

# The No-Excuses Approach to Amplifying Your Dreams

BEFORE YOU WATCH THE TRAINING VIDEO, ANSWER THE FOLLOWING THREE QUESTIONS:

1. Take a moment to write down what comes to your mind when you hear the word, "DREAMS".

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2. List 3 DREAMS that you have achieved so far in your life:

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3. List 3 DREAMS that you would like to AMPLIFY this year:

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NOW, GO AHEAD AND WATCH THE TRAINING VIDEO AND TAKE NOTES ☺

Foundation of ANY DREAM: Explain each in your own words when you are done watching!

1. M\_\_\_\_\_:

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2. C\_\_\_\_\_:

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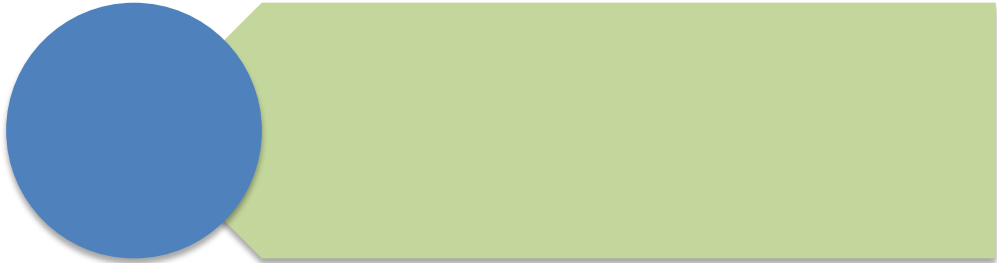
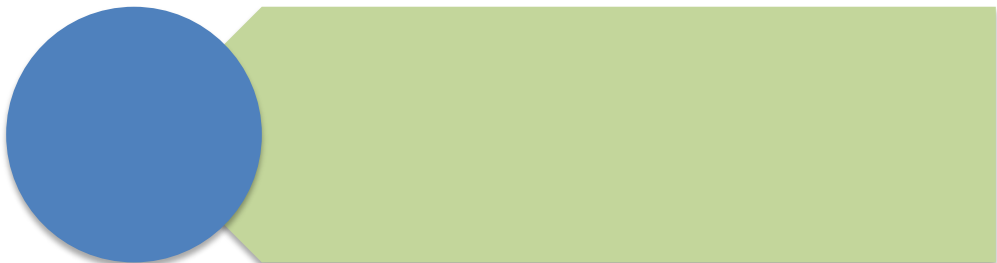
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3. P\_\_\_\_\_:

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# 3 STRATEGIES TO AMPLIFY YOUR DREAMS



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**Rate your current life from 1 to 10 for each category, 10 being AWESOME and 1 being VERY NEGLECTED:**

*(NOTE: Feel free to use an additional piece of paper for this activity. You can also check out some really cool "life wheels" online to create your very own LIFE WHEEL. This will help you determine where you need to FOCUS your attention in order to make your life absolutely amazing!)*

1. Health (You can't amplify your dreams if you are not healthy):
  
2. Relationships (Priceless):
  
3. Personal Development (Reading, listening to meaningful audios, attending seminars etc.):
  
4. Spirituality (Remember to feed your SOUL):
  
5. Career/Business (This is where you spend most of your life. Does your career make your heart sing?):
  
6. Finances (Are you at peace with your finances?):
  
7. Contribution (What adds meaning to your life?):
  
8. Fun/Recreation (You have to have FUN ☺)

