



REVIVE YOUR *Dreams* AND TRANSFORM YOUR LIFE



“WHERE DO I START” GUIDE



It's time to get started! Discover the motivation you need to activate your momentum and finally see your DREAMS become your REALITY!

In this step-by-step guide, you'll learn how to focus in on what you really want, how to create a mindset for success and how to put steps and goals into action.

I have shared these nuggets with women for several years now, with AMAZING results. Now it is time for me to share them with YOU!

C'mon, your DREAMS are waiting!

KathleenEllisLifestyleDesign.com



Kathleen Ellis
LIFESTYLE DESIGN



DARE TO BELIEVE

If you don't, who will?

"Without faith it is impossible..." Hebrews 11:6

REPROGRAM

Rejuvenate your thoughts and words.

"...be transformed by the renewing of your mind." Romans 12:2

ELIMINATE

Wipe out excuses, toxic people and obstacles.

"forgetting those things that are behind..."

reaching out for the things ahead." Philippians 3:13

ASK & APPLY

Speak life to your goals and work for them.

"...you have not because you ask not..." James 4:2

MOBILIZE

Prepare, organize and be ready for battle.

"...for the dream comes with much effort... Ecclesiastes 5:3

—KATHLEEN ELLIS, ABUNDANT LIFE EXPERT

Your DREAMS should be BIG, AUDACIOUS... and just a little bit SCARY!

*"Always dream
big DREAMS.
Big DREAMS
attract big people."*

~David Liniger, CEO REMAX

JUST BEGIN. Take the time to DREAM, IMAGINE and THINK. What are the DREAMS you've forgotten about, dismissed as impossible or given up on and settled for?

"It doesn't take any more energy to create a BIG dream than it does to create a little one." ~ Gen. Wesley Clark

1. **WRITE YOUR DREAMS and BE SPECIFIC**

Research shows that the 7% who reach their dreams and goals are the ones who WRITE them down. Make your description so detailed that you can see yourself being it, having it and doing it. Vague dreams = Vague results.

"Write the vision down and make it plain..." Habakkuk 2

2. **VISUALIZE YOUR DREAMS as if THEY HAVE ALREADY HAPPENED**

Close your eyes and picture what it would be like after your dreams come true!

"Where there are no goals, neither will there be significant accomplishments; there will only be existence." ~Anonymous

3. **CREATE A DREAM BOARD and DREAM BOOK**

Fill them with pictures, words, scriptures and quotes that support your visions.

"Your brain can achieve a lot more when you effectively use the power of visualization." ~Dave Martin, Success Coach

4. **BREAK DOWN ACHIEVING YOUR GOALS INTO MEASURABLE STEPS**

What can you do TODAY, this WEEK, this MONTH and this QUARTER to make progress toward your DREAMS?

"How do you eat an elephant? One bite at a time!" ~Unknown

5. **MAKE YOUR GOALS ATTAINABLE**

Your dreams and goals should stretch you, but they should also be realistic and your steps achievable with what you have now and can increase as you grow.

"God gives us dreams a size too big so we can grow into them." ~Unknown

6. SET a DEADLINE

Create a sense of urgency and hold yourself accountable to a time frame.

"Without deadlines and restrictions, I just become preoccupied with other things." ~Val Kilmer

7. KEEP YOUR DREAMS CONSTANTLY IN FRONT OF YOU

Look at your Dream Board and Dream Book DAILY! What you FOCUS on you BECOME so make it a habit to revisit your dreams each morning and evening.

"Success comes to those who are success-conscious. Failure comes to those who are failure-conscious." ~Napoleon Hill

8. SPEAK THANKSGIVING and VICTORY

CONSISTENTLY thank God for making your DREAMS a REALITY. SPEAK positive-LIFE filled words over your dreams. DON'T cancel them out with negativity or doubt!

"Focus more on your desire than on your doubt, and the dream will take care of itself...Your doubts are not as powerful as your desires, unless you make them so." ~Marcia Wieder

9. REMAIN FLEXIBLE

Realize that sometimes "things happen" and we need to adjust here and there...and that's OK! The important thing is that you do not lose sight of the goal and stay on track.

"Be infinitely flexible and constantly amazed." ~Jason Kravitz

10. CONTINUE TO ACT AS IF YOUR DREAMS HAVE HAPPENED

Think about how you would act, dress and speak when that BIG DREAM has manifested itself.

"Believe and Act as if it were impossible to fail!" ~Charles F. Kettering

STAY ON TRACK by...

- Investing in your dreams AND in others: time, money, energy - whatever it takes!
- Not getting distracted! STAY focused on the end result and the steps to get there.
- Surrounding yourself with "cheerleaders". Carefully select those who you allow into your inner circle and BEWARE of the "Dream Stealers"!
- Starting NOW! Stop procrastinating.
- EXPECTING to succeed.

"If you think you can, you CAN...and if you think you can't... you're right!" ~Mary Kay Ash



Let's get started TODAY! Begin the journey to seeing your DREAMS become your REALITY!

If not TODAY... WHEN? IF not YOU... WHO?

*"You have everything you need to succeed already on the inside of you...you are a DIAMOND in the rough. Apply the pressure necessary to SPARKLE and SHINE the way you were CREATED TO BE!"
~Kathleen Ellis*

What is my biggest dream: _____

How will it make me feel to achieve this dream: _____

What is my biggest obstacle: _____

What is a solution that I can apply: _____

Break it down. What action can I take to make this dream a closer reality...

TODAY: _____

THIS WEEK: _____

THIS MONTH: _____

THIS QUARTER: _____
