

How to Start the Dream Proposal

“If what’s inside your dreams wasn’t already real inside you, you couldn’t even dream it.” —Gloria Steinem

Let’s create a unique Dream Proposal just for you right now. Let’s dream *with intention* together. Imagine—what does success look like? Your Dream Proposal will include your specific goals, actions, and first steps, as well as what you need in order to start. Start thinking: who in your life will support you with your dreams? Who can *you* support with *their* dreams? How can you pay it forward?

To start your Dream Proposal, you must be very specific about what you want. The Dream Proposal is going to be the road map to where you want to be in five years; the more specific you are, the more likely you are to get there.

Begin by looking back over the past six months and ask yourself: have you taken some positive steps or made some positive changes in your life during that time? Did you ever congratulate yourself on what you’ve accomplished? If not, please congratulate yourself *right now!* We should all stop and give ourselves credit for what we do every day.

Now multiply what you have done in six months by ten—that is how much you’d do in the next five years, without a Dream Proposal! With one, you can do *anything* in that amount of time.

“Why not you?” —Jo

Your dream isn’t about tomorrow, or what is “enough for now,” or only what you need. It is about defining the best of everything you deserve. Together, we can create a picture of your

biggest and best life. We will dream big and focus small. Walt Disney said, “If you can dream it, you can do it.”

There is one big rule. ***You may not mention your kids.*** Why? Not because they won’t be with you on your dream journey—of course they will. But this is *your* dream. You are dreaming just for yourself. When was the last time you did that? Here we go.

My Dream Proposal

“Every great dream begins with a dreamer.” —Unknown

What is my biggest dream?

Describe each item fully, in crazy-big ways. You cannot dream too big! Women don’t dream big enough, and that has to change with you.

1. Career

If you don’t have a specific career, a great job will do. *Be specific.* This will lead to something even bigger. I gave a laptop to a Spanish-speaking woman who had completed only fifth grade in her country, and she dreamed of becoming a doctor. She got her GED and started community college. Who knows what she’s doing now? I believe that she’s a doctor.

2. **House**

This is one of my favorites. Where is it? What style? How many bedrooms? How many bathrooms? Jacuzzi? What does your kitchen look like? What kind of yard do you have? Want a swimming pool? A dog? A picket fence? What else can you add? *Design it!*

3. **Car**

I have always loved cars. My dream is a Porsche. But how about a Ferrari? A Lamborghini? Maybe a little convertible?

4. **Travel**

Anywhere and everywhere. Beaches, mountains. Make a list of the first five places you'll go. *The first one is with no kids!*

1) _____

2) _____

3) _____

4) _____

5) _____

5. **Self-Care**

Nutrition, exercise, sleep, groups, reading, restaurants, music, therapy, time alone, time with friends, spa days...keep going!

What Are the Steps to Reach My Dream?

Dream big while focusing small.

1. **Current Needs (if you have advocates, they can help with these)**

Do you need housing, legal aid, immigration services, or childcare?

Do you need counseling or therapy?

Do you need help improving your credit score?

Etc.

2. **Education**

Are you interested in obtaining your GED? Attending a community college or university?

Earning a graduate degree or other professional credentials?

Find online classes to meet those education goals. There are so many that you may even be able to find exactly what you need for free. Here are a few places to start:

- www.educationconnection.com
- www.aarp.org
- www.alison.com
- www.edx.org
- www.skillshare.com
- www.coursera.org

What Is My First Baby Step?

1. **What will I do tomorrow?**

2. **How much will it cost?**

3. **Do I have the money already? If not, where can I get the money?**

4. **Can I begin saving a little bit today? If not, what agencies can help me?**

5. Who else can help me?

Now that you've written your own Dream Proposal:

- Print it out in big red letters (or your favorite color).
- Put it somewhere you can see it every day.
- Create a dream board with pictures of everything that you want and deserve.
- Visualize, in detail, what you want.
- Now believe, no, *know*, that you deserve it all.
- Think *abundantly*. This is intention, too.

The last step is to say it all out loud, ***very loud***. Tell your friends and family. Don't be shy; you have no idea where support will come from. Synchronicities will begin to happen.

Don't worry about the way your dream happens, just keep taking those baby steps. New steps will present themselves at the right time. Assume your dreams have already happened. Enjoy the surprises—they happen all the time if you are watching!