

# **Design Your** **DREAM Year**

A Simple Goal Setting Process That *Actually* Works

**by Tal Gur**

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*"If you don't know where you're going,  
any road will get you there."*

~ Alice In Wonderland

# INTRODUCTION

New Year's Eve. Once again you're about to make your annual set of New Year's resolutions. You haven't achieved last year's but 'what the heck' you say to yourself as you're about to commit to another set of resolutions in the name of tradition.

If this sounds familiar to you, you are not alone. Most people think about their goals and dreams too casually, eventually forgetting about them before the end of January.

You see, one of the reasons New Year's resolutions fall through is that most people don't take the time to make a winning game plan for achieving their dreams. In fact, people spend more time planning their birthday party than designing their future.

In order to achieve big goals, you need more than wishful thinking and sincere commitment to make it happen. You need a solid and proven process that will support you along the way.

The simple four step process outlined in this workbook is the result of my lifelong passion to identify the most effective program in attaining big goals.

In the last decade or so I have achieved all my major dreams using this process. I [obtained financial freedom](#) from excessive debt in less than a year,

I [completed an Ironman Triathlon](#) and kicked my smoking habit in 6 months. I [built a house](#) for a family in need with no building experience and no funds, and I [travelled around the world](#) without the need to ever go back looking for a job. Needless to say, I am a big believer in this process.

So, if you are truly serious about making your dreams come true and living the life you've always wanted, you've come to the right place. Now, stand back, take stock and get into it.

Your job is simple. Go through each step in this workbook, answer the questions as best as you can, and at the end of it you'll have a simple system to guide you through achieving your big dream within the next twelve months.

I am excited for you. I really am. The world is a better place when people pursue and live out their dreams.

Enjoy the journey!

*Tal Gur*

## **STEP ONE:** *Your (Big) 1-Year Dream*

*"Dream no small dreams for they have no power to move the hearts of men"*

- Johann Wolfgang von Goethe

Do you remember how easy it was to know exactly what you want when you were young? How simple it was to dream big and believe without a doubt that you can achieve anything?

Somewhere along the path of life we all became distracted and lost connection with our dreams. We ended up reacting to circumstances and meeting other people's needs, rather than acting out of conviction and with clear direction.

The truth is that most of us have been settling for less for too long. It is time we get back in touch with our innermost wildest dreams and devise a route to fulfill them.

I use the word 'wildest' for a reason. Small dreams have no power to drive your heart to its desire. There is no magic in small dreams. No fuel for inspiration.

My life experiences support this. When I trained for a short mini triathlon I found myself literally dragging my feet to the gym with no energy. I missed training sessions, continuously found excuses and ultimately quit.

The same happened when I tried to save a relatively small amount of money for an uninspiring vacation. I simply didn't have the discipline to follow through.

It was only when I allowed myself to be free of boundaries and truly follow my heart that I was able to stick to my goals and keep moving. In fact, setting "unimaginable" goals, which are worth striving for, makes the process easier, more fun, and very much imaginable.

So my first message to you today is this: Dream Big. Don't limit yourself and try to be practical with your choices of dreams. Possibilities are unlimited and more realistic than you think.

My second message is: Focus. Most goal methods don't work because too many of us try to change everything all at once. Our systems do not respond favorably to excessive amount of radical shifts, which usually cause us to abandon our grand dreams.

Years of engagement in goal setting processes have taught me a great deal about the benefits of focusing on one big dream at a time. It is extremely (and understandably) tempting to go and pursue all your big dreams at once but in my experience that usually translates into mediocre results.

Instead, in this workbook you'll narrow your list and focus on one big dream. By immersing yourself in only one area you'll be able to extract more wisdom and enjoy the finest quality of focused attention.

If you're worrying that one dream might not be enough for you, then I suggest you wait until you complete step two in this workbook. Every big dream has many sub-goals that accompany it so your plate will get full quite quickly.

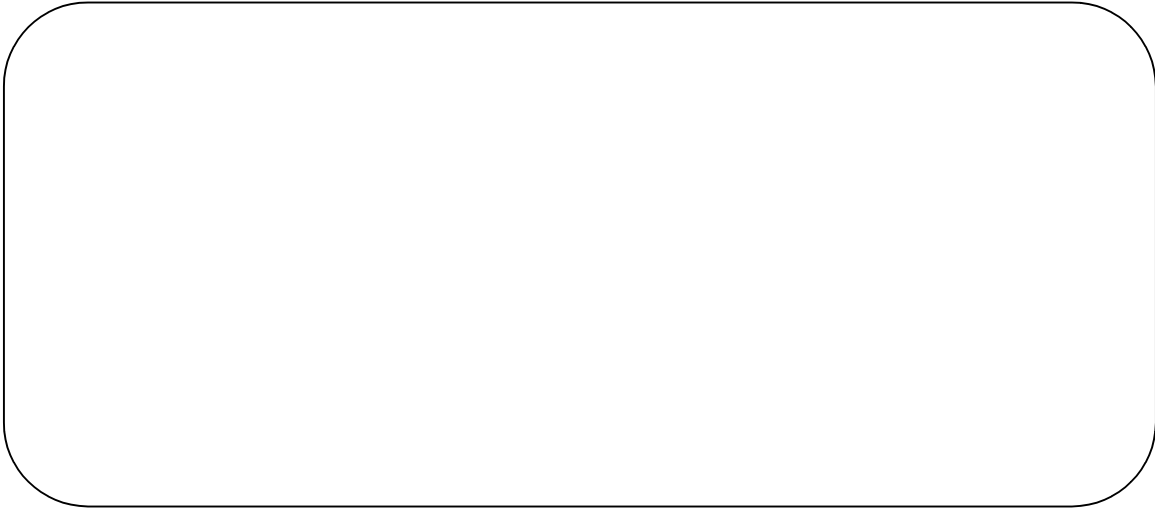
And, if at the end of step two you still think one dream is not enough, then simply shorten your one year deadline. I did it successfully with my Ironman Triathlon journey and numerous other goals completing them in 3-6 months. Whatever you decide, I encourage you to avoid the temptation to multitask and, instead, focus on one big dream at a time.

OK, with that in mind, let's get started.

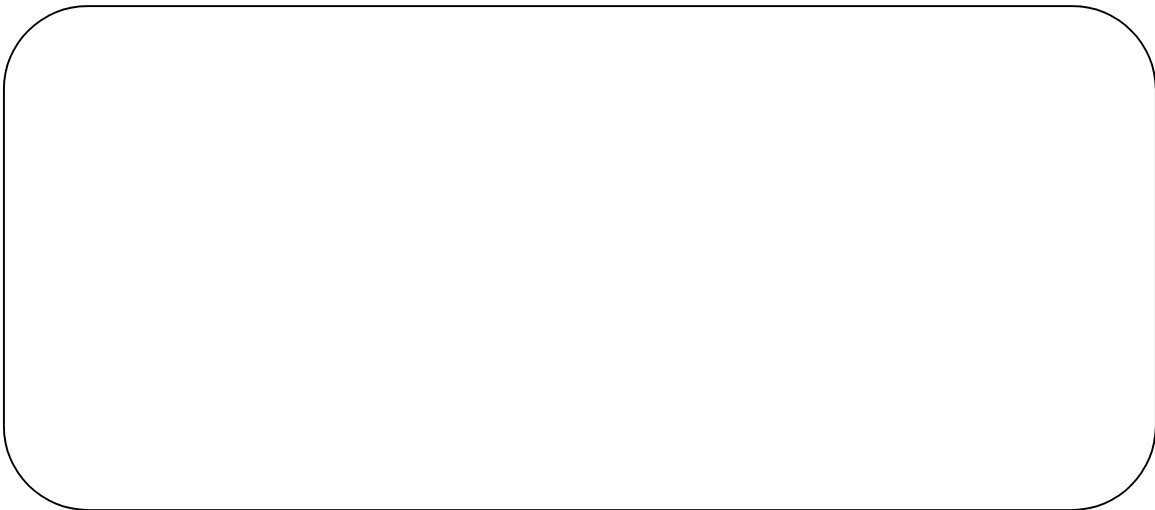
The questions on the next page are designed to help you identify and clearly define your biggest dreams. You'll then have the opportunity to choose one area of your life - an area you've always dreamt of taking to the next level - and pursue it well, with all your heart and soul.

Enjoy.

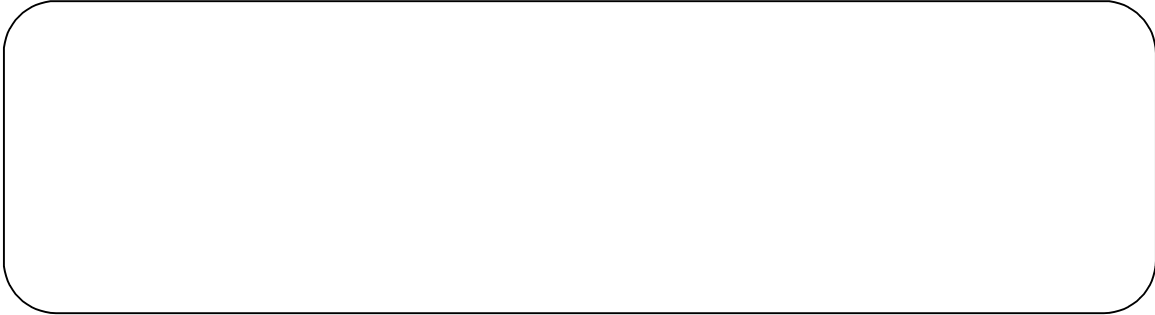
1. What is your **ultimate destination**? Describe the **vision** you have of yourself. (This means not just what you want to do, or have, but also what you want to be.)



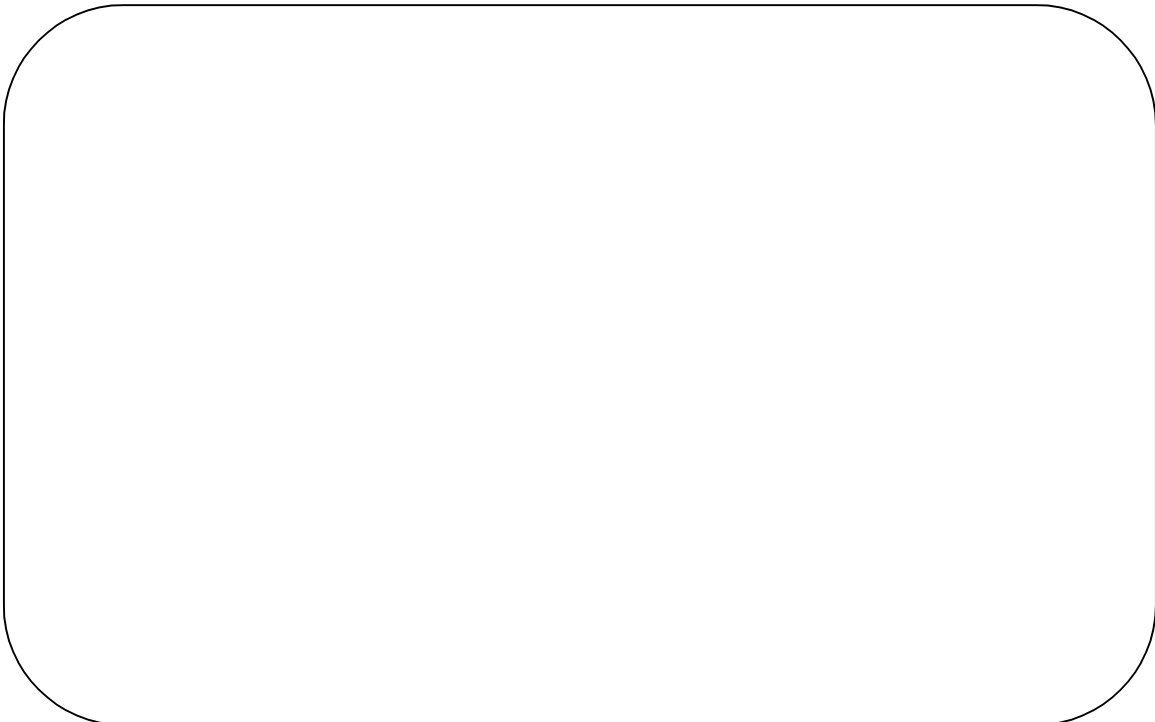
2. Regardless of whether they seem realistic or not, what are the **biggest**, most exciting **dreams** you want to manifest into your life? (Do not limit yourself and do not concern yourself with how you're going to accomplish them. For now, that is unimportant)



3. Which one of your dreams would you like to actualize **this year**? (Think about which one of your dreams would radically transform your life and give you most benefits)



4. **Why** did you choose this dream? What are the biggest **rewards** from pursuing it? Would working toward this dream bring you **satisfaction**? What would be the **biggest impact** from achieving this dream? What is at stake if you don't achieve this dream? What can you **learn** from this journey? How would you **feel** if you achieved your dream?



If you're finding it hard to complete the above four questions, consider the following prompts that can help you generate more ideas.

- What are you **passionate** about? What are you most **excited** in life? (Think of the things you absolutely **love to do**. These can be hobbies, work-related activities, spending time with friends or family, exercise or anything else you can think of.)

- What would you do if you knew you **could not fail**? If **anything was possible**, what is the first change you would start to make?

- When you were younger what were the top things you wanted to accomplish in your lifetime? What were the things you always wanted to **invent** or the places you always wanted to **explore**?

- What's one thing you would love to do **before you die**? What would you like people to say about you when you die? What would you like most to be **acknowledged for**?

- Who are some of the people you **admire** the most? What would you like to **emulate** about them?

- What area of your life can be **upgraded**? What area in your life can you work on that would make the **biggest difference** to your life? For your life to be absolutely perfect, what would have to **change**?

- *What's one way you could have more **fun** in your life? What can you do right now that would really put a **smile** on your face?*

- *What do you **value** the most? What do you want **more** of in your life? What do you want less? What does not support you?*

- *What do you **really, really** want...?*

Still stuck? Find yourself a quiet place with minimal distractions. Perhaps, go for a walk and take a notepad with you. Every time you get an idea, jot it down. If it still doesn't work give yourself a day off and try tomorrow.