



5 Things You Need to Have to Reach Your Big Dreams

WORKSHEET

Reflections, action steps, and trackers for every one of the five things — the hands-on companion to the audio program.

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Introduction

There is no genie in a bottle for your big dreams — no expert and no secret that works for everyone. Every person is different, and every dream is different. But there **are** five things you can practice having in your life that make reaching your dreams far more manageable: **belief in yourself**, a **new perspective on failure**, a **vision for yourself**, an honest **understanding of your strengths and weaknesses**, and **perseverance**.

This worksheet is the hands-on companion to the **5 Things You Need** audio program. Work through one section at a time, in order. Write honestly, keep your answers specific, and revisit any section whenever you need a reset. Print it, or keep it beside you while you listen.

Before You Start

My big dream is:

Where I am right now, honestly:

Why this dream matters to me:

1 · Belief in Yourself

The idea: if you don't believe in you, how will anyone else? Overcoming self-doubt unlocks success you never imagined possible — and belief is built daily, by noticing the small gains you make toward your goal every single day.

Reflect

Where does self-doubt show up most in your chase for this dream? What has it cost you so far?

Act — Action Items

- ☐ Take a few minutes today to deliberately build belief — review how far you have already come.
- ☐ Start your daily small-gains tracker below, and keep it going all week.
- ☐ Each evening, look back at the day's gains and say out loud: "I am making progress."

My Daily Small-Gains Tracker

Day	One small gain I made toward my goal today
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

2 · A New Perspective on Failure

The idea: failure is a good thing — yes, really. There is nothing wrong with failure, because it is 100% a learning opportunity. When you fail, you learn how to do better, how to persevere, and how to work harder to get where you want to be.

Reflect

What failure have you been treating as proof you can't do this — instead of as a lesson? What changes if you see it as training?

Act — Action Items

- ☐ Pick one recent failure and complete the reframing table below — no blame, just the lesson.
- ☐ Name one thing you will do differently on the next attempt, and schedule it.
- ☐ Share the lesson with someone you trust; saying it out loud makes it real.

Reframe a Failure — Failure → Lesson → Next Move

What happened	What it taught me	What I'll do better next time

3 · Vision for Yourself

The idea: if you don't know which way you're going, how will you get there? A vision means a game plan — and a *specific* one. Not “I hope I can get a promotion,” but “I will take these steps over the next four months to get the promotion I want and deserve.”

My Game Plan

My dream, stated specifically (what, by when):

The steps I will take:

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

My Affirmation

Write your “I will...” affirmation here, in the present tense, with your steps and your timeline. Say it out loud whenever self-doubt starts to bubble up.

Act — Action Items

- ☐ Put Step 1 on your calendar with a real date.
- ☐ Read your affirmation out loud every morning this week.
- ☐ Tell one person your specific plan — saying it makes it real.

4 · Understanding Your Strengths and Weaknesses

The idea: sometimes you need to delegate; other times you need to take the talking stick and run the meeting. Making it big means knowing what you're good at — and what you're not so great at. Everyone has both, so there is nothing to be ashamed of. Be honest, make the list, then use your strengths more and improve the weaknesses that are a smart investment in your dream.

My Honest List

My Strengths	My Weaknesses

Put It to Work

One strength I will use more this week, and how:

One weakness I will improve — only if it serves my dream — and my first practice step:

One thing I should delegate or hand off:

Act — Action Items

- ☐ Ask one person who knows you well to sanity-check your list.
- ☐ Schedule one task this week that plays directly to a top strength.
- ☐ Decide, in writing, which weakness is worth improving — and which one you will simply work around.

5 · Perseverance

The idea: the most important thing is never to give up. Don't lose sight of your "why," and don't let anyone get in the way of your ambitions. You are here for a reason — stick to that reason and don't stop until you've achieved your big dreams. It will be worth it in the end.

My Why

Why does this dream matter? Who else benefits when you reach it? Write the real reason — the one that will hold you on the hard days.

When I Feel Like Quitting

When it gets hard, I will (my comeback plan):

The person I will call or the place I will go to get back on track:

My Perseverance Pledge

I will not give up on my big dream. When it gets hard, I will come back to my why, take the next small step, and keep going — because I am here for a reason, and it will be worth it in the end.

Signed: Date:

Act — Action Items

- ☐ Post your why where you will see it every day.
- ☐ Sign the pledge above — out loud counts double.
- ☐ Take one small step toward your dream today, before anything else distracts you.



You have the five things.

Belief in yourself. A new perspective on failure. A vision with a specific game plan. An honest understanding of your strengths and weaknesses. And the perseverance to never give up. This worksheet pairs with the **5 Things You Need** audio program and the one-page At a Glance overview — listen, work the sheets, and keep going.

Keep pushing, keep selling, and stay ambitious.

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