

Jim Lucas

Lesson 4:
Learning

5 Daily Helpers

The Indisputable Fact that Lifelong Learning will Help you Flourish

Well done....you've made it to one of the most important elements of taking this course....**taking action!**

Capture the spirit of your childhood dreams

All children dream. They dream about what excites them. They don't think about what can get in the way. Those *thinking-barriers* are reserved for adults...lucky us!

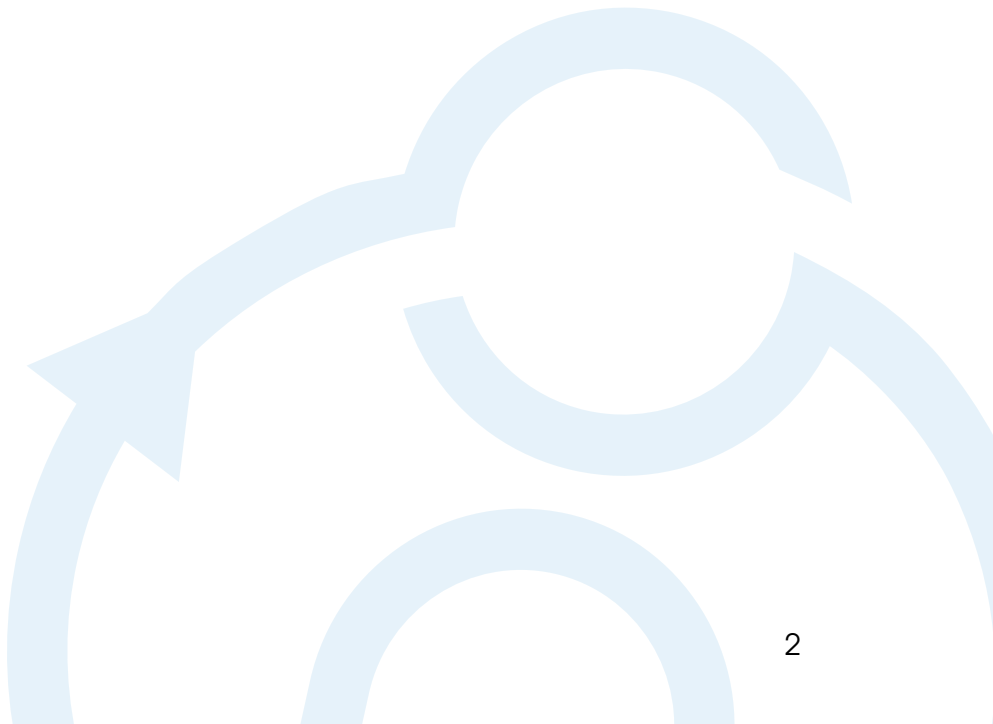
Did you become what you dreamed of becoming? If you have, then thumbs-up. Well done!

If not, then chances are life got in the way. But what exactly did get in the way? And is it too late to follow what you once longed for deep in your heart?

Your mind may say "yes, it is too late", but, **what if it isn't?** What if I could show you a way to capture the spirit of your childhood dreams? All you need to do is read on to find out.

Your Next Steps:

- Print this worksheet and complete it. Or you can write out the exercise in a different document. Sometimes I like writing out with a pen on paper to look after my brain and my eyes.
- If you've skipped any of the previous worksheets, I recommend you go back and complete those first. You may be eager to move forwards quickly, but it is important to follow the steps laid out in the course.
- These completed worksheets will serve as your new toolbox for stress management. Keep them together and keep them safe.



STEP 1: When you were a child, what did you dream of becoming? Was it a particular job? Was it a sport or a hobby? Was it a skill?

Take your time to think back. Even if you wanted to be an astronaut, write it down. It doesn't matter. What you're looking for are the dreams, the ideas and the feeling that captured your imagination and your enthusiasm

In the next step, you'll be asked to explore your *values*. These are directions you can move your feet. They are different to goals. Often childhood dreams are goals e.g. *I want to be a x* or *I want to be good at x*.

Underneath these goals are *WHY* you want to be x or be good at x. Once you know that, you open your life up to a much larger number of possibilities about what you can learn.

STEP 2: What stopped you from pursuing your dream?
(circle all that apply)

Ill-Health

"Not clever enough"

"Not enough talent"

Not dedicated enough

Not enough money

Not enough power i.e. too elitist

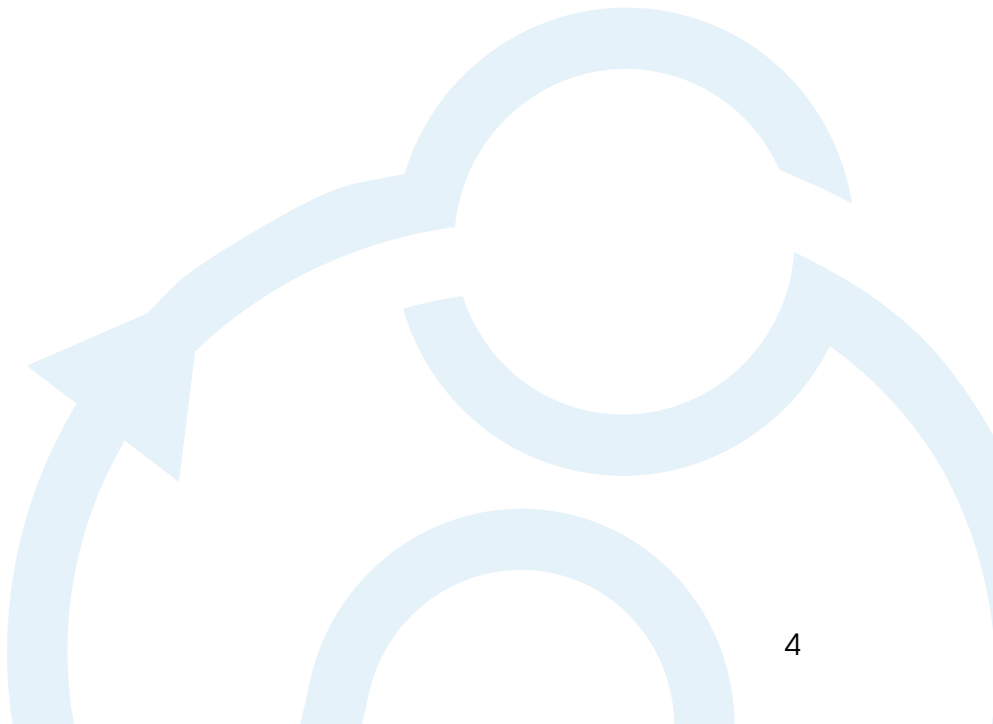
Didn't get the grades or the training

Lack of sufficient coping strategies

Lack of support from other people

No way of training near me

Any others:



STEP 3: What does your childhood dream suggest is most important to you about who YOU want to be? (circle all that apply)

Ambition	Adventure	Assertiveness
Bravery	Beauty	Caring
Creativity	Competitive	Dancing
Dedication	Determination	Experiencing
Fairness	Flexibility	Gratitude
Giving	Helping	Humility
Innovation	Interest	Kindness
Loving	Nurturing	Openness
Optimism	Pleasure	Respectful
Reliability	Reciprocity	Strong
Stimulation	Sensitivity	Trusting
Vitality		

Are there any other values you can identify as being important about WHO YOU want to be:

STEP 4: Are you ready for a new challenge?

STEP 5: Are you willing to make it happen?

- i) What would you need to give up to make it happen?
- ii) How would it make your life better both instantly and as time goes by?

STEP 6: What do you want to learn now?

Is it a professional training? Is it a hobby? Is it seeking out new stimulation? Is it intellectual, practical, creative or physical?

STEP 7: What are your first steps? Let's make a plan for the actions you need to take

Action:

When I will do it by:

1.

2.

3.

4.

5.



Openforwards Ltd,
The Jewellery Business Centre,
95 Spencer Street,
Jewellery Quarter,
Birmingham,
B18 6DA.

T. 0121 523 1108
E. support@openforwards.com
W. openforwards.com