

Make Your Dreams a Reality



Visualize Your Dreams

Create a vision board with pictures of what you want to achieve, and glance at it regularly. Don't worry if your dreams seem far-fetched at first. Dreams require you to do what you've never done, to go where you've never gone!

How many times have you talked about visiting the Colosseum or snorkeling along the Great Barrier Reef without actually planning the trip? It's easy to dream, it's difficult to "do." We all have excuses for why we can't accomplish a distant dream. Remove those limits, and follow this path to make your dreams a reality.

Anticipate Obstacles

Think of all the factors that may disrupt your dreams — thoughts such as, "I can't afford it," or "The kids schedules are too busy." As you write your goals, acknowledge your circumstances and plan accordingly.



"Set a goal so big that you can't achieve it until you grow into the person who can."

— Anonymous



Set Actionable Goals

Write down steps to help you achieve each goal, like putting away \$50 extra per month in a travel fund or getting a passport. Finally, determine by what age or date you will achieve these goals to add urgency.



Rick McDowell and Jimmy McDowell

Premiere
PROPERTY
Group, LLC

Premiere Property Group, LLC
1500 NW Bethany Blvd, Ste 190
Beaverton, OR 97006
(503) 887-0597 Rick's Cell
(971) 600-4688 Jimmy's Cell



Rick@RickMcDowell.com
Jimmy@RickMcDowell.com
www.RickMcDowell.com



Build a Life-Changing Bucket List

Why wait to do something when you can do it right now? An effective bucket list contains goals you want to accomplish in your lifetime, not at one set time. Create your bucket list, and use it as motivation to act on your dreams now! Here are three ways to categorize your goals.

Where I want to go:

- 1.
- 2.
- 3.

What I want to do:

- 1.
- 2.
- 3.

Things I'd like to achieve:

- 1.
- 2.
- 3.

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