



5 THINGS YOU NEED

TO REACH YOUR BIG DREAMS — AT A GLANCE

No genie, no secret shortcut — five things you can practice, starting today.

The idea: every person is different, and every dream is different — you can't rub a genie's lamp and have your dreams appear. But you can practice these five things, and reaching your big dreams becomes far more manageable.

THING 1

Belief in Yourself If you don't believe in you, how will anyone else? Overcome self-doubt and you'll succeed in ways you never imagined — belief is built a little every day.

Do this: Track one small gain toward your goal today, and look back at your progress.

THING 2

A New Perspective on Failure Failure is a good thing: it is 100% a learning opportunity. When you fail, you learn how to do better, how to persevere, and how to work harder.

Do this: After a setback, write down the lesson before you try again.

THING 3

Vision for Yourself If you don't know which way you're going, you won't get there. A specific game plan beats a vague hope: not "I hope," but "I will — these steps, on this timeline."

Do this: State your goal as "I will..." and repeat your affirmation when doubt bubbles up.

THING 4

Strengths & Weaknesses Know what you're good at — and what you're not. Everyone has both; there's nothing to be ashamed of. Honesty here is a genuine advantage.

Do this: Make the list. Use your strengths more; improve a weakness only if it serves the dream.

THING 5

Perseverance The most important thing: never give up. Don't lose sight of your "why," and don't let anyone get in the way of your ambitions — it will be worth it in the end.

Do this: Write your why where you'll see it daily, and take the next step — even a small one.

YOUR FREE COMPANION PIECES

This overview pairs with the **5 Things You Need audio program** and the **Big Dreams Worksheet** — reflections, action steps, and trackers for all five things. Listen, work the sheets, keep this page in sight.

REMEMBER

You're here for a reason — stick to that reason. Practice the five things daily and your big dreams get closer every day. It will be worth it in the end!

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