



"Dreamers see more than others are able to see to make the world a better place." — JONAS CAIN

No one makes conscious changes to their life until they hurt enough that they want to change, learn enough that they know how to change, and receive enough that they are able to change. When you consider the changes that you have personally initiated in your own life—and look at the desire, knowledge, and capabilities behind them—you'll see just how true this statement is. And when we consider this further, we realize that each element relies on each other. For example:

- We may know *how* to change, but be entirely unmotivated to do so.
- We may be highly *skilled* and *capable* of changing, but lack clarity and knowledge of how to go about it.
- Or we may be highly *motivated* to change, but simply lack the skills and resources necessary to move forward.

In other words, to initiate and follow through positive changes in our lives and in our communities, it requires all three elements—desire, knowledge, and capabilities—all working together.

PRACTICE

Despite the valuable relationship between these three elements, perhaps the most significant leading indicator for positive change is desire, because desire indicates not only unfavorable circumstances but also that a dream for a better more desirable future has been identified. And this highlights a valuable positivity practice, which is simply to dream.

Dreaming is a natural human activity, so no coaching is needed, but as you do develop and pursue your own dreams, there are some important things to keep in mind, including the following three reminders:

1. Nothing Happens But First a Dream

The poet Carl Sandburg reminds us that “nothing happens but first a dream.” In other words, if we only look at life for the way it is rather than for the way it could be, then our success will always be at the mercy of our circumstances. But when you choose instead to dream new dreams, you engage in your dream’s success, regardless of the circumstances you may find yourself in.

2. Disappointments Make Dreams Possible

It can sometimes be tempting to allow disappointments to dampen ambition, but the truth is that disappointments are the very things that make dreams possible. After all, if life was already perfect we’d have no reason to dream new dreams. By harnessing disappointments as kindling for ambition, you empower yourself to initiate positive changes.

3. Nothing Will Change Until You Want It Bad Enough

Even worthy dreams that are reasonably within our reach will forever remain unattainable, until we take the lead and carry on until we succeed. In other words, when you want it bad enough, you encourage yourself to follow through.

REFLECTION

- 1. Are you pursuing a dream?*
- 2. What dreams have been inspired by your experience with disappointments?*
- 3. Do you want it bad enough to take the lead and follow through with your dreams?*

FINAL THOUGHTS

The most significant leading indicator for positive change is desire, because it suggests a dream for a better more desirable future. By engaging in the positivity practice suggested here, you’ll be empowered and encouraged to take heart, dream new dreams, and follow through until your succeed.

KEY INSIGHTS

DATE: _____

• MY NEXT STEPS •

PRIORITY	ACTION	COMPLETED	RESULT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

What mindset will you use to stay Engaged?

What talents, skills, knowledge, information, or interests do you need to stay Empowered?

What reminders will you use to stay Encouraged?

How will you experience more Enjoyment?

How are you preparing yourself to achieve Excellence?



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