

These are the life dreams of _____ as chosen this _____ in the year 201_____

DREAM BUILDER

The ACTION Dream Builder Process ...

1. **Idealization.** Complete these pages making sure you describe your most ideal life. Shoot for the stars and at the very least you'll hit the moon.

HAVE ... here we'll explore the physical things, toys or should I say, 'stuff' you want to have.

Houses ... how many ... where ... worth ... each one ... number of beds/baths/other rooms, views, outside, fixtures and fittings.

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Cars ... make, model, year, colour, rego plate, interior type and colour.

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Boats ... make, model, feet, colour, interior, no of berths, names, year, Jet Ski.

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Planes/Jet/Helicopter ... make, model, year, interior fit-out, range, pilot's names, jet/prop, base airport, name.

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Bikes ... motor, road, dirt, mountain, colour.....

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Jewelry ... his/hers, watches (make, model, metal/colour stones), necklaces (metal/colour, stones, weight), rings (metal/colour, stones, weight), bracelets and bangles (metal/colour, stones, weight).

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Furniture ... make, model, colour, type, colour, age, antiques, modern, designer, brands...

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Electronic Stuff Stereos, DVD's, VCR's, Computers, Games, telescopes, Kitchen, cameras, toys, phones, tools, motorized tools, garden tools, appliances, TV's, cinemas.

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Art ... paintings, sculptures, photographs, memorabilia, prints, waterscapes.....

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Pets ... dogs, cats, birds, guard dogs, fish.

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Clothes ... brands, shops you are well known in.

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Library ... subjects, no of books.

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Investments ... self-managed super fund.....

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Properties ... residential, no of and bed/bath, suburbs/areas, wealth wheels, blocks of units, monthly passive, total value per year.

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Shares ... options, warrants, futures, equities, managed funds, blue chips, tech/biotech, mining, retail, transport.

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Cash ... bank accounts in which countries, how much cash in each?.....

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Business ... Annual Revenue/profits, no of customers, no of offices/stores, industries served.....

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DO ... now we can get a little more adventurous; let's look at the things you want to do, the places you want to go and the experiences you want to have in your life.

Major achievements ... business, family, investing, sports/hobbies

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Awards ... which ones, from whom, what for?

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Donations ... time/money, which charities, functions, amounts?

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Kids money ... how much for them, by when, what financial rules will they learn/use?

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Sporting/special events ... which ones, where and when?

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Holidays ... where, how many weeks per year, what class of travel?

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Hobbies ... what, how often, at what level?

Nature ... where, what, how often?

Health ... diet, vitamins.

Fitness ... what exercise, where, how long?

Seminars ... how many a year ... what subjects?

Restaurants ... where, how often, which ones?

Shows ... which ones, where, how often?

Fun ... what kind, how often, with whom?

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BEING ... here's where you really have to start to think about who it is you want to be, how you want people to remember you, and most importantly ... what's important to you.

Spiritual ... meditation and/or church.

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Emotions ... which top ten emotions do you want to feel daily, ...

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Friendship ... who, how many, what level?

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Family ... what do you want to them to feel, how do you want the relationships to be?.....

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New Identities ... who do you choose to be?

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Roles ... what are your roles, daily, weekly, monthly?

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Values ... values, ethics and/or rules that you value most

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2. **Visualization.** Invest 10 minutes each morning and 10 in the evening with your eyes closed visualizing everything you have written about, dreamt about and thought about in your mind as if it's already real. Also, buy a large pile of magazines, several large sheets of card, scissors and glue and cut out words, pictures, events, places and things that form your dreams. Then create a large collage of your dreams. This is what we call a Dream Chart.

3. **Verbalization.** Make a list of (at least) 21 "I AM" statements about your future self. Describe traits you want to build on, or more specifically, those you will need to become the person you need to become in order to do the things you

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need to do, so that you can have and experience all you dream of. Say these out aloud every single day, **at least twice**, with as much passion, volume and desire that you possibly can.

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21.

4. **Materialization.** Choose every day that all you dream of will be yours and when you believe it, you will see it. Use the words:

“I now choose ...”