

IMAGINATION MAPPING KIT

Dream It. Share It. Be It.

There's crucial merit to dreaming. There's integrity in trying. And there is a vast distance between trying and doing, bridged by bold fearlessness. Nothing less is required in order for us to bring our dreams into reality. Set your intentions.

Commit. Commit. Commit to reaching your goal. Make it happen. This is all about you and your dreams, so invest yourself and your creativity; your drive and motivation. Anything is possible!

This page offers mere suggestions with regard to the "how" part of transforming your goals and dreams into reality without deviation.

- 1) Develop an Action Plan to discern what steps you will take from the beginning of your quest to the end (the manifestation of your dream/goal).
- 2) Hold yourself accountable to three people (allies) who you deem respectable, inspirational and supportive of your dreams.
- 3) Create a personal contract with yourself, called a Commitment Page.

For example, in both written and verbal expression, make bold “I am...” statements rather than “I would like to” or “I will do...” statements. Know that by creating these two aforementioned documents, you already are taking action toward manifesting your dream/ goal; so own it, and grab it with your intention by using proactive language. Toss all the “*I can’t*” thinking out the window, and dream. **Dream from your heart.** And understand that there is no turning back from your commitment to reaching your goal.



Action Plan

An Action Plan is an outline of the concrete steps you will take (i.e. contacting people who are relevant to achieving your goal—or to those stepping stones along the way, the small hops and the big leaps), educating yourself on the subject, discerning what all is necessary for attaining your goal, what changes must be made—adaptability is key—, etc.) Then write it all down. Or paint it. Dream Board it. Choreograph it. The point is, get it on paper. Each of us is unique; so it follows that Action Plans will take on their own individuality, apart from the subject matter, so as to be meaningful, relevant, and inspirational to the Action Planner (that’s you!).



The point of developing an Action Plan and a Commitment Page is to build confidence and momentum in order to manifest your dreams, an undertaking which requires skill, dedication, and grit. It demands a discerning eye, and a rather careful vocabulary. Utilize the power of language, an often overlooked tool that readily lends itself to encouraging or

discouraging the manifestation of your dream and belief in yourself. So please pay particular attention to vocabulary choice and verb tenses in order to bring your goal to its fruition.

One of the more popular mediums through which to create and document an Action Plan is journaling and calendar planning. For example, decide upon which day you will start your action plan and by what date you will achieve your goal. Mark these dates accordingly on your wall calendar. Plan day-to-day, week-to-week, or whatever suits you best. Then set your goals for the day. Write them down in detail in each of your journal entries. Then do what you said you were going to do. Carry your journal with you, and check off the list which

accomplishments you made according to your action plan for the day. Write about it. Express yourself. You may surprise yourself by what you write. Document your doings, no matter how large or small, and by what doors open for you. Are there really any coincidences in life?

By all means, celebrate your accomplishments. Whether it's affixing playful, inspirational stickers to your wall calendar or journal upon reaching your goals for the day, indulging in a pint of your favorite flavor of ice cream (or low-fat yogurt), exercising, going to see a movie, hanging out with friends, etc., make sure you reward yourself for a job well done. Know that you are worth achieving your goal.

And don't be discouraged if you happen to attract "haters" along the way who are ultimately envious of your pursuing your dreams. Do not let them get in your way. In the words of motivational speaker Brian Tracy. Understand that it essential to "never consider the possibility of failure; as long as you persist, you will be successful." So true.

Accountability Allies

In order to help you hold yourself accountable to your goal, choose three people whom you admire for their achievements, people whom you trust, and respect.

Establish a time frame in which you will routinely review your accomplishments with each of them. There is much to be said for those who are willing to witness your journey. So choose your allies well. You will quickly understand that by making this choice to hold yourself accountable to them that 1) You have support and 2) There is no going back.

Commitment Page (personal contract)

Another crucial document is the Commitment Page (or personal contract), which is in essence a written contract you will create in order to reach your goal. Whether your intent is to build a house from the foundation up, or to be accepted into to a Master's degree program, to improve upon your relationships, to start a business, or to improve upon your physical health, the Commitment Page both certifies and seals your intent to do so.

One common goal is to improve upon one's overall health, so much so that this endeavor will be incorporated into the example Commitment Page. Keep in mind that if you are committed to your goal, then you already are beginning to alter your thinking and to build motivation in order to reach your goal. So aren't you already part-way there?

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Commitment Page

I, (your first, middle and last name) hereby commit to accomplishing (your goal), by (using present tense verbs; not future tense) (list what your dream entails and what action steps are necessary in order to achieve it).

I commit to holding myself accountable to (the names of your three supporters) to take every action step, both the small steps and the broad leaps, and finally, to making my dream a solid, tangible, and magnificently satisfying and gratifying reality. (Remember, this is *your* no-going-back page, so use whatever present tense language is most meaningful and relevant to you).

Signature of Action Planner: _____

Printed name of Action Planner: _____

Date: _____

Witness' Signature: _____

Witness' Printed Name: _____

Date: _____

Sample Commitment Page

I, **John Q. Smith** hereby commit to accomplishing **the goal of improving my health, by lifting weights at the gym three times per week, walking three miles every other day, eating one extra serving of fruits and vegetables each day, eating at home rather than choosing fast food, and getting eight hours of sleep each night.**

I commit to holding myself accountable to **Jane Smith (spouse), Daniel Jones (friend), and Scott Black (friend)** to take every action step, both the small steps and the broad leaps, and finally, to making my dream a solid, tangible, and magnificently satisfying and gratifying reality.

Signature of Action Planner: *John Q. Smith*_____

Printed name of Action Planner: John Q. Smith_____

Date: May 1, 2012_____

Witness' Signature: *Jane Smith*_____

Witness' Printed Name: Jane Smith_____

Date: May 1, 2012_____

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Thanks for reading!