

FREE Report: How to Quickly and Easily Find the Path to your DREAM!

By Patty Sadallah, Dream Partner Catalyst

Envision yourself living your dream:

The first step to living your dream is seeing yourself living your dream. Imagining yourself living your dream sets your mind into motion to achieve it. Not being clear about your vision will absolutely slow down any progress you may have. Like the conversation between Cheshire Cat and Alice in Wonderland:

Alice asked; 'Would you tell me, please, which way I ought to go from here?'

'That depends a good deal on where you want to get to,' said the Cat.

'I don't much care where--' said Alice.

'Then it doesn't matter which way you go,' said the Cat.

If you don't know where you want to go, then you won't know where you will wind up. But, if you do know where you want to go, then the road comes up to meet you.

See a Glimpse into Your Future

If you think you don't know what you want for the future, think again. Your subconscious knows more than you think. Ten minutes, a pen and a paper will act as a crystal ball for your ideal future in five years. Print these instructions do the exercise and then share your future surprises. It's fun and it works!

This is a nonstop writing exercise. The key to having this work is that you write NONSTOP for ten minutes. It is a stream of consciousness exercise that will awaken the creative right side of your brain. If you 'think' too much, it will NOT work. No one will read what you write, unless you want them to, of course. So, don't be self conscious about the letter itself.

When you are ready, put on an alarm for ten minutes. You will be writing a letter to someone that would be interested and supportive of your accomplishments. The letter will have a beginning, middle and end. Here are the steps of the exercise. You may want to print them so you can glance at them while you are doing the exercise.

1. Date the letter today's date. 5 years into the future. Dear.. (whoever you want)
2. You are writing about your ideal future day. It will have a Beginning, Middle

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and an End.

3. Beginning: Wake up and using all of your senses, notice what you see, smell, taste, touch and hear. This will awaken the creative side of your brain. Are you living in a new place? Driving a new car? Drinking coffee? New lover, more kids? Etc.

4. Middle: Next, you have your ideal day. What are you doing? Who's with you? Where are you? Are there special technologies that you see? A new place? New people? How do you KNOW that this is ideal? What is satisfying about it?

5. End: Next, someone comes up to you and congratulates you on your amazing life and accomplishments. You thank them and they ask you "What was the biggest thing that you had to overcome to get to this point?" You answer them and then end your day with a celebration. You can celebrate any way you want, with anyone you want. This is just a fun way to close down the exercise.

I use this exercise in groups as well when I'm doing organizational strategic planning. People do the exercises together and then we talk about the common themes and patterns to create a common organizational vision. It works like a charm.

4 Simple Steps to Creating your Passionate Mission:

Being clear about your personal or organizational mission can catapult you toward success. It will give you focus and help you to know what work is inside and outside of your niche, and keep you on track. So, whether you are a small business owner or solopreneur or a nonprofit executive, this next exercise will help you clarify your mission.

Mission statements don't need to be long, boring or dust collectors. They can be vibrant statements that actually give you direction. This quick mission statement guide can be used as a personal or organizational exercise to help you gain focus.

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Here's are two examples of a good mission statement: [Brentwood Community Service Center provides basic need services to the homeless of Brentwood, Ohio so that they may become self sufficient and get back on their feet.](#)

[Patty Sadallah is the Dream Partner Catalyst that provides coaching and consulting services to woman owned small businesses and non profits nationally by moving them forward to focus, plan and take actions step by step toward their visionary goals so that they may achieve their dreams.](#)

Let's break it down. There are 4 key elements here:

1. WHAT do they do? [They provide basic need services.](#) Most people understand 'basic needs' to be food, clothing and shelter. Most organizations DO a lot of things, so the trick here is to find the one or two words that really capture what you do. [Patty provides coaching and consulting services as a Dream Partner Catalyst.](#)

2. For WHOM do they do that? This organization [serves the homeless of Brentwood, OH,](#) and in [Patty's example, women owned small businesses and nonprofits.](#) Notice that there are 2 boundaries here. There are a type of person and a geographical boundary. Most people and organizations tend to what to do it all for everyone. A 5 person staff cannot serve 'the world' or even 'the State'. What is your realistic boundary? Also, there is a direct customer and an indirect beneficiary. You may work with ex-cons that are re-entering society and the community is the indirect beneficiary.

3. What is their GUIDING VALUE? Now this is the most important element. Most people have a hard time choosing one guiding value, but it is really important that you do. In Brentwood's case, [their guiding value is self sufficiency.](#) In Patty's example the guiding value is [moving them forward.](#) The value will help them to decide which services are IN and which are OUT. For example this organization will not help homeless people fill out welfare papers. But, it may ask that they work around the office in exchange for their food and shelter. In Patty's case, she doesn't spend much time looking back with clients. It's all about moving forward.

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4. What is the SUCCESS MEASURE? How do you know that you are successful? Brentwood's success measure is to be 'back on their feet'. In Patty's example the success measure is 'achieving their dream'. When a person is no longer homeless and can take care of themselves, they are considered to be 'back on their feet'. The key is that all of these elements need to work together. Like a pull toy where you pull the string and all of the legs and arms move together, the elements need to compliment each other to make sense. So, if the success measure was to make a lot of money, that wouldn't fit with the rest of the elements.

So, here's the exercise. This can be done for an organization, as the example above demonstrates, or for your personal mission. It's a terrific career focusing exercise if you want some clarity about a future job direction.

1. Write the 4 questions above on a piece of paper. Your challenge now is to answer the questions in one or two words. Not one or two sentences, one or two words. You can begin by brainstorming a lot of words in these categories, but you must boil it down to one or two words in each element area.

2. When you are happy with your one to two word answers, make it a sentence. Don't edit for eloquence right away. The key is to really like the elements first and worry about making sound good later.

3. Next, edit it. You may want to have someone else edit it for coherence when you are happy with the elements.

Now it's time to see if your sentence passes our two tests. Does your statement pass the elevator and the uniqueness tests?

The ride up an elevator is short, usually about 30 seconds. If a perfect stranger boarded the elevator with you and asked you what your mission was and you answered with your statement, would they nod with interest and understanding? Or would they glaze off without a clue? The latter may occur if you use too many jargon words or include too many value words and not enough action words. Test you statement out on people who don't work in your field to see if you've captured it simply enough.

The uniqueness test asks the question; could this statement be said about anyone else? Would all people or organizations in my field have this statement? What makes

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US different? The best missions pass both tests. Effective missions are powerful tools to move you and your organization forward.

Break down your work into manageable steps

Now that you have a vision and a mission, ask yourself; what three major things would I need to do to achieve these goals? These are your broad brushed goal statements. One goal may be around how much money you may want to earn or raise, another may be related to services or products that you want to sell or deliver, and a third may be about what support you may need to get there. Write at least three goal statements complete with numbers. Some examples:

- Get XX new coaching clients every month.
- Serve at least 100 people with XX service this year.
- Earn XX this year with multiple streams of income.
- Raise XX by executing one major fundraiser.

You have just decided WHAT you want to do; now it's time to clarify the HOW. Here is a quick and easy form to help you think it through:

Goal Statement: **To raise \$10,000 by fundraising in 2010.**

Objectives	Strategies	Desired Outcome Proof-Tools to Measure	Time Frame	People Responsible	Resources Time and Money
To raise \$3,000 by grants.	Apply for three grants. *Cleveland Foundation *Johnson Foundation * Bruening	Sent application Money received	quarterly	Grant writer	Time and mailing costs

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	Foundation				
To raise \$4,000 by events NET	Have a golf outing	Execute one golf outing Money raised	Summer	Fundraising Committee responsible to report to the board of directors	Time, event costs
To raise \$3,000 by individual contributions	Annual campaign Individual asks Board members each ask 1 for big gift	Build the list Send letter to list ID list of potential big money givers Divide up the list Board members make ask one-on-one	Send letter 11/10 Campaign spring 2010	Board of Directors	Board member time, Mailing costs

Looking at this completed chart for our Brentwood example: Each goal should have about 3-4 objectives. If you have more, you will get overwhelmed. Next you think through your strategies. Which approaches will get you to this goal. For example: If you are a nonprofit and you intend to raise \$10,000 in fundraising this year, you may have three objective statements. You will have a few strategies for each objective.

Next you break down the strategies into steps and then mark out the steps on a calendar. Weekly and daily, identify the small steps that will move you forward. Do this with every member of the team. Keep track of your progress and celebrate successes and incremental progress. Before long, you will be achieving your goals and moving toward your dream.

The biggest mistake that dreamers make

The biggest mistake that dreamers make is not getting help and allowing the learning curves to cost you time, money and rob you of your dream. They allow side roads to

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take them off track and away from their dreams. Lack of focus and a plan can frustrate and stop progress toward the dream.

Are you an expert in some areas, but a novice in others? Are you letting the learning curves and the lack of a focused plan keep you from your dream?

Don't allow these problems to keep you from your dreams! Take the first step by asking for your FREE 30 minute Dream Success Consultation from Patty Sadallah.

<http://www.PattySadallah.com/qualification>

I would like to be your Dream Partner Catalyst. Your dream is important to me.

Thanks for requesting this free report. I hope that you have found it useful and I hope that I will be coming along side you in your journey toward your dream.

Blessings,

Patty Sadallah

Dream Partner Catalyst

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