



# DREAM BIG 2019

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The beginning of the year is an exciting time; new hopes and dreams planned and realized. I am excited to begin this journey alongside of you! Each month I will send you another encouraging monthly outline for what to work on next in order to continue moving towards your dream. Ok, let's get started!

What you have below is a condensed summary from two comprehensive posts that I wrote one called, **"Create and Accomplish Your Dream Goal This Year"** and **"How to Set Goals to Achieve Successful Outcomes"**. Please refer to these articles found on my blog, [www.paperroseblog.com](http://www.paperroseblog.com) for more details, my personal journey and specific step by step help.

**1. What is YOUR BIG DREAM for 2019?**

Don't hold back, put it out there and write it down. Say it OUT LOUD; to yourself, to others! This makes the dream more of a reality. Try it!

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**2. Brainstorm**

Eventually you will break down this dream into small and measurable chunks (weekly, monthly etc.) but for now try a brain dump. Take more paper if you need to and write down everything that you want to do (that comes to mind) that is part of reaching that dream. (ex. Buying or enrolling in a course, researching a topic, joining a FB group)

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**3. What Are Your Fears? Challenge the Fear**

Write out some of your fears; what comes to mind automatically when you think of accomplishing this dream? What is standing in the way of that fear?

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**4. Grab an Accountability Partner**

Think about someone you admire, trust and spend time with that you could ask to partner with you on this journey. It could be someone that is trying to accomplish a similar goal. Meet with them a minimum of once a month (in person is the best but email or video conferencing works too). Write their name down and contact them.

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**5. Find a Way to Document Your Success.**

You will have successes along this journey. Hurray! So you need a task sheet (wink wink, I have a FREEBIE for that), yearly planner or a simple lined journal will do. When you accomplish a daily, weekly, monthly and quarterly task, check it off and share your success. This will be something to condense and share with your accountability partner.

The further you dive into your DREAM BIG journey the more specific you will need to get with each of these points (especially #2 – Keep the Goals SMALL and MEASURABLE). After you write a task down, always ask yourself, “does this fit my BIG DREAM GOAL?” We can get sidetracked, but I am here to be your guide and cheerleader.

***P.S. For daily tips and encouragement, follow along on Instagram @brinkdarlene***

**NOTES**

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