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2022 Dream Planning Guide - a simple process that works!

This workbook was created to help you take action to make &\$22 your best year yet.

Use the following questions to get crystal clear on your vision, goals and the actions required to make them happen. The key is to keep it simple, actionable and exciting. Clear your calendar, get out your journal and get to work. Be sure to print this out so you can put pen to paper. Then take it to a coffee shop or park – WITHOUT an Internet connection or a time limit – and let the awesomeness begin. Every magnificent accomplishment, discovery, or transformation started with the decision to make a change and follow up with tiny steps each day. Over time that commitment will move mountains.

Goal setting works, it really does!

I know that having a clear vision on where you are going, why you are doing it and knowing the exact steps of how to get there is a big part of your success.

All I ask is that you do the work. Any change begins with taking action, and that's where the Dream Planning Guide comes in. I believe wholeheartedly that this will get you closer to living the life you want, which will also have a positive impact on your world too!

And if you do find this workbook useful, please share it with at least one other person who needs it.

Wishing you many great things in &\$22!

Nidhi

nidhigupta.com

GLOBAL VISIONS
COACHING & PSYCHOTHERAPY

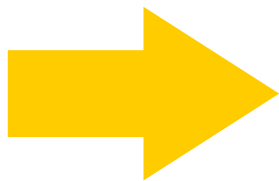


2022

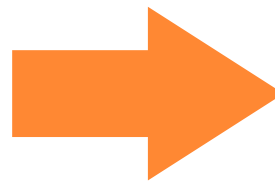
Dream Planning

HOW TO REALISE YOUR DREAMS

What do you
want to
achieve?



Why do you
want to achieve
it?



What do you
develop to
achieve it?

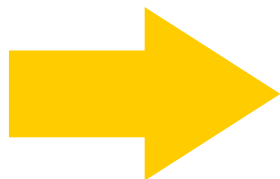


Dream Planning

HOW TO WRITE YOUR DREAMS

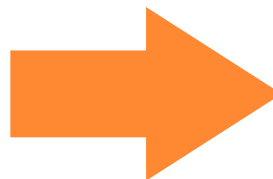
What do you want to achieve?

- Write down your dreams in all areas of life.
- Write down at least 3 dreams in each area.
- Have complete clarity of all your dreams.
- Example : I will be at my ideal weight of 178 pounds by November 1, 2021



Why do you want to achieve it?

- Write down why you want to achieve it?
- Write how your goals will impact your life
- Imagine how you will be feeling living your dream
- Example : I look awesome and more confident at my ideal weight.



What do you develop to achieve it?

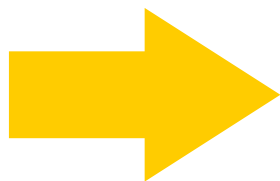
- Write down what skill you will develop
- What resources you will build to reach your dreams.
- How you transform yourself to achieve it.
- Example : Regular to gym/yoga, better eating habits.



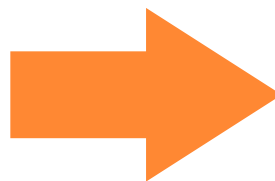
Career / Business

New Job/Promotion/Self-Employed/More Clients etc..

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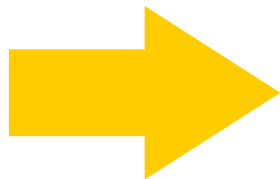
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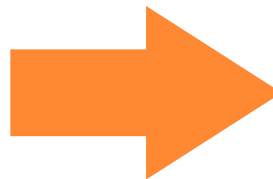
Finance / Money

Income Increase/Savings/Investment etc..

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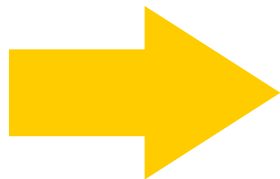


Relationships

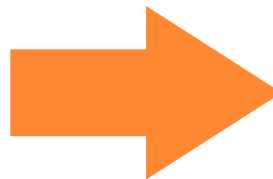


Family/Partner/Mentor/ Business Partner/Friends etc.

What do you
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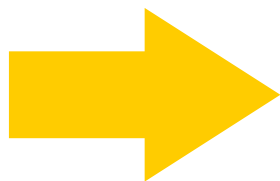
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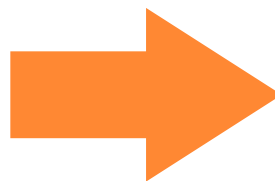
Health & Fitness

Lose Weight/ Stronger Body/Feeling Healthier etc..

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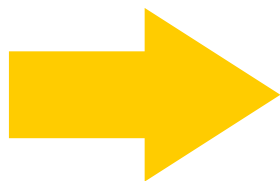
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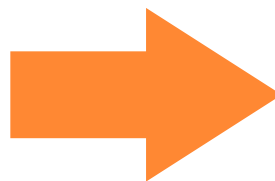
Personal Development

Education/Mentoring/Spiritual Growth etc.

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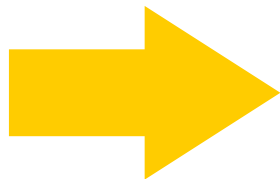
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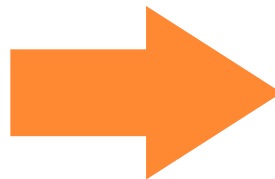
Free Time/ Family Time

Trips/ Vacations/ Time off/ Special Events etc.

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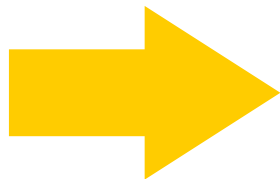
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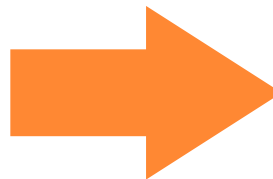
Material Manifestations

Gifts/ Car/ Phone/ Home etc.

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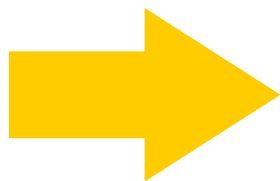
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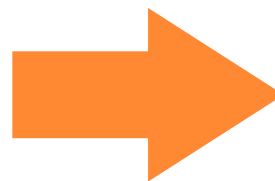
Making A Difference

Charitable Giving/ Extending Help/ Social Work etc.

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Make All Your Dreams Come True

Action Plan 2022 Guide – created by Nidhi Gupta.
This guide is available for FREE and not for sale. Please
feel free to share this guide with others to help them
achieve their dreams.

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