

Dream Journal[®]



Use this Journal for exercises in connection with

The High Diving Board:

How to Overcome Your Fears and Live Your Dreams

by

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Ten Steps to Overcoming Your Fears Audio Programs
and
Ten-Step Live Workshops

Available at <http://www.sandyschussel.com/>

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DREAM JOURNAL

Step 1. Put it in writing.

I have dreams I want to come true, but I have been afraid to take the action I know I need to take to make that happen.

I've made up my mind to do the exercises in this Dream Journal, and to start to pursue at least one of my dreams until it comes true. I will persist until it happens.

This is a commitment I am making to myself. I'm putting it in writing so that it's real to me.

I will succeed, because I've learned that it's okay to be afraid, but when it comes to my dreams, I have to do what I need to do anyway.

Date: _____

Step 2. Remember Your Dream.

Describe one dream you've been afraid to pursue in writing:

Step 3. Explore the underlying dream.

What's the underlying change in your life you really want?

Step 4. Feel your pain.

Describe:

(a) The pleasure you'll have if you pursue your dream:

(b) The pain you'll suffer if you don't pursue your dream:

Step 5. Identify what it is you're afraid of:

Paralyzing fears that are holding you back from pursuing this particular dream:
(Check all that apply and explain)

Fear of Failing

Fear of Being Embarrassed

Fear of Making a Mistake

Fear of Being Rejected

Fear of "Climbing Too High"

Fear You're Not Ready

Fear of Success

Step 6. Identify the "Payoffs" of your inaction:

Identify the payoffs you are receiving for not pursuing this dream:

Step 7. Identify the Hardships, Obstacles, Roadblocks and Other Excuses in Your Life:

(a) The people in your life who are afraid - for you and for themselves:

(b) The hardships, obstacles and roadblocks you tell yourself are keeping you from going after this dream immediately:

(c) The abilities, skills, licenses and degrees you tell yourself you need before you can start:

(d) Other things holding you back from pursuing this dream:

Step 8. Take One Step:

A week of avoiding limiting words: Week of _____
(Note your use of limiting words like "but," "yes but," "I'll try," "if only" and "maybe when"—when and how did you use them this week)

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Step 9. Develop an action plan.

MY GOAL:

I'm afraid
and stuck

DREAM JOURNAL

Adopted from **THE HIGH DIVING BOARD: How To Overcome Your Fears and Live Your Dreams**

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Notes: