



Dream It and Motivate Yourself To Achieve It!!

Created By:
Self Help Alliance
Representing:
Cambridge Active Self Help
Waterloo Region Self Help
Wellington-Dufferin Self Help
Mood Disorders Association – Waterloo

Dream it and Motivate Yourself to Achieve it!

Spring 2005

Self Help Alliance (representing: Cambridge Active Self Help, Mood Disorders Association Waterloo Region, Wellington-Dufferin Self Help, Waterloo Region Self Help)

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We hope that you enjoy our materials.

Thank you,



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Time Frame: 12 hours

Scope

This curriculum duration is 12 hours (2 hours sessions x 6 sessions). The curriculum plan followed the Kemp (1994) Curriculum planning model and Blooms Taxonomy. This workshop content was developed and will be implemented to fit the needs of consumer / survivors with a learner-centred approach.

Goal

On completion of this curriculum, you will be able to understand the different tools to allow yourself to dream, set goals and to motivate themselves on the way to achieving.

Workshop Outline

Session 1 Motivation and Dreaming	<ul style="list-style-type: none"> • Define motivation and dreaming • Importance of dreaming • Role motivation plays in making our dreams come true
Session 2 Dreaming	<ul style="list-style-type: none"> • Dream questions • Dreaming tools
Session 3 Action Tools	<ul style="list-style-type: none"> • Dream Action Plan
Session 4 Practice	<ul style="list-style-type: none"> • Practice Tools
Session 5 Motivating ourselves to achieve our dream	<ul style="list-style-type: none"> • Perseverance • Socialising with others of similar interest • Learning to learn • Increasing knowledge on the subject
Session 5 Healthy Risk Attitude	<ul style="list-style-type: none"> • Healthy Risk Taking • Attitude

Outcomes

These outcomes build upon the belief that each person has the potential to understand and apply the different skills for dreaming, goal setting and motivating ourselves. Upon completion of this workshop you will be able to:

- ✓ define dreaming, goal setting and motivation (Knowledge)
- ✓ demonstrate an understanding of the importance of having dreams, setting goals and motivating yourself to achieve the dream (Attitude)
- ✓ understand and display the skills of dreaming, goal setting, and motivating yourself (Knowledge & Skills)
- ✓ describe and identify personal pros and cons of the different skills and compare and contrast the different skills used in goal setting and motivating yourself (Knowledge & Skills)
- ✓ critically evaluate the effectiveness of each skill in order to determine what is most appropriate for your own use (Knowledge, Skill, Attitude & Evaluation)



Session One

Motivation and Dreaming

Learning Outcomes

Completion of this Session will enable you to:

- ✓ define dreaming and motivation (Knowledge)
- ✓ demonstrate an understanding of the skills involved in dreaming and motivating yourself (Knowledge)
- ✓ display an understanding of the importance of having dreams (Knowledge, Skill & Attitude)
- ✓ display an understanding of the importance of motivating yourself in order to achieve your dreams (Knowledge, Skill & Attitude)

Motivation

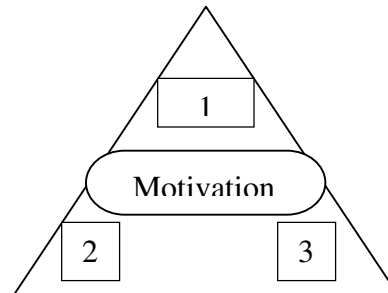
Write down things that motivate you:

Review what you have written or share some of these items with a group.

Motivation is the tool behind the dream coming true.

Three Elements of Motivation

Motivation starts with the desire to be free: To be free from dependency on others, freedom to live the lifestyle we dream of, freedom to explore our ideas. Total freedom is not possible or desirable, but the struggle to achieve that ideal is the basis for motivation.



1. Creative freedom. Motivation starts with a need, vision or dream. Creativity is associated with ideas, projects, and goals.
2. Love of learning, accepting risk and seeking opportunities.
3. Learning from one's failures, learning to bounce back and overcoming barriers.

(Adapted from: http://www.motivation-tool.com/elements/three_elements.htm)

Write down a story of how motivation has helped you push on in a tough situation, or helped in achieving a goal you have had. After you have completed your story, you may want to share it with others in the group:

Were any of the Three Elements of Motivation present in your story?

Seven Rules of Motivation

1. Dream – then set goals for yourself.
2. Finish what you start
3. Socialise with others of similar interest
4. Learn how to learn
5. Harmonise natural talents with interests that motivate you
6. Increase your knowledge of subjects that inspire you
7. Take risks

List any examples you can think of for each of the Seven Rules of Motivation and discuss these with the group:

1

2

3

4

5

6

7

Dreaming

Three Types of Dreams

1. Socially acceptable dreams

These are dreams that society decides are ok.

For example when looking at a career, there are many that are acceptable and some that are considered of even greater value. Dreaming of these particular ones are more valued even if they are not the jobs that pay the most.

2. Wishful thinking dreams

These are where all dreams start.

Many wishful thinking dreams are misused, they are the ones typically based on greed.

3. Socially unacceptable dreams

These are the ones usually dreamed up by children and society deems as impossible or not realistic.

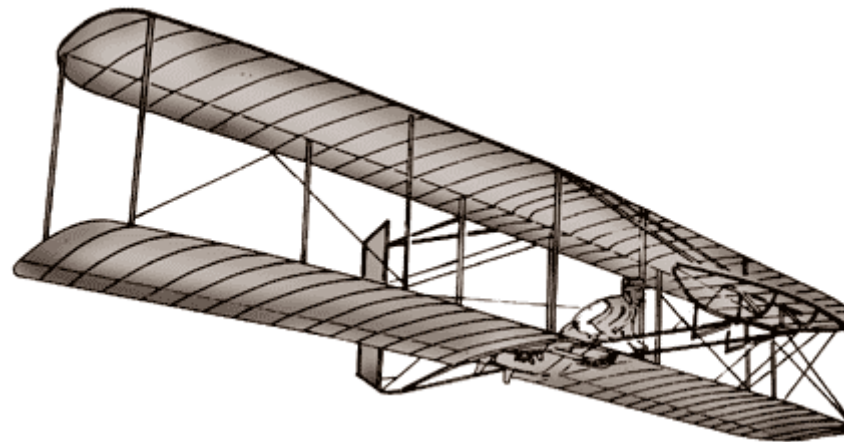
Look at the different examples of dreams you or group members have, which category do/did they fall into?

Society Attacks Dreamers:

All children dream and play make-believe. As they grow older, they are instructed to stop dreaming and face reality.

Yet, real achievements would not exist had there not been dreamers.

For example, the Wright brothers invented the aeroplane and proved man can fly; it took two years before anyone thought flying was a practical idea. The U.S. Army rejected consideration of the invention outright. All through the development years, people considered The Wright Brothers odd or misguided.



Dream Killers

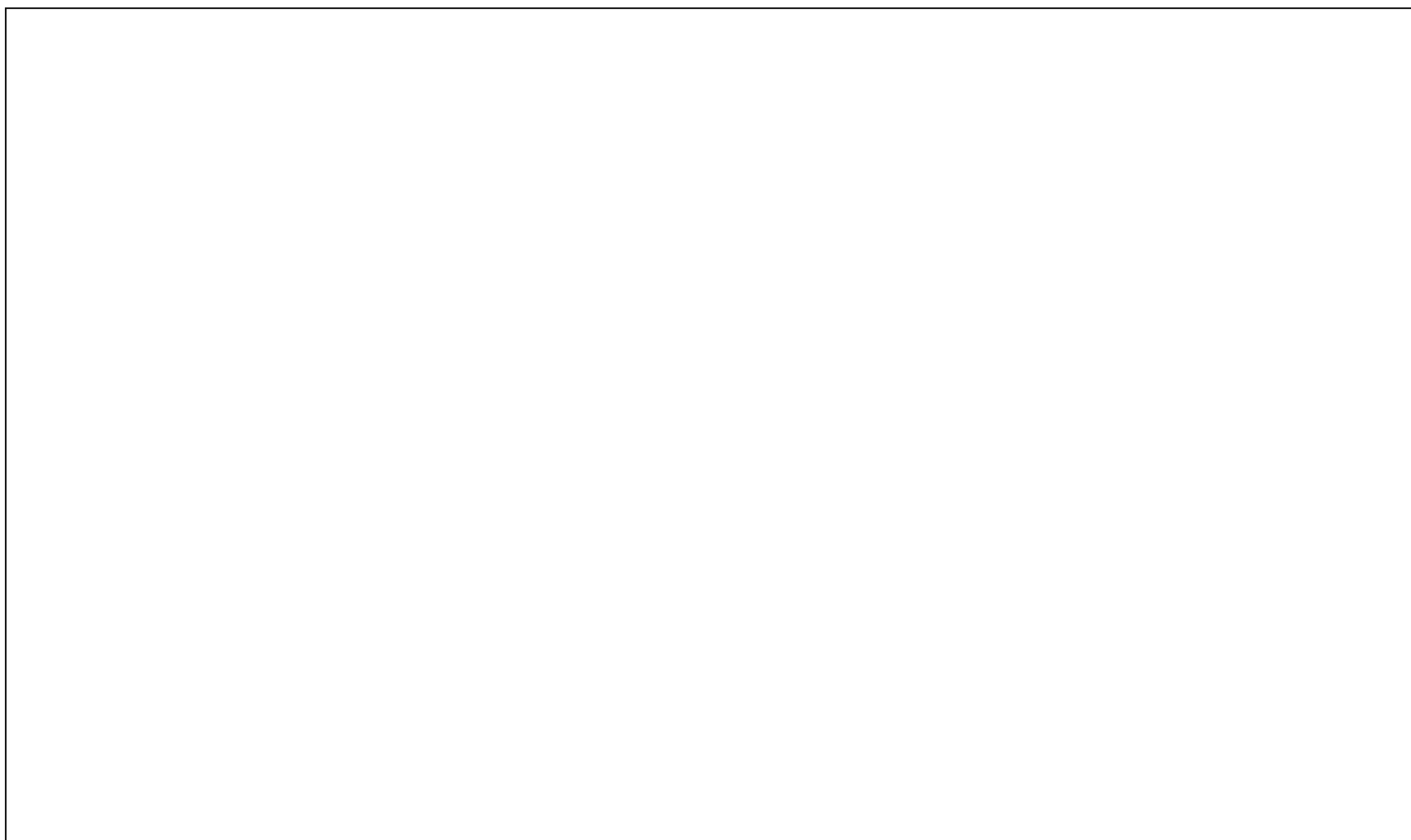
Brainstorm the idea of dream killers;

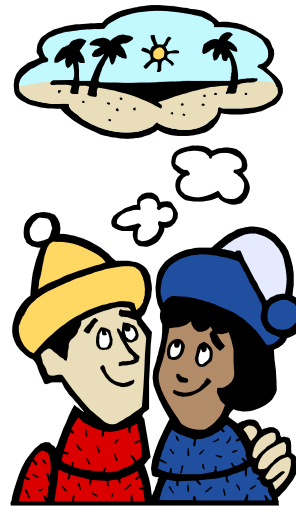
Examples:

- you must be nuts
- my friends must be right and I am wrong

Draw a picture or diagram of the dream(s) you have had – Realised or Not; Big or Small. Dreams are very personal.

Ask your group members if they want to share and talk about their dream pictures or diagrams.

A large, empty rectangular box with a thin black border, intended for drawing a picture or diagram of a dream. The box is currently blank.



Session Two Dreaming

Learning Outcomes

Completion of this Session will enable you to:

- ✓ demonstrate an understanding of the importance of having dreams (Attitude)
- ✓ understand and display the skill of dreaming (Knowledge & Skills)

Dreaming

When we want to dream, sometimes it helps to start by thinking about what is happening in our life now. Then we can think about what things we like about our life and what things we might like to change.



A dream, also known as a wish, is:

- something you hope for or want to happen
- a wish you hold deep in your heart
- something you think about a lot
- something you want to do with your life

Only you can say what your dreams or wishes are!

As you go through life, changing and growing, your dreams and wishes may also change.

In order to work on what your dream is, think about the different areas in your life. You may choose to write or draw your answers:

What are my favourite things to do?

My home, where I live now; what would I like it to look like or be like?

What does my typical week look like; would I want it to be different, in what ways?

What do I do in the evenings; what would I like to do?

What do my typical weekends look like; what would I want them to look like?

What makes me happy?

What would I like to do that would make me even happier?

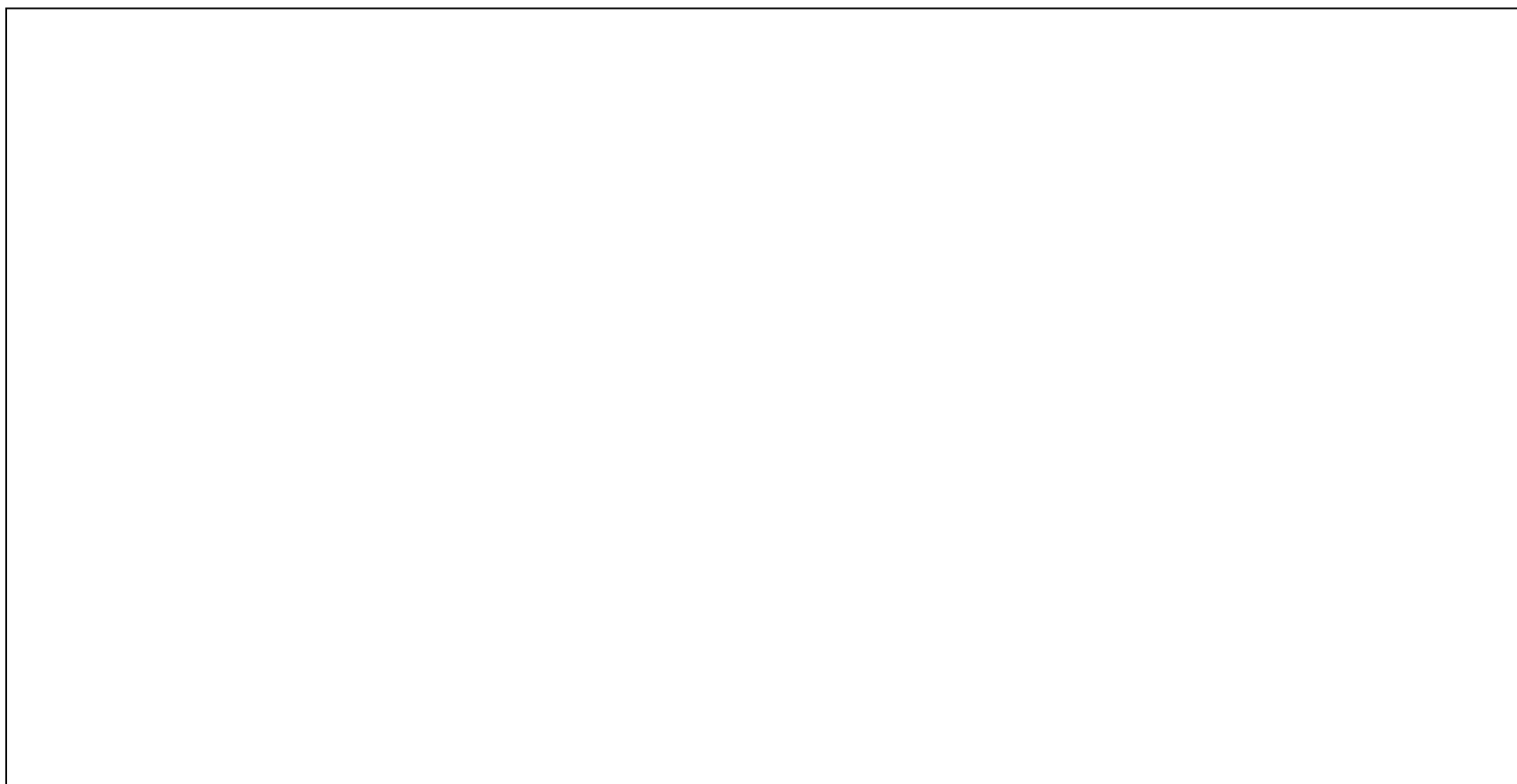
Reflect on your answers and share them with the group.

(Adapted from: Opening New Doors. Keeping Your Dreams Alive (1998))

Dreaming is a Right Brain Activity

The right side of the brain is the creative side, while the left side of the brain is the logical side. When working on your dreams and wishes, it is really valuable to go through an exercise that uses the right brain.

Use the following space or other paper and start to create a visual picture of your dreams or hearts desire. You may only have some ideas at this time. Start the picture and add to it when you have time to reflect.

A large, empty rectangular box with a thin black border, intended for a visual drawing or writing exercise. The box is completely blank and occupies the central portion of the page.



Session Three Action Tools

Learning Outcomes

Completion of this Session will enable you to:

- ✓ demonstrate an understanding of the importance of setting goals in order to achieve your dream(s) (Attitude)
- ✓ understand and display the skills of goal setting (Knowledge & Skills)

Dreaming

Look back at the dreams you have drawn or listed in previous sessions, write them out in one list:

Review your dream/wish list. Is there anything you want to add or remove from the list?

Share your list with your group members if you choose.

Making our Dreams Come True

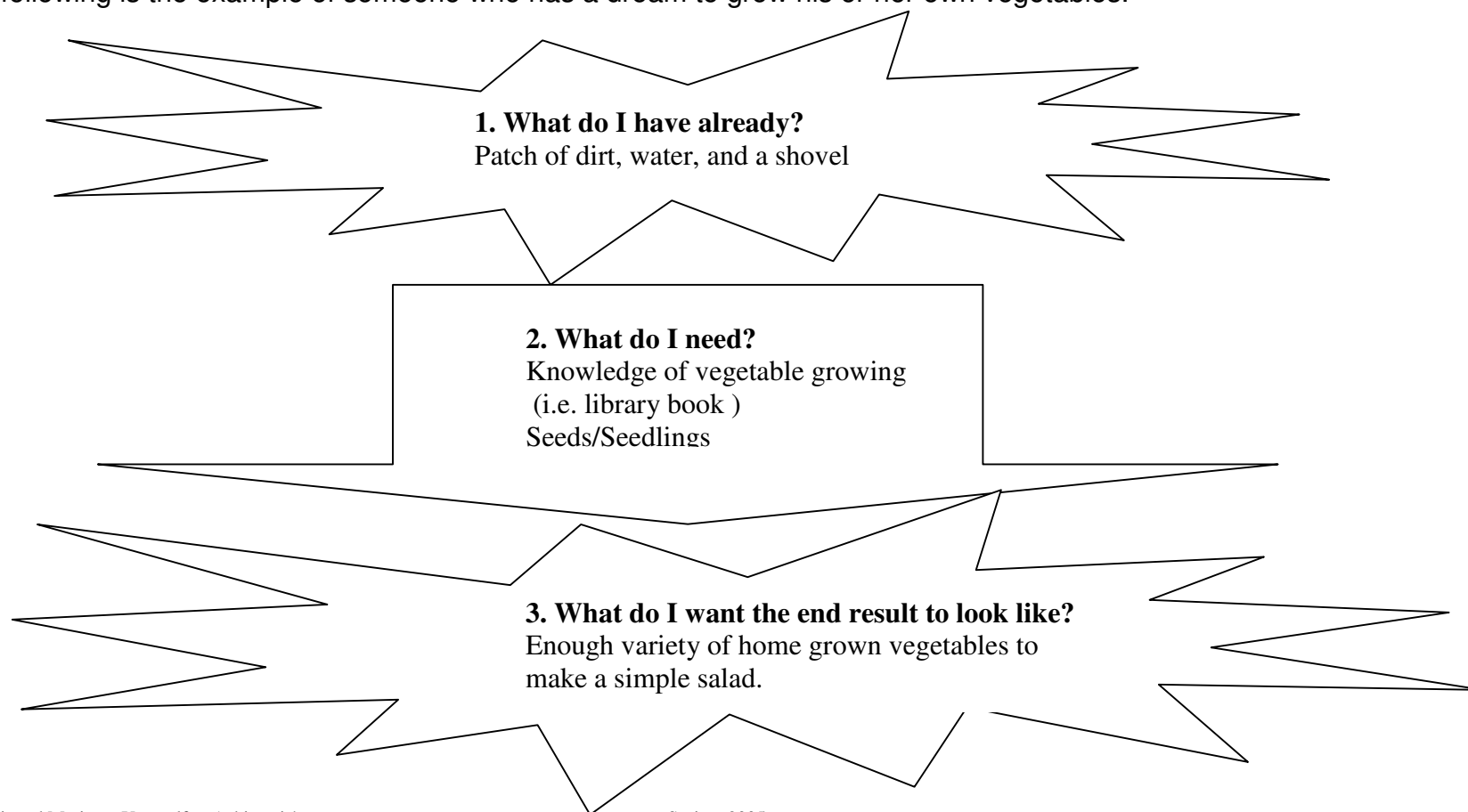
Dream Action Plan

In order to make your dream come true, you need a plan or map that will lead you too your dream.

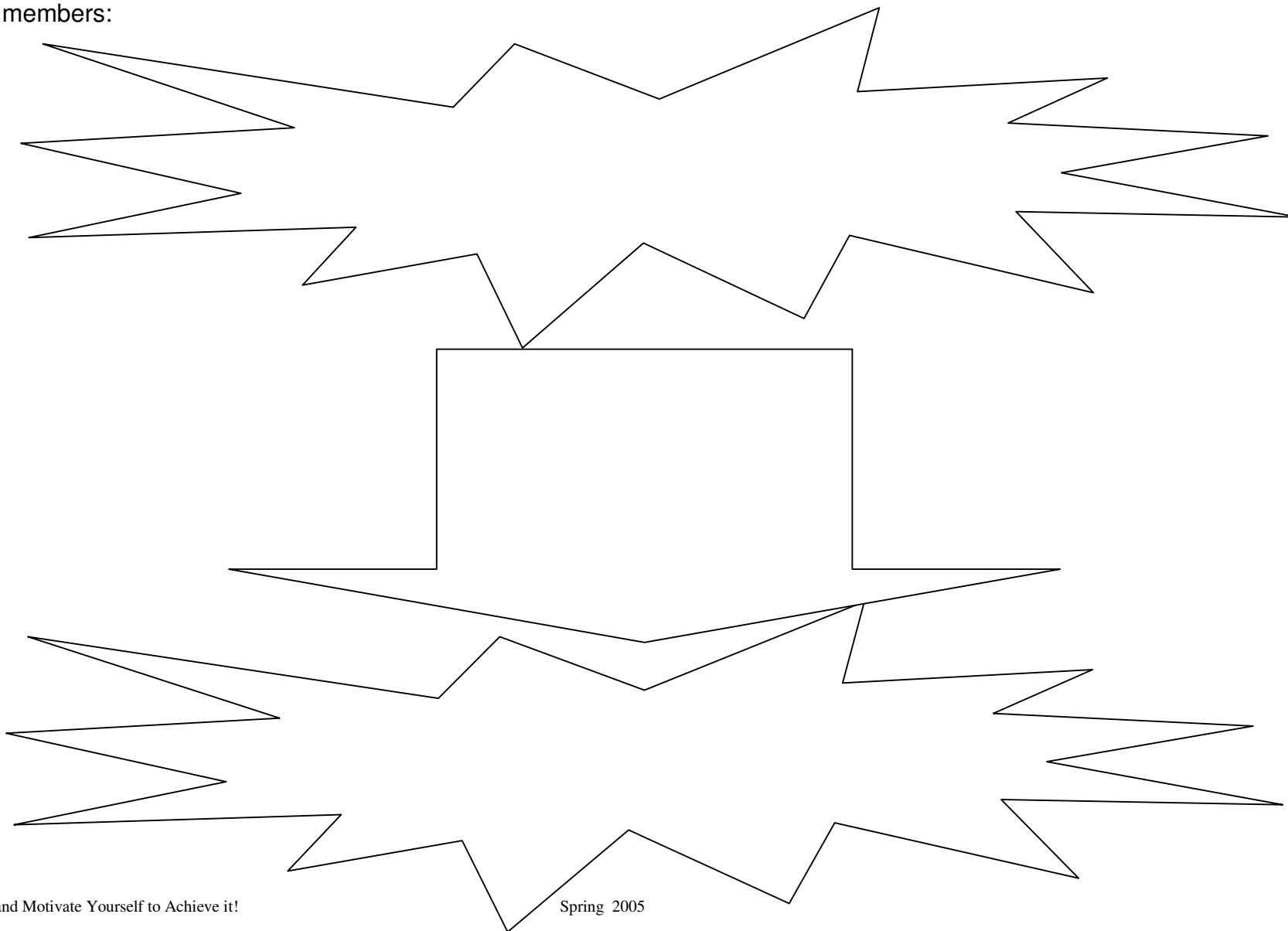
There are three sections to the Dream Action Plan:

(1) What is good in my life? What Do I already have? (2) What Do I need? (3) What do I want the end result to look like?

The following is the example of someone who has a dream to grow his or her own vegetables.



Now create your own Dream Action Plan for one or more of your dreams. You may choose to discuss your plan with your group members:



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Session Four Practice

PATH Tool – Planning Alternative Tomorrows with Hope

The PATH tool is an 8-step process – an exercise in thinking backwards.
(See page 32 for a visual representation of the 8 steps.)

Step 1 – The North Star – The Dream

This time is spent focusing on your DREAMS and ultimately your North Star. Answer the following question to help you identify your North Star:

What ideals do you most want to realize?

What values do you want to guide you?

What gives direction to your life?

What drives you?

Step 2 – The Goal

This step is to choose a future time just beyond where we can predict comfortably – 6 months, a year, two years.

In your mind, visualise you have travelled to that time and are seeing your future. Think about where you might be living, who might be involved in your life, what you might be doing.

Try to visualise every detail of this future – what does it feel like, what are the smells, tastes, touches, and the overall feelings. Spend some time in this future.

Try to see a POSTIVE and POSSIBLE future.

Write down or share with your group what that future looks like to you:

What is the most important goal you reached in this future?

Step 3 – Now!

Focus on what your life is like now. Do not choose to look at the good or the bad, focus on a snap shot of what it is.

Write down or discuss with your group your thoughts about your life now:

Step 4 – Who Do We Enroll?

No one can reach his or her goals alone, so who do you need to enroll to achieve your Goal? Think about the following questions when creating your list of people, services or resources to enroll:

- What financial support will I need to achieve my goal?
- Are there specific people I know at agencies that may be able to support me?
- Are there people I want to build a shared commitment with?
- Who are the people I receive positive support from?

Write down or discuss with the group who you would like to enroll to support you in reaching your goals. Remember that this is a process and you may add, change or delete anyone on this list as needed.

Step 5 – Getting Stronger

In order to enroll people and move from the now to the future, an enormous amount of work will be required. This work will be added to your already busy life.

List what you think you may need from your group, your family, or your team in order to be strong enough to reach the goal and keep moving forward:

What do you have to do to be strong enough to contribute to your goals?



Step 6 – 3 Months

Imagine you are 3 months into your future.

Think positively and assume everything is going well. The direction of your progress is correct; you are feeling some momentum.

What has already happened? Pick a clear element of the Goal and think positively about what has happened. Explore other elements, what steps were in place in those three months for you to have made this progress towards your Goal?

Remember that it is unlikely that every detail of the next three months will be completely clear. However, once the process is better understood, you can fill in the details later.

Step 7 – 1 Month

This is a repeat of Step 6, except that the time is even closer too today. It is important here is to be focusing on very precise, specific steps.

Who will do what?

When will they do it?

Where?

Step 8 – The First Step(s)

The Final Step is the **FIRST STEP**. This is the time to take action. You do not have to wait; you can do something now. It does not have to be something gigantic – but for the process to begin, it is essential that it begin **NOW**.

If you need to make a phone call, set a target: *“I will make the call by noon tomorrow”*.

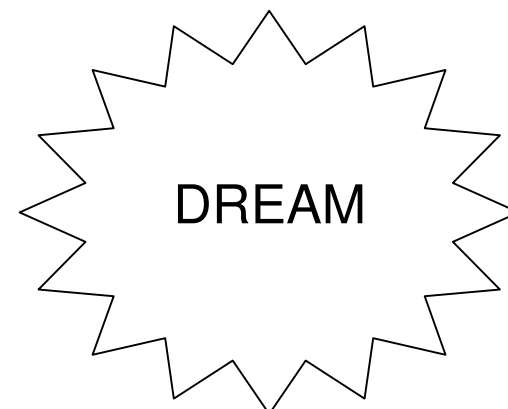
Along with the Goal(s) you have for yourself, the goal of interdependence should be at the forefront. It is ok to ask for support, but you cannot assume everything you ask for will be done.

Many times, the first step will not flow, and that is OK. Blocks can be funding, medical, social, emotional and so forth.

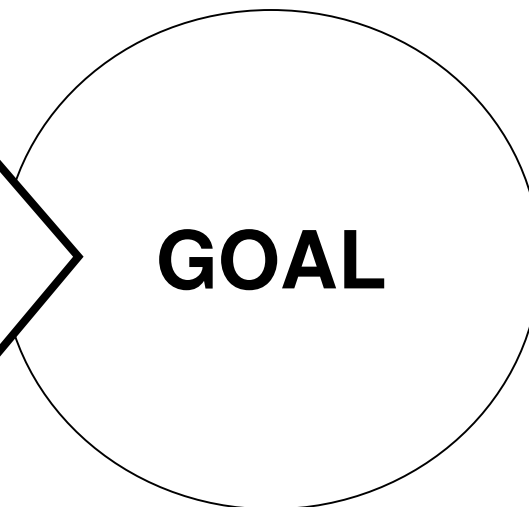
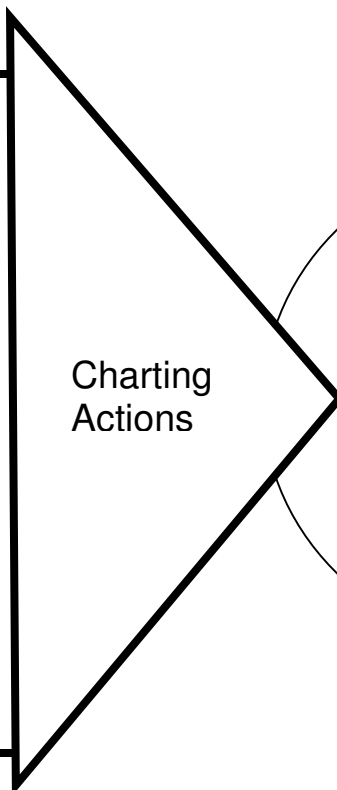
What blocks could be in the way of your first step(s)?

On your own and with the group, think of ways you can overcome these blocks.

1. Dream
2. Goals
3. Now
4. People to Enroll
5. Ways to Build Strength
6. Charting Actions for the next few months
7. Work for the Next Month
8. The First Step



NOW	PEOPLE TO ENROLL	WAYS TO BUILD STRENGTH	FIRST STEP	NEXT MONTH'S WORK

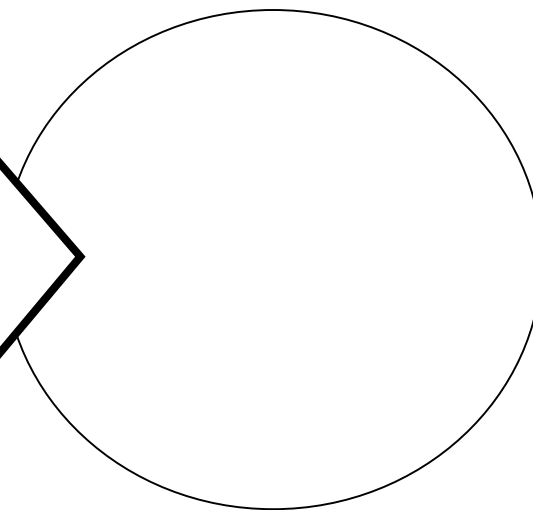
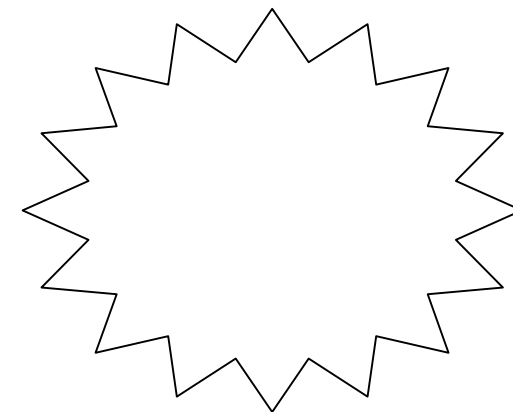
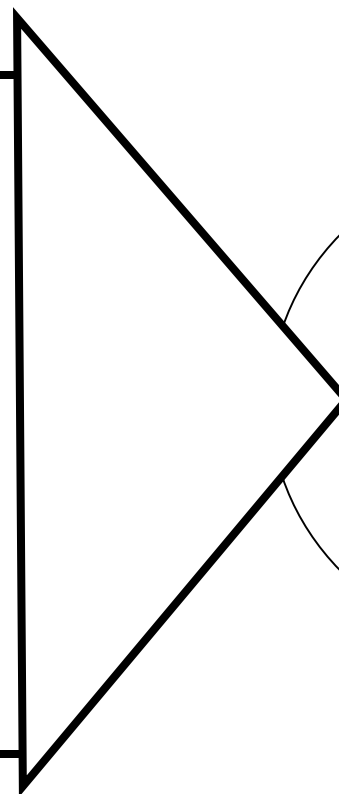


Situate yourself in a very positive future – Picture it clearly, then think backwards!

(Adapted from All My Life's A Circle by Mary A. Falvey et al.)

1. Dream
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NOW	PEOPLE TO ENROLL	WAYS TO BUILD STRENGTH	FIRST STEP	NEXT MONTH'S WORK



Situate yourself in a very positive future – Picture it clearly, then think backwards!

(Adapted from All My Life's A Circle by Mary A. Falvey et al.)



Session Five

Motivating Ourselves to Achieve our Dream

Learning Outcomes

Completion of this Session will enable you to:

- ✓ demonstrate the skills of motivating yourself (Knowledge & Skill)
- ✓ display an understanding of the importance of motivating yourself in order to achieve your goals and dreams (Attitude)
- ✓ describe and identify personal pros and cons of each new skill learned and compare and contrast the different skills used (Knowledge & Skills)

Perseverance

The common argument for failure is “I lost interest” or “I didn’t have enough money.”

While true, neither one is valid.

Motivation depends on many factors, with the primary factor being the **power of your dreams**.

Money is one of the barriers that can be overcome. Achievement requires developing attitudes and habits that keep you on track.

(Adapted from: http://www.motivation-tool.com/elements/develop_a_dream.htm)

In time, motivation will drive us even when the going becomes strenuous and we wish the project would go away. Perseverance is what keeps us going. It is not always a steady thing but it will keep you going forward.

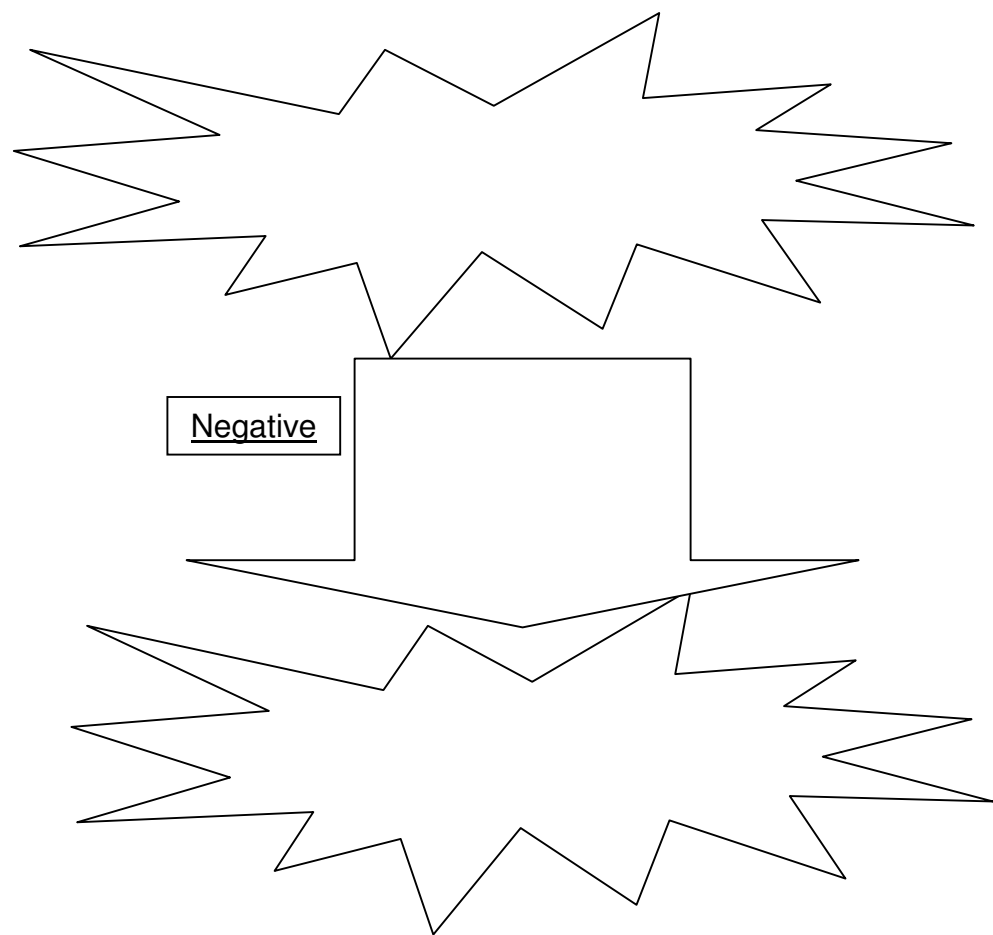
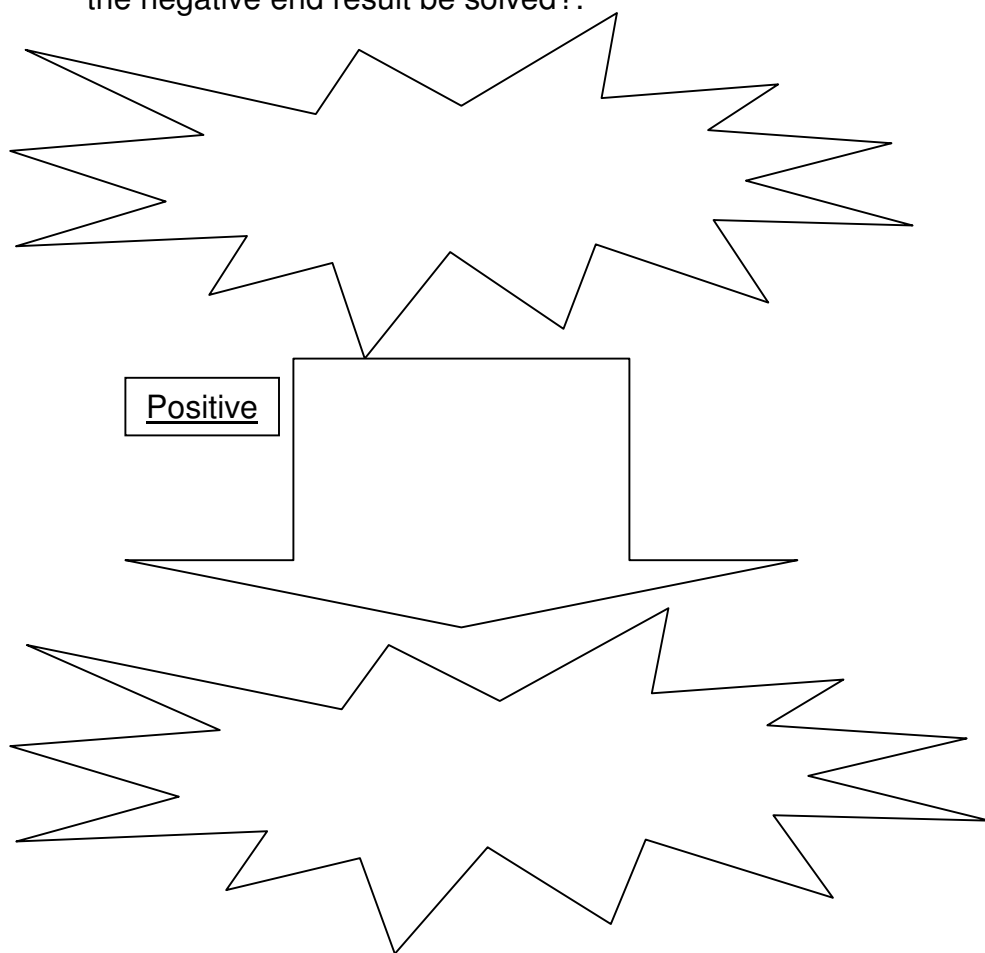
Fantasing is one tool for keeping us motivated. Fantasing is creating pictures in our mind on how we would react to events if our dream were real.

- Fantasing creates a burning desire
- It prepares our minds to accept opportunity when it arrives. Without it we may reject opportunity out of fear
- It is a plan written in our head



We can use fantasising with the 'Dream Action Plan' tool we have already seen.

Fantasise a positive end result for a dream, and then a negative end result for a dream. How could problems that caused the negative end result be solved?:



Socialise with others of similar interest

Mutual support is motivating. We develop the attitudes of our five best friends. To be a cowboy we must associate with cowboys. Think about your closest friends and see if this rings true.

What are some examples of times you have found mutual peer support helpful and motivating?:

Share these examples with your group.

Brainstorm ideas on your own or with group members on groups/clubs/organizations you could be involved that relate to your dreams:

Learning to Learn Overcome Failure



Failure is a learning tool.

Thomas Edison failed thousand of times before he invented the light bulb.

Failure is trying to do things others have not considered. It is a temporary by-product of creativity. It is challenging the learning process.

Write down a time that you have failed at something. What learning did that experience bring about for you?

Share your experiences and learning with your group.

Harmonising Our Natural Talents

Natural talent creates motivation. Motivation creates persistence and persistence gets the job done.

What natural talents/strengths do you have? How have they contributed or are related to your goals or dream?

Share your talents and strengths with your group.

If yourself or group members are having difficulties thinking of talents and strengths, share what you see in other members.



Increase Your Knowledge of Subjects

The more we know about a subject the more we want to learn about it.

A self-propelled upward spiral develops.

Brainstorm on your own or with group members ways you can increase your knowledge of something.



What are ways you can learn more about your specific area of interest?

Which of the different skills involved in motivating oneself do you think will be more difficult than others for you to master?

What are ways you can overcome these difficulties? What are ways your group members can support each person to overcome their own difficulties?



Session Six

Healthy Risk Attitude

Learning Outcomes:

Completion of this Session will enable you to:

- ✓ demonstrate an understanding of how and why we should take healthy risks.(Knowledge, Skill & Attitude)
- ✓ understand the importance of attitude plays in dreaming (Knowledge, Skill & Attitude)

Take Risks

Failure and bouncing back are elements of motivation.

Failure is a learning tool.

No one has ever succeeded at anything worthwhile without a string of failures.



So how do you get used to taking risks and seeing failures as a positive experience with valuable learning?
You widen your comfort zone.

Brainstorm ideas on how to widen your own comfort zone:

Attitude

Our attitude is one of the few things we can really control. Each of us has the ability and power within to determine what our attitude is. In order to focus our attitudes in a positive direction, we must practice. This is something that may not seem natural at first, but once you practice it for a while, it will become a habit.

On your own or with a partner, think of a time/situation that was negative and your attitude was likely the reason for it .

Write down or act out with a group member how you could have made the situation turn out differently

Look at the following situations with a negative attitude: How might each turn out?

Situation One: Car goes by and splashing slush on you.

Situation two: Car cuts you off

Situation three: partner ignores you when you are telling them something important

Now go back and look at each situation with a positive attitude? How might each turn out differently?

Situation One: Car goes by and splashing slush on you.

Situation Two: Car cuts you off

Situation Three: partner ignores you when you are telling them something important

"Cherish your visions and your dreams, as they
are the children of your soul;
the blueprints of your ultimate achievements."
~ Napoleon Hill ~

