

The DREAM WORKSHOP

The hope stirring within you for a peaceful, secure future is real, possible, and just waiting to be explored! Your needs and dreams are GOD'S OPPORTUNITY to show you His love and power.

Sometimes we don't follow our dreams or set goals because we:

Don't think we are worthy of a blessed life. *God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God.* (Ephesians 2:8) Blessing is not dependent on what we deserve, but on the abundance He *wants* to give. Because you were created by the heart of God for His plan and purpose, your true worth can only be measured by His standard. He loves you unconditionally, period. That is the truth you must believe and begin with.

Are afraid to try. FEAR has been defined as **F**alse **E**vidence that **A**ppears **R**eal. God knows our fears, our loneliness, our despair. But, He asks, "Do you know about Me? Do you know My love and provision?" Hold on to this promise: "*For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*" (2 Timothy 1:7)

Become overwhelmed with the challenges ahead or lack of resources. We never have to settle for just getting by if we remember that: *God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams!* (Ephesians 3:20 The Message)

Allow the past to overshadow hope in the future. It is easy to become our own worst enemy. We dwell on what God has forgiven and forgotten; on what *was* rather on *what can be*. That is not to say that emotional pain is not real, for it is. But we cannot heal if we do not choose to heal.

Author Stephen Covey wrote, "Being proactive means more than taking initiative. It means that we take responsibility for our lives. Instead of blaming circumstances, conditions, or chance for our behavior, we choose our own responses and make our own decisions."

The Good News is that we can find power in the present by surrendering to the will of God and to believing that He wants us to have an abundant life. Write your name in the Scripture promise below:

*The thief's purpose is to steal and kill and destroy. I (Jesus) came to give
_____ a rich and satisfying life. John 10:10*

As you fill out your **Dream Worksheet**, ask the Lord to do *exceedingly, abundantly, above...more than you can imagine!* (Hint: Use a pencil with an eraser because change is coming!) Are you ready to claim His promises and change your life?

- **SELECT 2 to 3 LIFE AREAS** from the list below
- **CHOOSE GOALS** you can reach by taking small, practical steps. Don't stress. No one is judging, but the Lord is standing by ready to bless.

LIFE AREAS:

SPIRITUAL: Intimacy with God, prayer life, studying God's Word, attending worship

SOCIAL-COMMUNITY: healthy relationships, joining small groups, volunteering

FAMILY: Relationships with siblings, parents, children, father of your child(ren)

PERSONAL DEVELOPMENT: Skills, hobbies, sports, seminars and classes

PROFESSIONAL: Career development, Education

HEALTH: Nutrition, exercise, weight management, habits

MY DREAM WORKSHEET

“A Goal is a Dream with Detailed Direction and a Deadline...” Jay Strack

WHAT I want to do: (to correspond with one Life Area) Be as specific as you can. As you write, you may find that there are several smaller goals within the WHAT. Those become your ordered list of HOW. Remember, this is YOUR dream, given to the One who created you and loves you, so take your time and let Him work in you and through you!

LIFE AREA: _____

GOAL: _____

WHY I want to do it: Attach a biblical principle or reason the goal is important to you. This is the most important sentence you will write. It will not only help you to start your goal, but to reach it no matter how many challenges come your way.

WHEN I want to accomplish this by: (Choose a date of # of weeks, months, years) Don't be frightened by a self-established deadline. This can always be adjusted! But giving yourself a timeline keeps you focused on the steps as well as the finish line.

HOW I plan to achieve my dream. Write down achievable, manageable steps and reorganize as you go. Most important – Enjoy the journey. Celebrate the accomplishments of each success and absorb what you can from failure. Make changes as you learn. An accountability partner or mentor (healthy relationship) can be a great help. Ask the Lord for one!

ORDER	INTERMEDIATE STEPS	DEADLINE
1.	_____	
2.	_____	
3.	_____	
4.	_____	
5.	_____	
6.	_____	
7.	_____	