



ASPIRE
It's your life

Dream Catcher Program



Dream Catcher Program **ASPIRE** *It's your life*

THANK YOU!

Thank you for joining us for the Dream Catcher workshop. The Dream Catcher program consists of three steps:

STEP 1 = Reflect - COMPLETED

The program starts by attending a 2-hour workshop called Creating your Intentions – A Mindful Approach. This session has been tailored to help you articulate your Dream Catcher.

STEP 2 = Write

After completing the workshop your momentum will continue with a small amount of private writing, homework that will allow you to develop and expand on your ideas.

This is where you harness the freedom of your thoughts and start defining your version of success. All of the activities to complete this step as listed below.

STEP 3 = Focus

You will then come together for a private session in the Aspire office to help you focus your Life Vision and put together your Dream Catcher ready to be published.

"Action without vision is only passing time, vision without action is merely daydreaming, but vision with action can change the world."

Nelson Mandela

Step 1 has been completed so what's next ...

To be able to experience true fulfilment in our life, we need to honour our own truth and

embrace our own uniqueness. Sometimes this is not an easy thing to do when our life becomes crammed with meeting the multitude of demands that we have allowed into our own sphere. When our life is a collage of responsibilities, it's easy for the voice inside us to become muffled and inaudible as we slowly lose touch with that little spark within us over time.

Feeling tired, overwhelmed, uninspired and wondering if this is as good as it gets, we propel ourselves throughout our day by means of duty and obligation rather than being fuelled by inspiration and the pull of what ignites us most.

So the starting point of turning all of this around is to carve out a little corner in our life for a time so that we can find the solitude, the peace and the space to allow our true self to surface once again. As Lao Tzu once said "Knowing others is intelligence, knowing yourself is true wisdom. Mastering others is strength, mastering yourself is true power".

Once you have reunited with your true self, then you will have the power to go about making decisions about how to create the life that you are worthy of. All of a sudden, you can allow your dreams to bubble up of their own accord, you can set a vision and intention for how you'd like your life to be. And best of all, in rediscovering who you are, you will reignite that spark within you in such a way that you will feel compelled to honour the process of bringing your dreams and vision to reality.

Over the next four weeks we encourage you to continue the journey we have started within the Dream Catcher workshop by completing the below activities and carving out some time to reflect on these with your partner. This will form a great foundation for the next step of the Dream Catcher program with Aspire.

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ACTIVITY 1

This activity centres around helping you to get really clear about what your own values are:

1. Reflect on the list of values you created during the values activity during the Dream Catcher workshop. Now turn to page 22 in the mini-JOM Discovery book and review the list of values. Use both these sets of values as a guide to answering the following questions (please note that this is not a complete list and that you can also add your own)
2. Think about a time in your life when things were going well. Referring to the values lists above as inspiration; what things were present at that time that created the positive situation?

3. Now think of a situation or time in your life when things were not so going well. Again, referring to the values list, what things were absent at that time which resulted in how you felt about your situation?

4. Using the values you have identified created in the above activities, complete the following two sentences:

- ***I would be totally miserable if {insert core values} were missing from my life***

- ***I experience happiness and fulfilment when {insert core values} are present in my life***

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ACTIVITY 3

A life vision is a depiction of how we see our life at some point in the future. This can be next week, next month, next year or 10 years down the track.

Regardless of the timeframe, having a vision can be a very powerful, motivating force. It can point you in the direction of what you really want in life, rather than ending up somewhere by chance. This is not to say that everything defined in a vision will eventuate, but it will act as a guiding star for you to align your energies and choices with so that at the very least, you end up closer to experiencing the life you truly desire than if you hadn't embarked on creating a vision at all.

It's important to consider all the different elements of your life when creating your vision. Values will play a critical role in creating vision as they act as guiding principles for what needs to be present (and not present) for you to be happy as a person. In addition, you may like to use your intention statement completed in activity two above to guide your vision.

As much as possible, create a vision that speaks to and nourishes all the dimensions of life so that you can build a dream and a vision that sustains you in a balanced and holistic way.

PART A

To support you with identifying, articulating and refining your own vision, spend time answering the following questions. Then use your answers to form your own vision: Leave space to write answers below

1. What really matters to you in life (e.g. your health, loving relationships, freedom, security etc...)?

2. What would you like to have more of in your life?

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ACTIVITY 3

3. What do your true passions and your dreams consist of and how might they relate to your life vision?

4. If you imagine yourself sitting on a rocking chair at the end of your life, reflecting back over how your life has panned out, what is it that stands out as bringing you the most joy, fulfillment and satisfaction?

PART B

Bring your vision to life:

Once you've allowed yourself to paint a picture of your vision, take time to describe in detail how your life will be once you've achieved your vision.

1. How do you feel?

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ACTIVITY 3

2. What's your state of mind?

3. How do you spend your time?

4. What does an average day look like for you?

5. Where do you live?

6. What do you do for work?

7. Who do you spend your time with?

This is your opportunity to really fantasize about how wonderful your life can be. It's important to allow yourself time to do this as this will be a vision that you will come back to time and again as your source of inspiration and motivation.

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ACTIVITY 4

In our final activity we encourage you to dream big!

List 3 dreams that are most important to you:

Dream 1:

1. What experience will the realisation of the dream bring to your life (e.g. fulfilment, joy, freedom)?

2. What's the very next step for you to start realising the dream?

3. What obstacles stand in your way?

4. List two ways you could overcome/mitigate these obstacles?

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ACTIVITY 4

Dream 2:

1. What experience will the realisation of the dream bring to your life (e.g. fulfilment, joy, freedom)?

2. What's the very next step for you to start realising the dream?

3. What obstacles stand in your way?

4. List two ways you could overcome/mitigate these obstacles?

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ACTIVITY 4

Dream 3:

1. What experience will the realisation of the dream bring to your life (e.g. fulfilment, joy, freedom)?

2. What's the very next step for you to start realising the dream?

3. What obstacles stand in your way?

4. List two ways you could overcome/mitigate these obstacles?

Thank you for taking the time to complete the above four activities as part of the "Write" step within the Dream Catcher program. You are now ready for the final step of the program "Focus" by scheduling your Actions Meeting with the team at Aspire!