

DREAM BUILDER STRATEGY PLAN

“THE CREATION OF MY INTENTION”

Congratulations on taking a quantum leap forward towards the creation of the life you have dreamed of living and the person you have always dreamed of becoming! For some of you this plan will provide the guidance and direction you need to evolve and grow in one or two of the key areas of life. They may have been neglected or simply overlooked as an area requiring inclusion in your life to feel more fulfilled and satisfied with what you already have. For some, this may be an entire demolition and re-creation that may need to happen over a longer period of time.

Either way, please remember the creation of your life is about **YOU** and your desires. It should be an enjoyable process that goes at your own pace. It should stretch your current comfort zones but not create such radical changes that you lose sight of the dream and living the life you love.

This Strategy Plan will help empower you to live your true self with meaning and purpose, have more confidence and self-esteem to create and bring forth into reality, your worthy potentials. This Strategy Plan is the first part of the **7 Simple Ways To Say “No”** program. It will help you determine some possible challenge areas and reasons these areas may not have been fulfilled until now.

Simply learning the Strategies in **7 Simple Ways To Say “No”** can dramatically improve the way you deal with others and make fulfilling these areas much simpler and way more enjoyable. By taking the time now to review and bring these challenges into your conscious awareness, you will be more open to identifying the problems and their solutions as they get brought up in Part 2 of the **7 Simple Ways To Say “No”** program during the teleclass.

One of the most important areas of personal empowerment that always needs to be in constant check in order to succeed at Living The Life You Love is upholding the traits of “Good Character”. Many people have “good intentions” and think they are being a “good person” by doing or NOT doing certain things to spare someone else any ill feelings. Unfortunately what you end up compromising in the end is your character. There is a very old saying “your word is YOUR worth.” The name and reputation you create for your self is determined by your virtues or lack of virtues in your behaviour known as “character”.

Those who live up to higher standards of living place a very high value on the development of character. Both in themselves and with the people they have interactions with. The evaluation of character begins very early in childhood and parents are often embarrassed when their young child calls them out on a double standard and they themselves are caught not “practising what they preach”. If your words and actions are not in alignment, it won’t matter what you

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say because people will make decisions about you based on what you DO because your action shows your truest intention.

Later on in adulthood your peers may not call you out on your double standards but you can be certain they are making decisions in their own mind about the kind of person you are based on these behaviours and your reputation with your peers and your place in society is based on this foundation whether you realize it or not.

Self-responsible people manage these traits within themselves and recognize the value of living by these traits. If part of your plan includes a change in social or financial standings, you will want to pay close attention to the development and value of the character traits. Not only yours but the circle of people at the level you are currently at and the level you want to move up to. The saying “birds of a feather flock together” is strongly based on the development of character. It will also have a strong impact on the second part of your Strategy Plan when you start looking at the **9 Areas Of A Whole Life**. These traits also pertain to goal achievement, setting boundaries for relationships, health and well-being and spiritual development.

CHARACTER MATTERS!

There are 11 attributes of having a good character. It is important to look at **BOTH** sides of these attributes and look at the opposite of each trait as well in order to get a clear and concise meaning of the purpose and intention behind both.

Remember: Your intention is to create more love, meaning and purpose in **your** life and the only way to do that is to get to know yourself better. What really matters to you? We are all human and not one of us is perfect in living these traits 100% of the time. We all have moments of weakness. IT IS OKAY. In order to negotiate with others to get our needs met, we first need to figure out what we think and how we feel so we can express it clearly and start to resolve conflicts within ourselves and with others.

Compassion, Courage, Fairness, Honesty, Inclusiveness, Initiative, Integrity, Optimism, Perseverance, Respect, Responsibility.

1) HONESTY- “I will be sincere, trustworthy and truthful with myself and others in my thoughts, feelings and actions.”

How important is honesty to me?

With myself (1-10)_____ From Others (1-10)_____

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When are the times I may have a tendency to be dishonest? _____

What do I have to lose from being dishonest? _____

What do I have to gain from being dishonest? _____

How do I feel when others are honest with me? _____

How do I feel when others are dishonest with me? _____

2) INITIATIVE-“ I will recognize what needs to be done and do it, without prompting from others.”

How important is it for me to be this way? (1-10) _____

Where are the areas I don't take initiative (work/home/parenting/school)? _____

What do I gain when I don't take initiative? _____

What do I lose when I don't take initiative? _____

How do I feel when others have initiative? _____

How do I feel when other people don't have initiative? _____

3) INTEGRITY- "I will do what is right even though it may not be the easy way and ensure there is no difference between what I say and what I do."

How important is integrity to me? (1-10) _____

What are some areas I don't always live by integrity? _____

What do I gain by doing this? _____

What do I lose by doing this? _____

How do I feel when others act with integrity? _____

How do I feel when other people don't act with integrity? _____

4) OPTIMISM- "I will maintain a positive attitude, look on the brighter side of situations and seek opportunities in the face of adversity."

How important is being optimistic to me? (1-10)_____

What do I gain by being optimistic?_____

What do I have to lose by not being optimistic? (with myself & with others)_____

How do I feel when others are being optimistic?_____

How do I feel when others are not optimistic?_____

5) COMPASSION- "I will do whatever is necessary to heal the hurts of others. I will strive to understand and be sensitive to their feelings."

How important is compassion to me? Giving it (1-10)_____ Receiving it (1-10)_____

What do I have to gain by being compassionate?_____

What do I have to lose by not being compassionate?_____

How do I feel when others are compassionate towards me?_____

How do I feel when others are not compassionate towards me? _____

6) FAIRNESS- "I will treat others in a just, equitable and unbiased manner."

How important is fairness to me? (1-10) _____

What are some ways I behave in a fair manner? _____

When are some times when I do not behave in a fair manner? _____

How do I feel when others are fair with me? _____

How do I feel when others are unfair to me? _____

7) PERSEVERANCE- "I will not give up when things get tough. I will stick to my goals and work hard to achieve them, despite obstacles and challenges."

How important is perseverance to me? (1-10) _____

What are some ways I have persevered? _____

When are some times when I did not persevere? _____

How do I feel when others persevere? _____

How do I feel when others do not persevere? _____

8) RESPECT- “I will treat myself and others with consideration, high regard and dignity.”

How important is respect to me? Giving it (1-10)_____ Receiving it (1-10)_____

What are some ways I am respectful (to myself or others)? _____

When are some times when I was not respectful (to myself or others)? _____

How do I feel when others are respectful? _____

How do I feel when others are not respectful? _____

9) COURAGE- “I will stand up for my beliefs and principles and face challenges, fear and difficulty with fortitude.”

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How important is courage to me? (1-10) _____

What are some ways I am
courageous? _____

When are some times when I was not
courageous? _____

How do I feel when others are
courageous? _____

How do I feel when others are not
courageous? _____

10) RESPONSIBILITY- "I will be accountable for my actions, be reliable and keep my commitments."

How important is responsibility to me? (1-10) _____

What are some ways I am
responsible? _____

When are some times when I was not
responsible? _____

How do I feel when others are
responsible? _____

How do I feel when others are not responsible? _____

11) INCLUSIVENESS- “I will work to build a community where everyone feels included, empowered and valued for his or her unique contributions.”

How important is inclusiveness to me? (1-10) _____

When are some times when I was being inclusive? _____

When are some times when I was not being inclusive? _____

How do I feel when others are being inclusive? _____

How do I feel when others are not being inclusive? _____

NOTE TO PARENTS: The above questions are excellent conversation starters for children, teens or adults and help foster self-esteem in everyone. The better a child can express themselves openly and freely at home the more confidence they gain to be able to do it with their peers as well. If these conversations are practised regularly within the home a child or youth may also have more confidence and ability to come to parents when a problem does arise and ask for parental assistance on ways to solve the problem.

REMEMBER: Character can be developed and improved at any age but children learn what they live!! The more you display and value good character the better the learning opportunity your child has. They mimic adults and repeat those same behaviours. They are watching YOU!

The following link has activity and coloring sheets that can be printed and discussed with children. www.charactercommunity.com

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HOW FULL IS MY LIFE WITH THE THINGS I WANT TO DO?



9 Areas of A Whole Life

1. **Spouse/Significant Other**- Communication/goals/dreams/future planning, vacations, dating
2. **Family Relationships**-birthdays/special occasions/ holidays/ weekly visit/phone call
3. **Career/Work**-money/survival/ skills/talents/abilities
4. **Friends**-Socializing/Recreation/parties/concerts/movies/ dinner/shopping
5. **Health & Leisure**-sports/recreation/exercise
6. **Contribution**-Spirituality/volunteer/groups and committees
7. **Personal Growth**-education/workshops/training
8. **Hobbies/Special Interest**-music/arts/crafts/building/creativity
9. **Relaxation**-reading/t.v./walk/Bath/relaxing

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**It's not just about time...
It's also about relevance.**



1. Using the chart below, list how many hours a week you spend on activities in each area.
2. List the activities you do in each area

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MY CURRENT LIFE SITUATIONS

1) <u>Spouse/Partner</u> HRS _____	2) <u>Family</u> HRS _____	3) <u>Career/Work</u> HRS _____
4) <u>Friends</u> HRS _____	5) <u>Health/Leisure</u> HRS _____	6) <u>Contribution</u> HRS _____
7) <u>Personal Growth</u> HRS _____	8) <u>Hobbies/Interest</u> HRS _____	9) <u>Relaxation</u> HRS _____

3. Review the relevance of each activity. Are you participating because you want to or is it to satisfy someone else? It is ok to do things for others but HOW MUCH is being given? Are others giving back to you equally as much?



4. Are you spending too much time at work to avoid difficult situations at home?

5. Are you wasting time at home to avoid going to work, financial responsibilities or interacting with others?



WHAT ARE MY BELIEFS AND LIMITATIONS ABOUT WHERE I WANT TO BE IN LIFE?

There are 2 very good authors who have written about our perceptions of reality when it comes to making changes in life. Byron Katie, author of the book titled “Loving What Is,” teaches you four questions that can change your life when it comes to questioning your beliefs and the truth about the reality of the limitations we put on ourselves, our happiness and our life circumstances.

Dr. Wayne W. Dyer, author of the book “Excuses Be Gone,” has discovered in his years of spiritual counselling and working with people that there are 18 most commonly used excuses that people of all walk of life believe to be true when they are questioned about making the changes they desire to achieve greater fulfillment. These excuses leave us feeling powerless until they are explored fully. These are one sided perceptions that once explored lose their validity in having any power or control over the actions we want to take.

Some of these excuses may apply to you and some may not. These are the obstacles that stop you from making significant changes to fulfill your own loving happy life. These negative beliefs cause self-doubt and deplete our sense of self-esteem and confidence. Finding another perception of the situation can give the boost of empowerment you need to take the action to overcome the one thing that has been holding you back all these years and re-claim your own life.

1. **It Will Be Difficult** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
2. **It’s Going To Be Risky** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
3. **It Will Take A Long Time** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
4. **There Will Be Family Drama** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
5. **I Don’t Deserve It** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
6. **It’s Not My Nature** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
7. **I Can’t Afford It** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
8. **No One Will Help Me** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
9. **It Has Never Happened Before** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
10. **I’m Not Strong Enough** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
11. **I’m Not Smart Enough** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
12. **I’m Too Old (Not Old Enough)** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
13. **The Rules Won’t Let Me** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
14. **It’s Too Big** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
15. **I Don’t Have The Energy/I’m Too Tired** (TRUE/FALSE) (ME/SOMEONE ELSE _____)

16. **It's My Personal Family History** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
17. **I'm Too Busy/Don't Have Time** (TRUE/FALSE) (ME/SOMEONE ELSE _____)
18. **I'm Too Scared** (TRUE/FALSE) (ME/SOMEONE ELSE _____)

Finding another belief or perception of a situation can give the boost of empowerment you need to take the action to overcome the one thing that has been holding you back all these years and re-claim your own life.

If you were to discover that a thought you used to define who you are to yourself and others is false, would you want to continue using it? Do not fret if you have just discovered that some of your beliefs have created roadblocks and barriers to what you truly desire. That is what you want!! Until you become consciously aware of the programming that is running behind the scenes you cannot make the necessary changes. What appears to be the problem on the outside is never the REAL problem.

WHERE DID THESE EXCUSES COME FROM?

I love the metaphor explained by Dr. Wayne W. Dyer, in his book "Excuses Be Gone," which I quote for you here.

"When you go to your doctor with a medical problem, you're prepared to answer questions designed to help him or her determine what's going on and what treatment plan to initiate. One important function of this inquiry is to assist your physician in understanding what brought about the illness, infection, or trauma. I'm going to use this medical model as a metaphor to explore the question ***Where did the excuses come from?*** In relation to making them vanish from your life.

When it comes to those mental crutches you've relied upon for so many years, it will help you to become your own doctor and to learn the origin and duration of your "condition" before your implement treatment. Just like your physical problems, habituated thinking patterns that keep you from attaining the life of your dreams can be remedied by knowing how and why they occurred, and a program of prevention can then be instituted.

Using the same model of and "intake interview" that your medical doctor would conduct, here are five questions that will help you understand where your excuses come from.

1. What Are Your Symptoms?

Imagine the excuses you've employed as symptoms that have been keeping you from maximizing your potential for happiness, success and health-even if they may not be as obvious as fever, runny nose, a sore throat or any other physical symptom that would cause you to seek out medical attention.

Describe what you are feeling when you know you've got the excuse bug. Be as specific as you can.

COMMON SYMPTOMS INCLUDE: Frequent episode of blame and faultfinding, shame, anger, envy that breaks out when comparing yourself to others, laziness, inactivity and complaining. As the excuse bug takes hold, you notice that you spend a lot of time looking for occasions to be offended-anyone else's success, happiness and good health just serve to intensify your symptoms. Self-doubt, resentment, anxiety, worry, hopelessness, sadness, unworthiness and more may also occur.

2. When Did Your Symptoms First Appear?

Your symptoms could very well stem from childhood memories that still persist in adult versions.

EXAMPLE: The rationalization "I'm too old" may have appeared as "I'm too young" when you were a teenager; and the adult excuse "I'm too busy" might have originated as "I can't play with my friends because I have to do my chores, study, and get to bed" when you were in school. Perhaps you also admired family members who modeled seemingly successful excuse-making behaviour.

While there is no remedy for the conditions you were exposed to that contributed to the presence of your "excuses disease" today, you can now see how you were infected at an early age.

3. Whom Were You With?

They include members of your immediate and extended family, teachers, classmates, friends, members of religious organizations, television programs you watched, magazines, newspapers, music you listened to and on and on. Your inquisitive, open and willing mind surely was an inviting place for them to take up residence.

Your past is always going to be the way it was, and there's no way to alter it.

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4. Did The People you Were Around Have Similar Symptoms? Were They Contagious?

If you were being medically treated for a disease, it would be important to curtail its spread-not only would you need to be treated accordingly, but whomever you caught it from would need to be too. Obviously, medication or isolation aren't called for here, but you do need to make the decision to rehabilitate yourself if you are to overcome lifelong habituated thinking habits.

While you were growing up and being exposed to the excuses disease, you were unaware of what was happening. This isn't a reason to blame anyone. Rather this is all about seeing that in your earliest years, you were a magnet for the energy that was directed at you.

5. Were You Exposed?

Yes. However, you now have a choice to strengthen your natural immune system so that you can deal with any similar disease processes that may come your way now and in the future. Now that you are aware of what has been going on the responsibility is completely yours."

**ALL THAT YOU ARE TODAY IS A RESULT
OF WHAT YOU HAVE LEARNED UNTIL
NOW. ALL THAT YOU CAN BECOME IS
STILL UP TO YOU.

THE PAST DOES NOT = THE FUTURE**

MY DREAM LIFE PLAN

1) <u>Spouse/Partner</u> <u>HRS _____</u>	2) <u>Family</u> <u>HRS _____</u>	3) <u>Career/Work</u> <u>HRS _____</u>
4) <u>Friends</u> <u>HRS _____</u>	5) <u>Health/Leisure</u> <u>HRS _____</u>	6) <u>Contribution</u> <u>HRS _____</u>
7) <u>Personal Growth</u> <u>HRS _____</u>	8) <u>Hobbies/Interest</u> <u>HRS _____</u>	9) <u>Relaxation</u> <u>HRS _____</u>

WHAT WOULD HAPPEN IF TIME WAS IN MY CAPABLE HANDS...



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AND LIFE WAS TRULY MY OWN BALANCE...



IF I DEFINED MY OWN CHARACTER...

HONESTY- *I will be sincere, trustworthy and truthful with myself and others.*

INITIATIVE- *I will recognize what needs to be done and do it, without prompting from others.*

INTEGRITY- *I will do what is right even though it may not be the easy way and ensure there is no difference between what I say and what I do.*

OPTIMISM- *I will maintain a positive attitude, look on the brighter side of situations and seek opportunities in the face of adversity.*

COMPASSION- *I will do whatever is necessary to heal the hurts of others. I will strive to understand and be sensitive to their feelings.*

FAIRNESS- *I will treat others in a just, equitable and unbiased manner.*

PERSEVERANCE- *I will not give up when things get tough. I will stick to my goals and work hard to achieve them, despite obstacles and challenges.*

RESPECT- *I will treat myself and others with consideration, high regard and dignity.*

COURAGE- *I will stand up for my beliefs and principles and face challenges, fear and difficulty with fortitude.*

RESPONSIBILITY- *I will be accountable for my actions, be reliable and keep my commitments.*

INCLUSIVENESS- *I will work to build a community where everyone feels included, empowered and valued for his or her unique contributions.*

AND MY BELIEFS SUPPORTED MY DREAMS...

1. *I have the ability to accomplish any task. I set my mind to do it with ease and comfort.*
2. *Being myself involves no risks. It is my ultimate truth, and I live it fearlessly.*
3. *I have infinite patience when it comes to fulfilling my destiny.*
4. *I would rather be loathed for who I am than loved for who I am not.*
5. *I am a Divine Creation, a piece of God. Therefore, I cannot be undeserving.*
6. *My essential nature is perfect and faultless. It is to this nature that I return.*
7. *I am connected to an unlimited source of abundance.*
8. *The right circumstances and the right people are already here and will show up on time.*
9. *I am willing to attract all that I desire, beginning here and now.*
10. *I have access to unlimited assistance. My strength comes from my connection to my Source of being.*
11. *I am a creation of the Divine Mind; all that is perfect, and I am a genius in my own right.*
12. *The age of my body has no bearing on what I do or who I am.*
13. *I live my life according to Divine Rules.*
14. *I think only about what I can do now. I can accomplish great things one step at a time.*
15. *I feel passionately about my life, and this passion fills me with excitement and energy.*
16. *I live in the present moment by being grateful for all of my life experiences.*
17. *As I unclutter my life, I free myself to answer the callings of my soul.*
18. *I can accomplish anything I put my mind to, because I know that I am never alone.*