

# DREAM. DESIGN. DELIVER.

### • Reflect

- What has gone well for me?
- What could have gone better?
- What are my strengths?

# DREAM

#### • Attend

- What do I see, hear, feel that inspires me?
- What are my passions, desires, dreams?

# DESIGN

## • Create

- "SMARTS" goals
- Long-term Vision

## • <u>Plan</u>

- What are the steps to accomplish my goals?
- What tools/resources/supports do I have?
- What tools/resources/supports do I need?

# • <u>Align</u>

- Pyramid of Awareness
- Align thoughts, emotions, sensations, behaviors with your vision

#### • Evaluate

- Attend What are the results?
- Reflect-What is working well?
- What requires re-design?

DELIVER

