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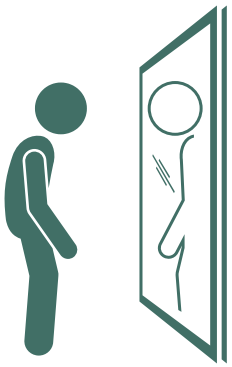
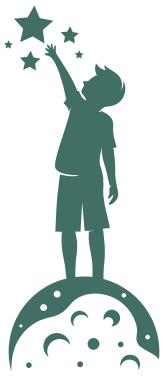
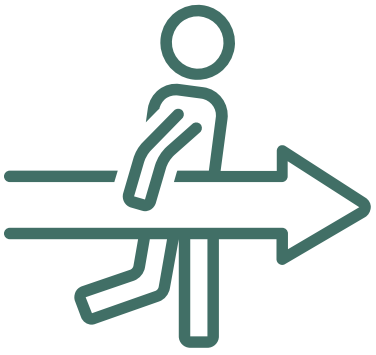
30 DAY DREAM challenge





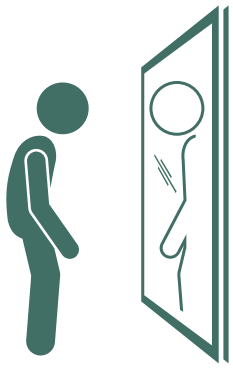


Reflect Dream Act

30 DAY DREAM *challenge*

Reflect

start



1 Share a picture that represents last year.

2 Name things you have done well.

3 What was your **one** word for last year? Share it with someone.

4 What do you want to celebrate? Share it on social media.

5 What feedback would you give yourself? Write it down or record it.

6 List ways you "glow" and ways you can "grow"?

7 Write or record what excites you?

8 What mistake did you learn from? Share it publicly.

9 Who are people who have supported you? Tell one thank you.

10 Where do you go for inspiration? Spend some time there.

continue

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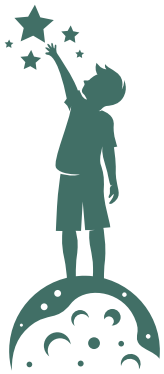
"By three methods we may learn wisdom: First, by **reflection**, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest."
-Confucius

30 DAY DREAM *challenge*

Dream continue



11
Take 10 minutes to sit and dream.

12
Begin a dream board.

13
List a dream you have for your personal, professional, and spiritual self.

14
Write/record a commercial of the life you dream of.

15
Write affirmations for your future.

16
Begin a Venn diagram with what you love, dream about and are good at.

17
List 5 things you want to accomplish in the the next 3 months.

18
Who is in your dreams for the future? Tell them about your dreams.

19
Write a conquer list.

20
Re-visit or finish your dream board. (see #12)

move forward

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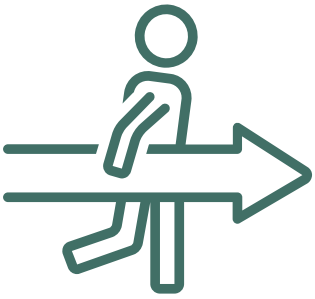
"The future belongs to those who believe in the beauty of their dreams."
-Eleanor Roosevelt

30 DAY DREAM *challenge*

Act

continue



21

Start a 30-60-90 plan.

22

Display your list of 5 things you want to accomplish. (see #17)

23

Create a new routine for a specific time of day.

24

Place your affirmations in a place where you can reference them. (see #15)

25

Connect with 1 person who can help you towards your goal.

26

Make a financial investment that will help you reach your goal.

27

Start an analysis of your dream.

28

Continue your 30-60-90 plan. (see #21)

29

Create at least 2 SMART goals for your dreams.

30

Continue your analysis of your dream. (see #27)

YOU DID IT!
CELEBRATE

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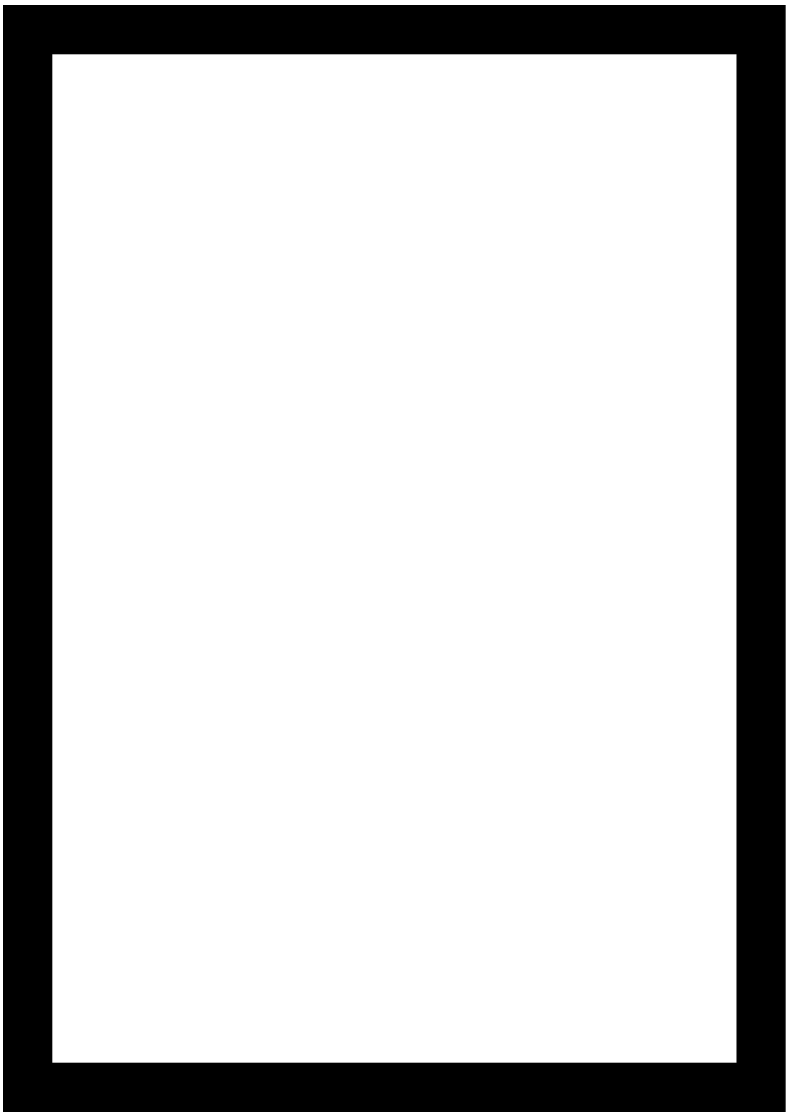
"Action is the foundational key to all success."
-Pablo Picasso

1

Share a picture that represents last year.



Share on social media and use #30dreamchallenge

Tag

@worldwideeducator

@worldwideeduc8r

2

Name things you have done well.

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3

What was your **one** word for last year? Share it with someone.

4

What do you want to celebrate? Share it on social media.

Share on social media and use #30dreamchallenge

Tag

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5

What feedback would you give yourself? Write it down or record it.

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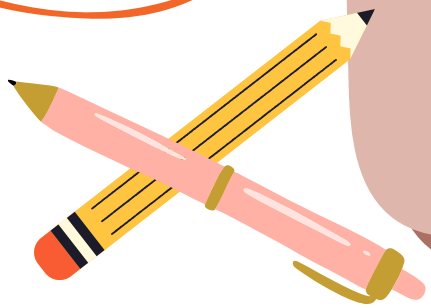

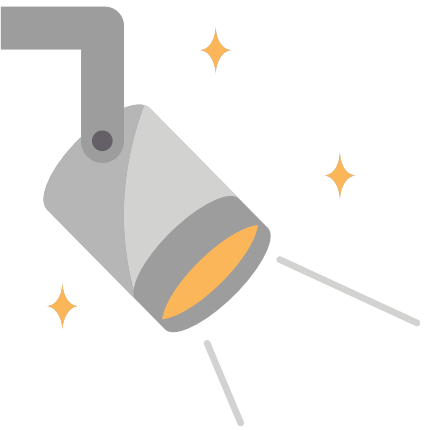

6

List ways you "glow" and ways you can "grow"?

7

Write or record what excites you?

8

What mistake did you learn from? Share it publicly.

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9

Who are people who have supported you? Tell one thank you.

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10

Where do you go for inspiration? Spend some time there.

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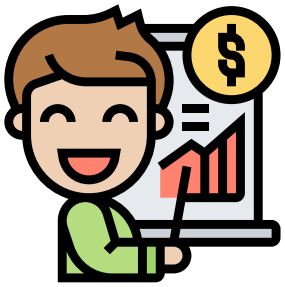
11

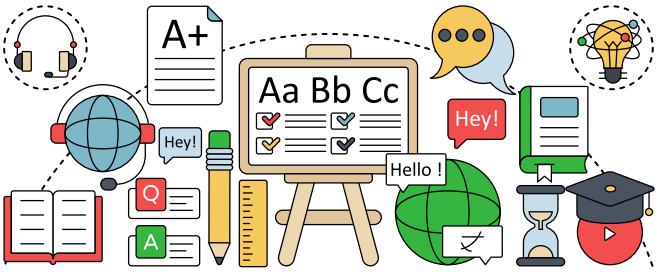
Take 10 minutes to sit and dream.

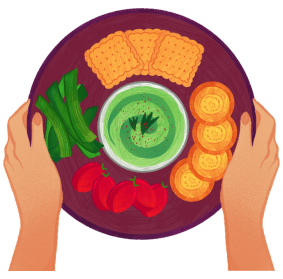
dream

12

Begin a dream board.







12

Begin a dream board.

What you can include:
Internet Pictures
Personal Pictures
Quotes
Affirmations
Gratitude statements
Video clips
Background design

Link to Google Slide Template

Topics you might represent:
Family/Relationships
Financial/Career
Spirituality/Faith
Health/Wellness
Travel/Fun/Hobbies
Learning
Personal Growth
New Habits
Gratitude
Risks you might take

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13

List a dream you have for your personal, professional, and spiritual self.

DREAM

After you write your dreams, imagine you are living it out!

14

Write/record a commercial of the life you dream of.

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15

Write affirmations for your future.

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Affirmations are statements that help guide you. They remind you of the person you are and the person you want to be. Use the prompts or write your own affirmations.

I am an amazing _____.

Name a dream of becoming you have.

I can _____.

Name what you are capable of... even if you don't believe it yet.

I will _____.

Claim what you will do to succeed.

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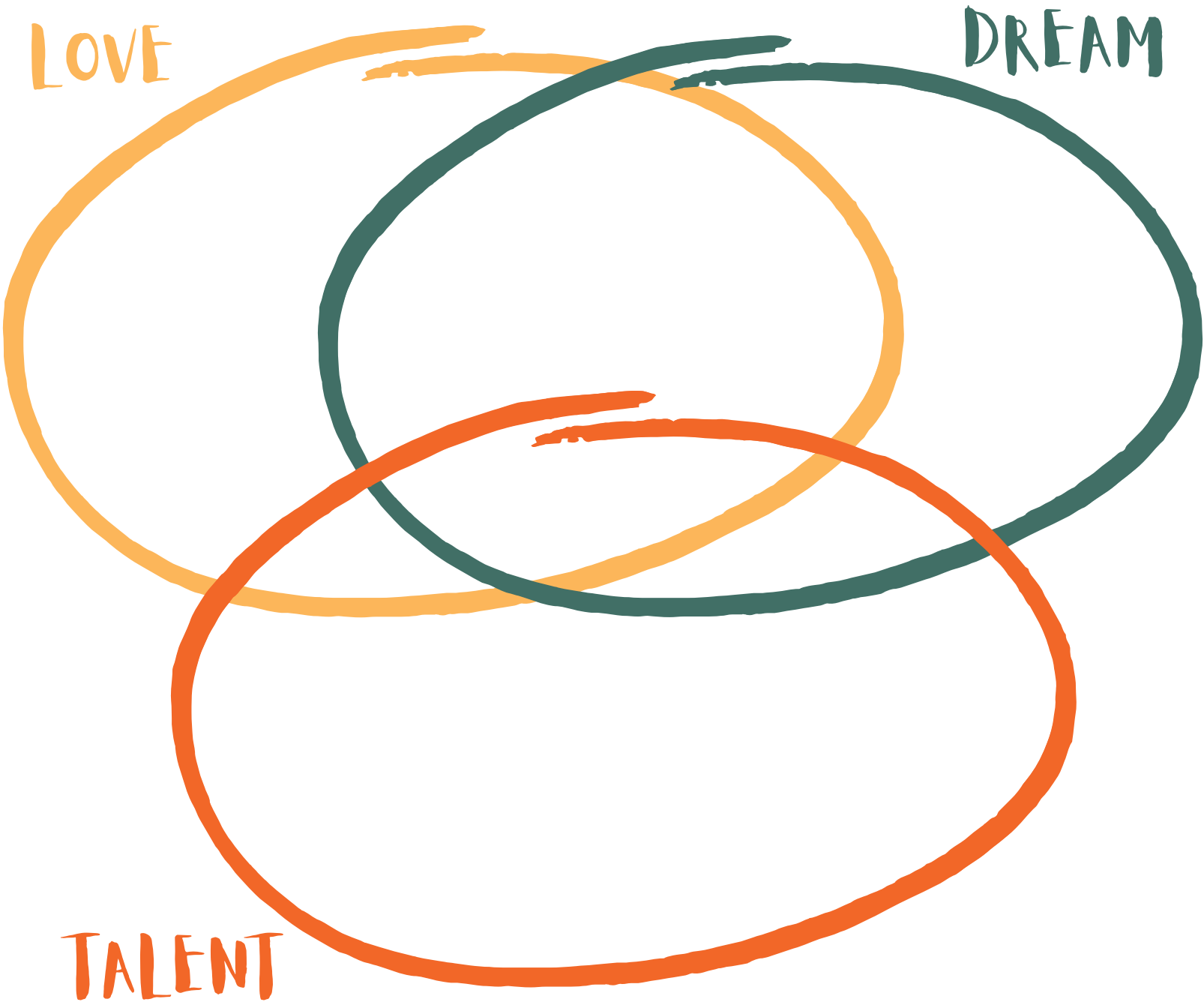
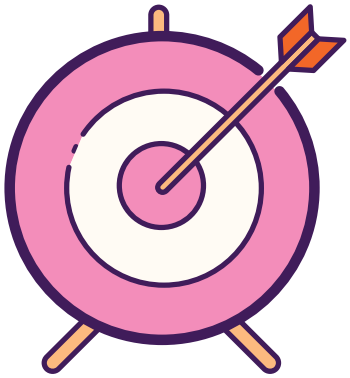
16

Begin a Venn diagram with what you love, dream about and are good at.



17

List 5 things you want to accomplish in the the next 3 months.



18

Who is in your dreams for the future? Tell them about your dreams.

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19

Write a conquer list.

A conquer list is a list of things you want to do, accomplish, experience or enjoy.

20

Re-visit or finish your dream board. (see #12)

- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....

21

Start a 30-60-90 plan.

22

Display your list of 5 things you want to accomplish. (see #17)

The purpose of a 30-60-90 plan is to set clear goals for the next 30, 60 and 90 days.

- What do you need to accomplish in the first 30 days to set the foundation to accomplish goals?
- What will be key to pushing you forward?

- What practices do you want to continue from the first 30 days?
- What are new practices to begin?
- What will elevate these next 30 days?

- What practices do you want to continue from the first 30 days?
- What are new practices to begin?
- What will elevate these next 30 days?

Set Goals

Set Priorities

Set Desired Outcomes

Set Your Focus

Set Intentions

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30

What is your vision for yourself?

21

Start a 30-60-90 plan.

What do you need to learn about your goal?

What tools do you need to gather?

What are your priorities?

How will you know you are successful?

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Notes

Start a 30-60-90 plan.

60

What is your vision for yourself?

What do you need to learn about your goal?

What tools do you need to gather?

What are your priorities?

How will you know you are successful?

Notes

Start a 30-60-90 plan.

90

What will make these actions matter?

How will your actions promote positive impact?

How are you communicating ideas?

What priorities are standing out?

What will you do after these 90 days?

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Notes

23

Create a new routine for a specific time of day.

24

Place your affirmations in a place where you can reference them. (see #15)

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25

Connect with 1 person who can help you towards your goal.

26

Make a financial investment that will help you reach your goal.

Click the name to learn more.

Select one of these tools to help analyze your dream.

27

Start an analysis of your dream.

SWOT

This analysis is meant to account for the strengths and weakness we have but also acknowledge external opportunities and threats there may be.

SOAR

Similar to SWOT, SOAR looks at strengths and opportunities. This analysis tool then focuses on outcomes through the lens of aspirations and results.

PESTEL

This analysis takes a deep look at various aspect of how you or your dreams are situated in the greater society.

NOISE

This is another alternative to SWOT. This is a solution orientated analysis that pushes you to not only think about the future but the present realities as well.

SCORE

This analysis present areas as interconnected. Understanding that strengths also impact options and options relate to effectiveness is a key difference in this process.

IMPROVED VENN DIAGRAM

Although seemingly simple because the base is the Venn diagram we are already so familiar with, this strategy makes you think very deeply about the intersection and strengths and wants.

28

Continue your 30-60-90 plan. (see #21)

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SWOT Analysis

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STRENGTHS	WEAKNESS

OPPORTUNITIES	THREATS

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SOAR ANALYSIS

	INTERNAL	EXTERNAL
PRESENT	**Strengths**	**Opportunities**
FUTURE	**Aspirations**	**Results**

SOAR

TECHNOLOGICAL

POLITICAL

PESTLE

LEGAL

ECONOMIC

ENVIRONMENTAL

SOCIAL

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STRENGTHS

NEEDS

EXCEPTIONS

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OPPORTUNITIES

IMPROVEMENTS

SCORE Analysis

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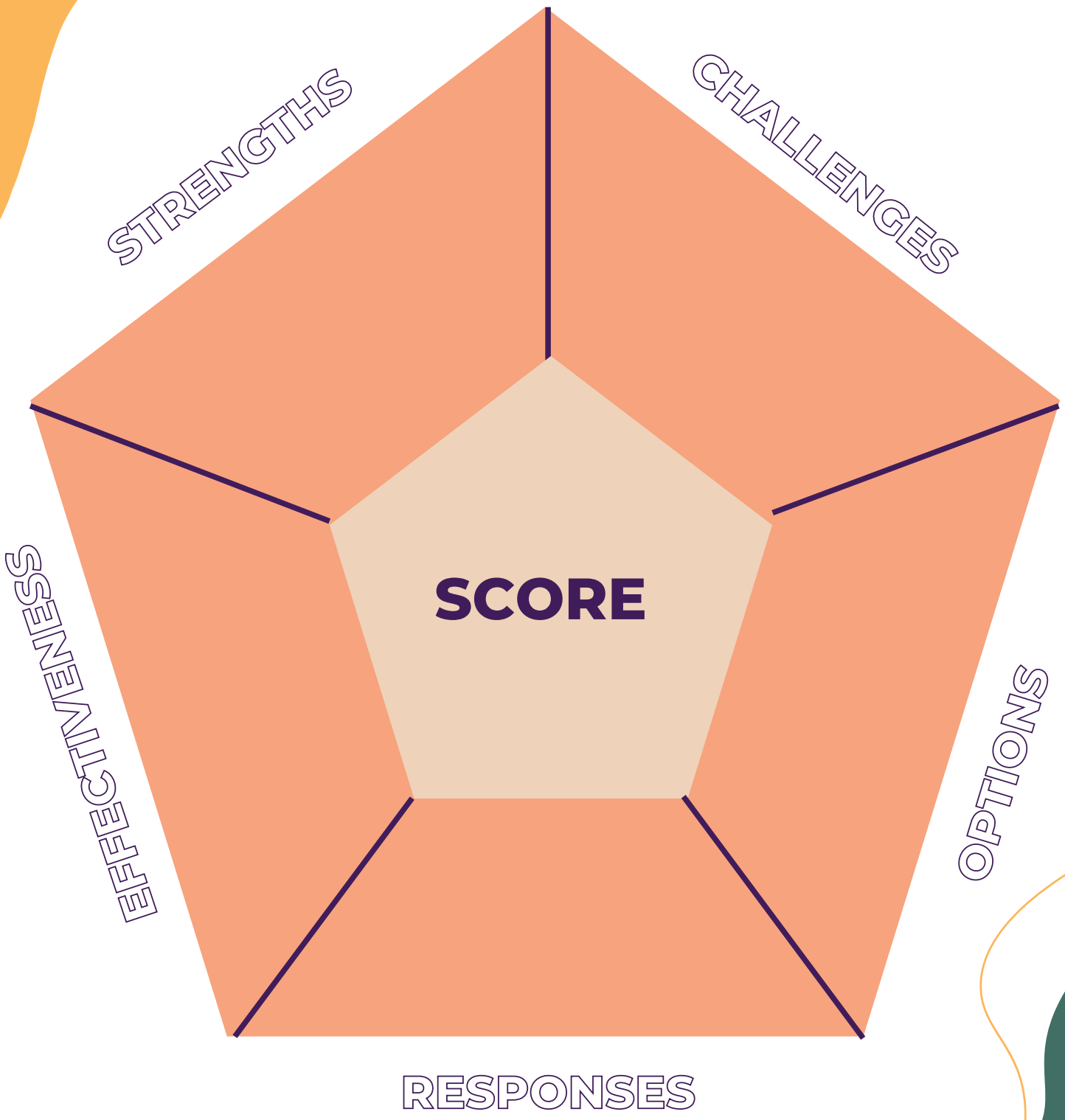

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29

Create at least 2 SMART goals for your dreams.

30

Continue your analysis of your dream. (see #27)

S

M

A

R

T

Notes

BONUS!

CHALLENGE *reflections*

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START OF CHALLENGE

What am I looking forward to?

Challenge affirmation

I am grateful for..

END OF THE MONTH

Good things that happened during this challenge.

How could I have made this challenge even better?

BONUS!

TO DO *lists*

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MAIN GOALS	DONE!
01	
02	
03	
04	
05	
06	
07	
08	
09	
10	
11	
12	
13	
14	
15	

BONUS!

YOUR NEXT *challenge*

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start

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

You did it

BONUS!

CHECK-IN

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SELECT THE EMOJI THAT REPRESENTS HOW WELL YOU SUPPORTED YOU THIS CHALLENGE.

Exciting moments

AFFIRMATION OF THE MONTH

Goals for next month

PEOPLE CONNECTIONS

BONUS!

Accomplishments

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Your stories are a great way to showcase your accomplishments. Be sure you think about the impact each accomplishment had on you or company.

Accomplishment	Impact

Notes

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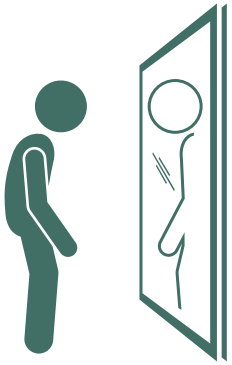

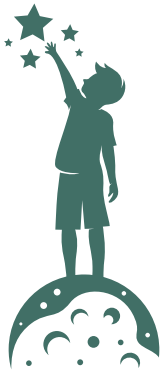

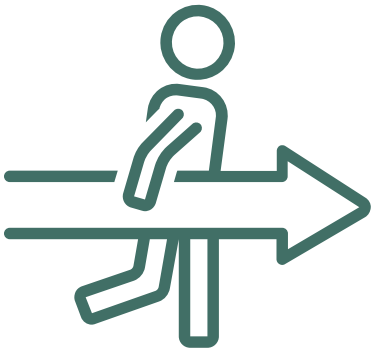

Reflect Dream Act