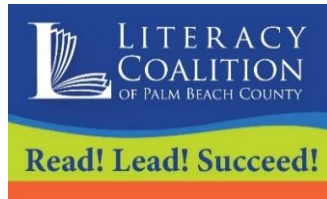**READ** and **THINK** before you **ACT**.

Leading through Reading

Dream Big! (6-8)

READ

It is okay to dream big and fall short and it is okay to change your goals. What is not okay is to give up, not try, and not dream. It is important to imagine the absolute best for yourself. Set goals and work hard to achieve them. Dreaming takes you from where you are today to where you can be tomorrow. If you have not thought about your own dreams and goals lately, take some time and do that today! Be inspired by some of those who know what it takes to set and achieve goals.

"It always seems impossible until it's done." -Nelson Mandela
**READ:** More inspirational quotes from Inc. Magazine

THINK

What is the purpose of goal setting? What skills do you have to make goals and dreams come true? Do you have a "Can Do" attitude? Would you keep going even if you had challenges?

ACT **One step at a time, because of you, your dreams can come true!**

First, draw an interest map with circles. Do you like art, or science? Do you like writing or sports? Write each of your interests in a circle. Once you see your interests and patterns in your interests on paper, it is easier to dream big and set goals that can help make the dream come true.
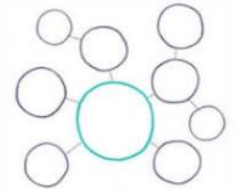
Next, draw a ladder or a staircase. Big goals happen one day or one step at a time. It is important to break a goal into smaller steps. On your drawing, attach one goal to each step. Write your big dream at the top. Put the goals you need to accomplish first toward the lower end of the staircase. For example, if my big goal is to run a 10K Race, I would write '*Dream: Run a 10K'* at the top. The bottom step might be to **'Stretch for 10 minutes each day**.' The second step maybe to '*Walk one mile a day for the first week*.' The third step may be to walk one mile and run ½ mile a day and so on.
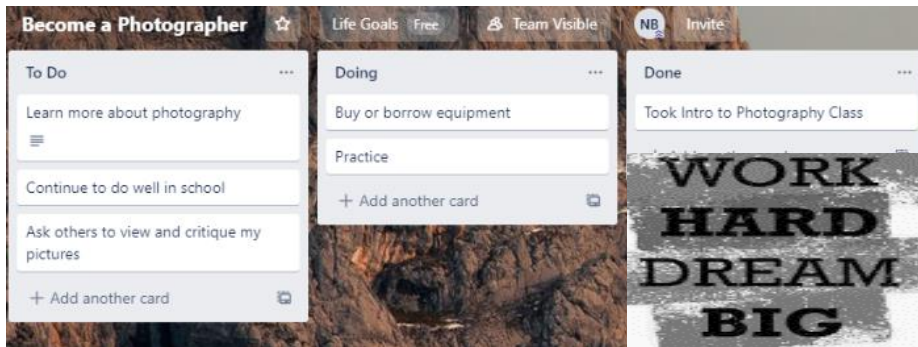
Instead of the ladder, you could try using Trello. Select the FREE application. You are the team! Record your goals and keep track of your accomplishments with electronic lists. See the example to the left where the dream is to be a photographer.

Reference: Big Life Journals