

# Making Dreams... Reality

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## Goals

- Define Dreams
- Look at own Dreams
- Write down a few of our Dreams
- Group our Dreams

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## Goals

- Prioritize our Dreams
- Pick a short term Dream
- Write an Action Plan to turn Dream into reality.
- Next week you are going to start making your dream into a reality!

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## Dreams ... what are they?

- According to Webster's dictionary
  - A sequence of images passing through a sleeping person's mind.
  - A daydream; reverie
  - A fond memory
  - Anything dreamlike

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## Dreams ... what are they?

- I would like to expand the definition to
  - Something we want to obtain.
  - A desire wanting accomplishment.
  - An exciting vision of our life's attainment.

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## Quotes

- "Dreams are the faithful interpreters of our inclinations; but there is art required to sort and understand them."

Montaigne (1580 – 88)

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## Quote

- “We often forget our dreams so speedily: if we cannot catch them as they are passing out at the door, we never set eyes on them again.”  
– William Hazlitt (1826)

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## Dreams ... what are they?

- How many people here have dreams or desired outcomes in the lives that **have not** happened yet?

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## Dreams ... what are they?

- How many people here have dreams or desired outcomes in the lives that **have** happened already?

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## Making Dreams... Reality

- The way to make a Dream into Reality starts as simply as writing it down.
- The Dream then becomes a Goal!!!!

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## Facts

- The Study.
  - In the 1950s Harvard University surveyed their graduating class. Twenty years later it contacted and surveyed the same class about their lives.
- Here are the results.

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## Facts

- In 1950, 5% of the class had written, well defined goals (dreams) of what they wanted to accomplish in their lives.
- 10% of class had vague notions of goals but they still in their head.
- 85% just planned to do the best they could. No specific goals in mind.

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## Facts

- Results?
- In 1970, the 5% of the class that had written, well defined goals were:
  - Much happier with their lives
  - Felt like they accomplished more than most
  - Felt in control of their lives
  - ***Made more money than the 95% of the rest of the class!!!***

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## Facts

- The only discernable different between class mates was tied to the ability to set and follow goals!

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- So which group would you like to belong to?
  - 95% with either fuzzy or no written goals?
  - 5% with goals?

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## My Choice!!!

–5% with goals?

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## What happens if we don't

- The most common cause of depression in senior citizens is the frustration between the gap of actual and dreamed life accomplishments!
  - Don't let this happen to you!

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## Good News!!

- It doesn't matter how young or old you are now, you can start making your dreams a reality.
- I am going to show you a simple method for doing it today!

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## The Key

- The key to making a dream into a reality is **WRITING IT DOWN!!!**
- An idea in your head is a dream and will not likely be accomplished.
- An idea written down is a tangible goal which can then be attained.

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## Getting it out of our head

- Step 1
  - Writing all dreams down as they come into our head.
    - It doesn't matter the time frame to accomplish them
    - It doesn't matter the order
    - It doesn't matter if you think you can or cannot accomplish them
  - The Goal is to just get the out of your head and onto paper!

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## Page 1 - Dream Catcher

- 1. Lose 10 pounds
- 2. Go to Hawaii
- 3. Get a promotion
- 4. Start exercising
- 5. Read a good book
- 6. Retire when I am 60
- 7. Begin playing piano again.
- 8. Make \$100,000.
- 9. Have a happy marriage
- 10. Ride my bicycle more

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## What have we got?

- Right now our random thoughts have left us with random goals.
- Next step is to group like goals together.

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## Groupings

- You can group your goals anyway you like.
- Here are helpful guidelines I have used to group goals.

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## Groupings (Write one group at top of each new page)

- Career Goals
- Family Goals
- Physical Goals
- Educational Goals
- Spiritual Goals
- Community Goals
- Financial Goals

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## Transfer dreams

- Now transfer each goal under the category that fits it the best.
- Here is what my goals would look like

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## Groupings

- Career Goals
  - Get a promotion
- Family Goals
  - Go to Hawaii
  - Have a happy marriage

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## Groupings

- Physical Goals
  - Lose 10 pounds
  - Start exercising
  - Ride my bicycle more
- Educational Goals
  - Read a good book
  - Begin playing piano again

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## Groupings

- Spiritual Goals
- Community Goals

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## Groupings

- Financial Goals
  - Make \$100,000
  - Retire when I am 60

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## Pick one Goal

- Put a star \* by it.
- I am picking “Ride my bicycle more.”

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## Make Goals SMART

- Specific
- Measurable
- Attainable
- Realistic
- Tangible

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## Is it SMART?

- “Ride my bicycle more.”
  - Specific? No.
  - Measurable? No.
  - Attainable? Yes.
  - Realistic? Yes
  - Tangible? Yes

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## Let’s make it a SMART goal.

- “Ride my bicycle more.”
- I rode my bicycle 1,300 miles last year.
- “I will ride my bicycle 1,500 mile in 2008.”

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## Convincing yourself to do it

- Pros
- Cons

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## Convincing yourself to do it

“I will ride my bicycle 1,500 mile in 2008.”

- |   |                               |
|---|-------------------------------|
| • Pros  | • Cons                        |
| – It will help me lose weight.                                  | – I will get too busy         |
| – It will reduce my stress level                                | – The weather may be bad      |
| – I will be a better husband because I will be in a better mood | – I will be too lazy to do it |
| – I will be a better boss                                       |                               |
| – I will improve my health                                      |                               |

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## Each “con” write a way to overcome it.

- I will get too busy.
  - I will plan to ride at lunch hour when I have nothing scheduled
  - I will ride 1 hour Saturday afternoon after completing my chores around the house.

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**Each “con” write a way to overcome it.**

- The weather may be bad.
  - I will ride my exercise bike instead for the same mileage.
  - If I miss a day, I will go the following day.
  - If I miss a day, I will ride 5 miles longer on subsequent rides until the loss mileage is made up.

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**Each “con” write a way to overcome it.**

- I am too lazy to do it.
  - Tell my wife what my goal is and have her ask me how I am doing each week.
  - Reward myself with a bowl of ice cream each week I make my goal.
  - Buy new bicycling jersey, shorts and gloves at the end of the year if I make my goal.

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**Break down our SMART Goal into “baby steps”.**

- “I will ride my bicycle 1,500 mile in 2008.”
  - 1,500 miles a year / 50 weeks = 30 miles / week
  - (30 miles / week) / (3 times / week) = 10 miles / ride
- So for me to accomplish my goal, I only need to ride 10 miles 3 times a week or 15 mile 2 times per week.
- I CAN DO THAT!!!!

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**Tracking your Goal.**

- Now that you have your baby steps to complete your goal, you need to track it.
- Here is how I do it
  - I have a cyclometer on my which tells me mileage.
  - I have a small notebook in by bike bag. Each week I put my total mileage in it and compare to where I should be.
  - If I am on or ahead of goal, I get my bowl of ice cream.
  - If not, no ice cream and I increase by one ride a week until I catch up.

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**Bicycle Tracking Log**

Week	Actual	Goal
1	33	30
2	68	60
3	75	80
4	98	100
5	122	120
6	145	140
7	170	160
8	188	180
9	203	200

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**Does it work?**



- I climb Mt. Kilimanjaro
  - I live at 6,000 feet for two years. (Peace Corps)
  - I ran three times a week.
  - I backpacked for 2 months before going
  - I went when the weather was dry and warm

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## Goals for your Life

- Now that we have seen how to make goals for our personal lives, let's see how we can use the same techniques to make our practice a success.

## Thank You

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