

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