

# LifeBooking!

## Session Three: Turn Your Dreams into Reality!

Hello my favorite LifeBookers!!

Welcome to session three, where we will turn your dreams into reality. Doesn't that sound magical? It's actually not. :) It's really just a practical effort to create actionable, doable steps for your goals.

Let's start with a little video party to get us started, hit "play" on the session three video!



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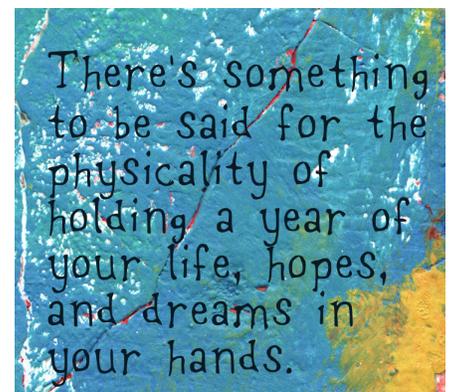
As I said earlier, I tried many digital productivity tools—Google tasks, iOS reminders, to-do apps, handwritten notes, to name a few. I quickly realized that I needed a dynamic system that reflected the big picture first, and then moved to the details and actionables of my days and weeks. Otherwise, I drowned in a steady stream of to-dos, checking them off like a productivity robot, without the heart and focus at the forefront.

This "big picture" focus is why the true power behind this system is the first few sections of the book, not the actual weekly task lists. These first items – the collections and big goals and life-categories and month themes – keep me focused, remembering the big picture behind my task-list. Reviewing these each quarter and placing them in their corresponding months keeps these important \*BIGS\* at the front. Then it all rolls into the day-to-day planner section. The intentional layout of this book emphasizes what is most important to me. It comes first in my organizational system. The rest? The tasks and to-dos? They come after, generated from these big picture goals.

Most traditional task managers just don't have the versatility and pliability that my own organized system offers. I use categories and deadlines and task lists just like the rest of them, but this is a multi-function cross-referencing, reinforcing, updating, focusing system that meets my needs and turns my dreams into reality. (Doesn't that sound fancy?)

**This system helps me prioritize the important elements of my life by keeping the big picture in the forefront at all times (sections, months, actionables, etc).** Plus, when I pick up my book, I'm literally holding my dreams in my hands. They are physical, doable, already real. Paper is real. Ink on the page is real. There's the element of real that comes with an analog platform that isn't as real in a digital platform. There's something to be said for the physicality of holding a year of your life, hopes, and dreams in your hands.

This is what happens when I list the various goals I have for my life categories. From these, I create my actionables that are very doable baby-steps in the direction of my dreams. "Great things are done by a series of small things brought together." ~Vincent van Gogh. Because I can see the year in full view, I pace myself and set realistic deadlines. These small actionables are not overwhelming, which is a VERY important dynamic.



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**So, keeping that "big picture" focus in mind, let's get to the practicals.**

We are going to use some of the goals you wrote down as homework in session one and begin to bring them to life! We will do this by taking the goal and breaking it down into realistic doable actionable steps. "Actionables" are the key to turning the impossible into possible. Don't believe me? Watch this...

Let's say I have a goal to meet Sandra Bullock next year, because GOSH I love her.

### "Meet Sandra Bullock"

Possible ways to achieve goal:

Get a degree in journalism and work for People magazine. Befriend someone from Hollywood and try to meet her on the red carpet.

\*\*\*Have a Playdate. (Yes, this sounds non-creepy to me. Don't argue. Go with it.)

Find out where she lives.

Move there.

Convince Drew that we should move there.

Find a realtor/friend who can help us buy a house.

Sell our house.

Get a realtor who can help us sell our house. Fast.

Hire a Private Investigator to find out where she likes to take her son to the park.

Take my girls to that park.

Homeschool them so we can be at that park every day.

Ask my homeschooling friends how to homeschool.

Say hello.

Say hello again the next time.

Next time: Find a common interest to talk to her about:

Space travel.

City buses.

Adoption.

Creativity.

Personal creative drive.

High school football.

Beauty Pageants.

Find something better. Google "Sandra Bullock Interests:"

Songwriting

Weird allergies: me = dairy, her = horses

\*\*\***TYBEE ISLAND GEORGIA = WINNER!!!**



So the plan in a nutshell: Move where Sandra Bullock lives and coordinate an impromptu playdate where I mention I'm from Georgia, near Tybee Island. See? TOTALLY DOABLE!! (Okay, I'm exaggerating. And being \*slightly\* unrealistic... But you get the picture, right?)

This is how you go after your big-daddy dreaming-big goals! One step at a time. Just like that little list of actions. When we take a big goal and break it down into smaller steps, we realize we really do have the capacity to get it done!

## HOMEWORK:

It's time to choose some of these goals and add them to your LifeBook! Grab the worksheets on our session three page and let's get going.

### 1) Pick out some goals!

Revisit "The Big 50" worksheet and the category goals worksheets. Mark the goals/dreams you wanna accomplish next year, no matter how big or how small. We are going to make actionable plans for these big-daddy dreaming-big dreams!! These plans will break down the goal into baby steps. How do you eat an elephant? One bite at a time. Some of your goals might feel like an elephant... But that doesn't mean you can't turn them into a list of bite-sized tiny achievable action steps!

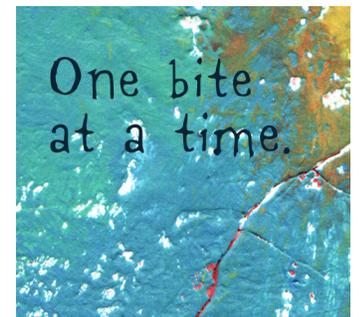
### 2) Let's break it down into actionable steps!

**For larger goals:** Print out an action plan worksheet for each of these goals you want to work on now, and create a timeline of steps to achieve your goal. Put deadlines in the right column, beside each little action. Take some time to just jot down the steps/actions needed to reach each goal. Just brainstorm how it would work, in practical doable steps. This is how great things are achieved. One bite at a time. One step at a time. One action at a time. And yes, these actionables and deadlines might shift as you move along in the process. That's okay. The important thing to do here is create a process. Write a step-by-step "roadmap" of the journey ahead so you can see that the destination is reachable. This plan will infuse you with confidence and help you to begin to turn these dreams into very real realities! (Hole-punch these and add them to the corresponding categories/sections.)

Some questions that might help you brainstorm your actionable steps (these are also included in the homework PDF):

- What resources do I need in order to achieve this goal?
- What people do I need to talk to?
- Where do I go to get these things?
- What do I need to learn more about in order to feel more competent in achieving this goal?
- What lifestyle changes do I need to make to achieve this goal?
- What are some small, doable steps I can take in the beginning to build momentum & confidence towards this goal?
- What are some medium-sized steps I can jump to after gaining momentum with the small goals?
- Which actionables feel the most impossible/scary? How can I break these steps into \*small and doable\* steps, making them more achievable?
- What are some of the roadblocks I might face in achieving this "big-daddy dreaming-big" goal? What resources or small steps will help me overcome these obstacles?
- What can I do to keep myself motivated? (stickers beside each step achieved, dance party for each goal achieved, favorite healthy snack when you do the impossible)

**For smaller goals,** just add them to your corresponding life category as well as a deadline for achieving this goal. You don't have to turn every goal into a detailed action plan. The action plans are for those big-daddy dreaming-big goals that will take quite a bit of effort and time!



## One Final Thought:

Fun fact: Building this e-course was one of my "big-daddy dreaming-big" goals. And an e-course has a LOT of steps to it. Honestly I didn't know if I'd be able to figure it all out. But I've got this actionable plan and I'm working it and here I am right now halfway through with writing the curriculum and you are halfway through this series, so let's stop and have a little dance party to celebrate. Shall we?

No, really! Celebrating little wins is one amazing way to foster momentum in achieving your big wins! Did you do a little dance, even if while sitting at your table with your book? Celebrate with me! And send me a quick reply letting me know if you danced! I can't wait to hear!

~mandy

*P.S. Are you ready for more? Up next in Session Four, we are going to build our Month Section of the LifeBook, which is just another fantastic feature of the secret weapon that is your LifeBook system. \*BOOM!\**

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