

Dream Designer

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Category	Domain	Current Rating (1-10, 10 is the best)	Current Priority (1-10 in Rank Order)	Vision (Describe in detail what a rating of 10 would look like, sound like, feel like)	Daily Habits (What is a habit that you could have each day that would move you closer to that vision?)	Routine (What existing routine could this new habit be inserted into? Start of Day, Morning, Evening, End of Day)	One- Time Next Steps (What one time actions for your vision can be scheduled in your calendar?)
Career	Content of Work						
	Level of Rewards						
	Level of Effort						
	Skill Level						
Health	Fitness						
	Emotional						
	Spiritual / Faith						
Relation- ships	Partner / Dating						
	Children / Family						
	Friends						

Dream Designer Guide

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Congratulations! You are well on your way to achieving your dreams.

- By writing your dream down, it becomes a goal and 42% more likely that it will become a reality.
- The techniques included below will set you up for success like never before.
- Be sure to reevaluate your ratings to measure your success after time.
- Share your wins with me so I can celebrate them with you!

1. Ten Domains - When designing your dream future, it can be tempting to focus on one area. To truly thrive however, we must evolve beyond this-or-that thinking. Life is a not zero sum game, that is one area doesn't have to suffer for another to succeed. One area doesn't have to suffer for another to succeed. Dream big across them all. Later we prioritize.

2. Current Rating - Assign a rating indicating your satisfaction in each domain of your life. Remember, no one is watching. Be true to yourself. Don't complete this with what you think you "should" be writing. Don't gauge your success based on where someone else thinks you "should" be. Answer from your heart.

3. Current Priority - Now that you have assessed how each domain is doing, in which domains are you most wanting to see change? Let's rank order these by assigning each domain a number between 1 and 10, with 1 needing the change most urgently. Each number between 1 and 10 can only be assigned once.

4. Vision - Now to use your imagination and creativity! Dream in vivid detail and write your vision for each domain. What would a rating of 10 look like for you in each domain? I cannot overemphasize here - do not play it small! It doesn't serve you. The context is that there are no limits, no rules, no expectations, and no one else's opinion other than your own.

5. Habits - To drive real change, it must become a daily habit. You must advance it everyday. Small (though sometimes boring) efforts reap massive rewards. What new habit will you start to improve the rating on that domain and achieve your vision?

6. Routines - By grouping your habits into routines, you will reduce the drag of decision making (i.e., hmmm, do I feel like exercising today?). Stack habits in between ones that you already have (e.g. before going to bed, I brush my teeth, change my clothes, wash my face, and now I will write 3 things I am grateful for). You may have start-of-day, morning, mid-day, afternoon, and end-of-day routines.

7. Projects - What are one-time tasks that will help you achieve your vision? Can that task be broken up into daily, weekly, monthly, or quarterly chunks of effort? Break that task into smaller pieces and schedule the time to do them in your calendar or Daily Power Agenda.

8. Measuring Progress - After putting your new daily habits into practice and having completed one-time next steps, you can use this same tool to reevaluate ratings on each domain and celebrate your progress. You will undoubtedly have moved closer to your dream career and life.