

Design Your Dream Year



A Simplified Process for
Attaining Big Dreams

By Tal Gur

Introduction

"If you don't know where you're going, any road will get you there." ~ Alice In Wonderland

This simplified short workbook is the result of my lifelong passion to identify the most effective goal-setting process for attaining big goals.

In the last decade or so I have **achieved all my major dreams** using this process; I obtained financial freedom from excessive debt in less than a year, I completed an Ironman Triathlon and kicked my smoking habit in 6 months. I built a house for a family in need with no building experience and no funds, and I travelled around the world for many years without the need to ever go back looking for a job.

Needless to say, I am a big believer in this process. **I mentor others** using the same process. I even created my own goal-setting tools based on the principles behind the process.

So if you are truly serious about making your dreams come true and living the life you've always wanted, you've come to the right place.

Your job is simple. Go through each step in this workbook, answer the questions, and at the end of it you'll have a simple system to guide you through achieving your big dream within the next twelve months.

I am excited for you. The world is a better place when people pursue and live their dreams.

Enjoy the journey!

- *Tal Gur*

STEP ONE:

Pick a Dream

Pick a Dream

"Dream no small dreams for they have no power to move the hearts of men" - Johann Wolfgang von Goethe

Do you remember how easy it was to know exactly what you wanted when you were young?

Somewhere along the path of life we all became distracted and lost connection with our dreams. We ended up reacting to circumstances and meeting other people's needs, rather than acting out with clear direction.

The truth is that most of us have been settling for less for too long. It is time we get back in touch with our innermost wildest dreams and devise a route to fulfill them.

I use the word 'wildest' for a reason. Small dreams have no power to drive your heart to its desire. There is no magic in small dreams. No fuel for inspiration.

My life experiences support this. When I trained for a short mini triathlon I found myself dragging my feet to the gym with no energy or conviction. The same happened when I tried to save a small amount of money for an uninspiring vacation. I simply didn't have the discipline to follow through.

It was only when I allowed myself to be free of boundaries and truly follow my heart that I was able to stick to my goals and keep moving. In many ways, setting "unimaginable" goals, which are worth striving for, makes the process easier, more fun, and very much imaginable.

With that in mind, let's get started.

The questions on the next page are designed to help you identify and clearly define your biggest dreams. You'll then have the opportunity to choose one area of your life - an area you've always dreamt of taking to the next level - and pursue it well, with all your heart and soul.

Take ACTION:

1. *Regardless of whether they seem realistic or not, what are the biggest, most exciting dreams you want to manifest into your life?*

Do not limit yourself and do not concern yourself with how you're going to accomplish them. For now, that is unimportant. Additionally, if you're finding it hard to complete the above question, consider the following prompts that can help you generate more ideas.

- *When you were younger what were the top things you wanted to accomplish in your lifetime?*
- *What would you do if you knew you could not fail? If anything was possible.*
- *Who are some of the people you admire the most? What would you like to emulate about them?*
- *What is your ultimate destination? (This means not just what you want to do, or have, but also what you want to be.)*

2. *Which one of your dreams would you like to actualize THIS YEAR?*

If you cannot seem to be able to pick one dream, think about which one of your dreams would radically transform your life and give you most benefits. Also ask yourself:

- *Why did you choose this dream? What are the biggest rewards from pursuing it?*
- *Would working toward this dream bring you satisfaction? What would be the biggest impact from achieving this dream?*
- *What is at stake if you don't achieve this dream? What can you learn from this journey?*
- *How would you feel if you achieved this dream?*

STEP TWO

Set Milestone Goals