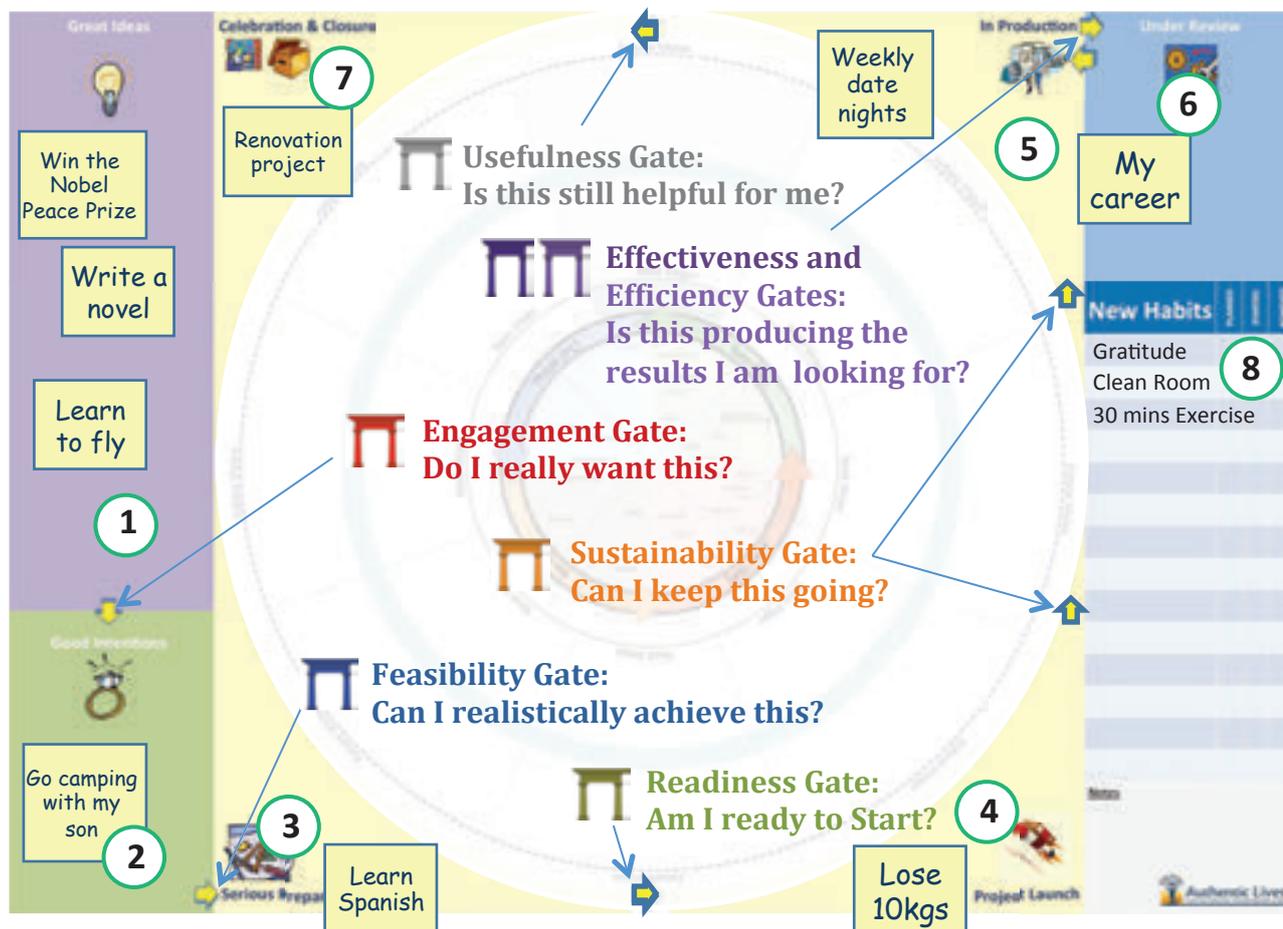


Step 2: Moving towards your Dreams

As you complete your Life Planner you may find yourself with a large number of dreams. The side panels of the Life Planner have been designed to help you prioritise your dreams and to allow you to start taking action to achieve them without feeling overwhelmed. Authentic Lives uses a portfolio approach to managing dreams. We use the analogy of a 'House of Dreams' with eight rooms where all your dreams, past, present and future reside. As in a real house, you move from one room to another through doors or gates. Each gate has a specific name and function which will be explained below.



1. The Room of Great Ideas

This room is for dreams or plans that have **NO START DATE** – “*One day*, I’ll visit Antarctica... *One day*, I’ll become Prime Minister...” If your dream hasn’t got a definite start date within the next twelve months, it’s just a ‘great idea’. This is the biggest room where most of your dreams are parked. Once your dreams have been stored here you don’t need to expend any more energy thinking about them, knowing you can retrieve them at any time whenever you wish to.

2. The Room of Good Intentions

From time to time, one great idea becomes more important than the others and moves into the *Room of Good Intentions* via the **Engagement** or **Desirability Gate**. Once through this gate, your dream will have an approximate time frame attached to it, e.g. “We’re going to get married in spring... For our family holiday next summer we are thinking of going on an Alaskan cruise.” The main issue to address in this room is **feasibility**: “Do I have the time, money or resources?” If the answer is “No”, then move the dream back into the *Room of Great Ideas*; if “Yes”, then it’s time to move the dream through the **Feasibility Gate** into the next room.

3. The Room of Serious Preparation

This is the single most important room in the House of Dreams. Countless dreams fail for lack of serious preparation. Just think of all the New Year resolutions you have made! Once you have decided you can realistically achieve a dream, and have placed it in this room, you will need to put together a **readiness** plan or checklist to ensure you have everything in place to give your dream the best chance of success. All dreams in the *Room of Serious Preparation* must have a **specific launch date** and you need to work backwards from that date to make sure nothing is left out that might jeopardise the success of your plans. You will notice this room is much smaller than the previous rooms. This is because as the dreams move forward they will demand more and more of your time. You should have no more than 3 projects in this room or you might feel overwhelmed. Assuming you have planned well and have completed all the tasks necessary to launch your dream, you are ready to move through the *Readiness Gate* into the next room.

4. The ‘Project Launch’ Room

New projects that have been launched inhabit this room for the first three to six months, not just the first day or week. The main question after launch is, “Is this **sustainable**?” If you find that your launch hasn’t gone according to plan, you may decide to move your project back to the *Room of Serious Preparation* and aim to relaunch when you are better prepared. Once you have sorted out teething issues, you are ready to move through the *Sustainability Gate* into the next room.

5. The ‘In Production’ Room

Dreams in this room are fully underway – they are becoming reality! You are living the dream! Enjoy it! Occasionally you may notice that the project is not going as well as you want it to go, in which case you may wish to send the project through the *Effectiveness and Efficiency Gates* where it can be reviewed and renewed.

6. The ‘Under Review’ Room

As its name implies, this is the room in which to fine-tune, repurpose or completely renovate your dreams, so that they might run even better than they already are. In terms of time management, you get more for your effort improving what is already in production rather than starting a new project from scratch. As you review your dreams however, you may discover that some may no longer serve their purpose or the context of your life has changed. In this case, you may consider moving these dreams through the *Usefulness Gate* into the *Room of Celebration and Closure*.

7. The Room of Celebration & Closure

All good things come to an end, and this holds true for your dreams, too. Dreams that go here are projects that have been completed, or those you have decided to let go of for now – there may be other dreams to bring to life! Without bringing some projects to a close, there would be no space for new projects to start. Make sure to finish well and to mark the ending of a dream with thankfulness and celebration.

8. The Room of New Habits

Not all new initiatives need to cycle through every room in the dream house. Sometimes you just want to get going with a new habit – like being more grateful by keeping a daily gratitude journal. Just mark it in the New Habits room and start! New habits take between twenty to thirty days to become established.

The Stand

If there is one thing we want to emphasise as you leave the workshop, it is this: for your dreams to become reality, you have to take practical steps to transform insights into action. You need to actively desire change and then actively do something about it!

This is the point of ‘The Stand’ – our final exercise:

1. Start by taking a look at what you wrote on the first page of the workbook. What did you intend to happen? What actually happened?
2. Next, reflect on the statements below and fill them in on your Value Sorter card or in the box below.
3. Finally, you will have the opportunity to share these statements in front of other workshop participants. Rehearse what you are going to say in your mind and when it is your turn, step forward purposefully, take a stand and make a firm declaration to yourself and to others. Think of this as your first, concrete step towards living authentically and intentionally for the rest of your life.

The Stand

My greatest personal insight during the workshop is _____

My commitment to myself is _____

One thing I’m going to start doing from now on is _____

