



Dream Big

"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt

We all have dreams—big or small—but turning them into reality takes clarity, courage, and action. This simple guide will help you identify your dreams, overcome doubts, and create a plan to make them happen.

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When I first started thinking about doing something different, I had no idea what my dream was. I felt stuck, unsure of what I truly wanted or where to even begin. But that uncertainty got me thinking—if I felt this way, surely others did too. So many people go through life without ever discovering what truly excites them. That realisation made me want to create something that could help others gain clarity, unlock their potential, and take the first step toward a future they love.

I hope you find this free guide helpful and it is the start of a life you could have never imagined possible.





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GETTING CLEAR ON YOUR DREAM

Before you can bring your dreams to life, you need to know what they are. Clarity is the first step. This section will guide you through simple but powerful exercises to help you uncover your biggest dreams.

Task 1: Imagine Your Dream Life

In the notes on your phone or in your journal, answer the following:

- If you could wake up tomorrow in your dream life, what would it look like?
- Where are you? (City, countryside, by the ocean, in a different country?)
- What does your day look like? What are you doing? Who are you with?
- How do you feel living this life?

 **Tip:** Write freely—don't hold back or overthink! Let your imagination flow.





Task 2: Visualisation Exercise

- Close your eyes and take a deep breath.
- Picture yourself living your dream life—see the details, feel the emotions.
- Hold onto that feeling. That’s the energy you want to bring into your journey.

Now, write down:


- What stood out the most in this vision?
- What emotions did you feel?
- Did anything surprise you?

 Tip: Revisit this visualisation whenever you need motivation!

Task 3: Identifying Your Deepest Desires

Sometimes, we bury our dreams because of fear or doubt. Let’s uncover them:

- If money, time, or fear weren’t an issue, what would you pursue?
- What is something you’ve always wanted to do but never allowed yourself to?
- As a child, what did you dream of becoming or doing?
- If you could only accomplish one big thing in the next year, what would it be?

 Tip: Look for common themes in your answers—these are your true desires.

Task 4: Define Your Top 3 Dreams

Now, narrow it down. Write down:

- Your biggest dream (the one that excites you the most).
- A medium-term dream (something achievable within 1-3 years).
- A small dream (something you can start working on now).

This gives you a clear direction and helps you take real steps forward.





OVERCOMING DOUBTS & LIMITING BELIEFS

Dreams are exciting, but let's be real—sometimes, doubt creeps in. Maybe you think I'm not good enough, It's too late, or I don't have what it takes. The truth? Those are just stories your mind tells you. And good news—you can rewrite them. This section will help you identify and break through the beliefs that hold you back.

Task 1: What's Holding You Back?

Take a moment to reflect. In the notes on your phone or in your journal, answer:

- What doubts or fears come up when you think about your dreams?
- What have you told yourself about why you can't do this?
- Where do you think these beliefs come from? (A past experience? Something someone told you?)

 **Tip:** Be honest—this is about awareness, not judgement.





Task 2: Flip the Script

Now, let's rewrite the story you've been telling yourself.
Take your top 3 doubts and flip them into empowering beliefs.

Limiting Belief

"I'm not good enough."

"I don't have time."

"I might fail."

New Empowering Belief

"I have everything I need to start, and I can learn as I go."

"I make time for what truly matters to me."

"Every step forward is progress, no matter the outcome."

 Tip: Read your new beliefs out loud daily—it helps rewire your mindset!

Task 3: Build Your Confidence List

Your brain loves evidence. Let's give it some!

Write down:

- 3 things you've accomplished that once felt impossible
- A challenge you've overcome in the past
- One skill or strength that makes you capable of achieving your dream




 Tip: When doubt creeps in, revisit this list as proof that you are capable!

Task 4: Affirm Your Power


Let's create your personal dream-affirming mantra.

Start with: I am... or I can... and make it powerful, personal, and positive.

Examples:

-  I am more powerful than my doubts.
-  I am capable of creating the life I desire.
-  I can do this, step by step.

Write yours down and repeat it daily.

 Key Takeaway: Your beliefs shape your reality. Choose the ones that support your dreams.





TURNING DREAMS INTO A SOLID PLAN

You've got a dream. You've tackled your doubts. Now, let's turn that vision into an actual plan.


Dreams stay dreams without action. The key? Breaking them down into small, achievable steps. This section will help you create a roadmap to success—one step at a time.

Task 1: Dream to Goal – Making It Tangible

Take one of your dreams and turn it into a clear, specific goal using the SMART method:

- ✓ Specific – What exactly do you want to achieve?
- ✓ Measurable – How will you track progress?
- ✓ Achievable – Is this realistic based on where you are now?
- ✓ Relevant – Does this align with your bigger vision?
- ✓ Time-bound – When do you want to achieve it by?

 Write your SMART goal:

 Example: “I will launch my coaching business and secure my first paying client within 3 months by posting content twice a week and offering discovery calls.”

 Tip: A clear goal makes it easier to take action!



Task 2: Reverse-Engineering Your Goal

Now, work backward from your goal to create an action plan.

- What's the final step before achieving this goal?
- What's the step before that?
- Keep going backward until you reach where you are today.

 Break it down into 3 simple steps:

1 Short-Term Action (Today/Tomorrow): What's one small thing you can do right now?

2 Mid-Term Action (Next Few Weeks): What will move you closer to your goal?

3 Long-Term Action (Next Few Months): What's the big milestone you're working towards?

 Tip: Small steps create momentum—just start!

Task 3: 30-Day Challenge – Commit to Consistent Action

The secret to success? Consistency. Let's make your dream a daily priority.

- ◆ For the next 30 days, commit to taking one small action each day.
 - What's one thing you can do every day (or weekly) to move forward?
 - How will you track your progress? (Journal, checklist, accountability partner?)
 - What reward will you give yourself when you complete 30 days of action?

 Tip: Progress beats perfection—just focus on taking action.

Task 4: Create Your Dream Roadmap

Let's bring it all together into a simple plan.

 Write down:

1 Your dream goal: (Make it SMART)

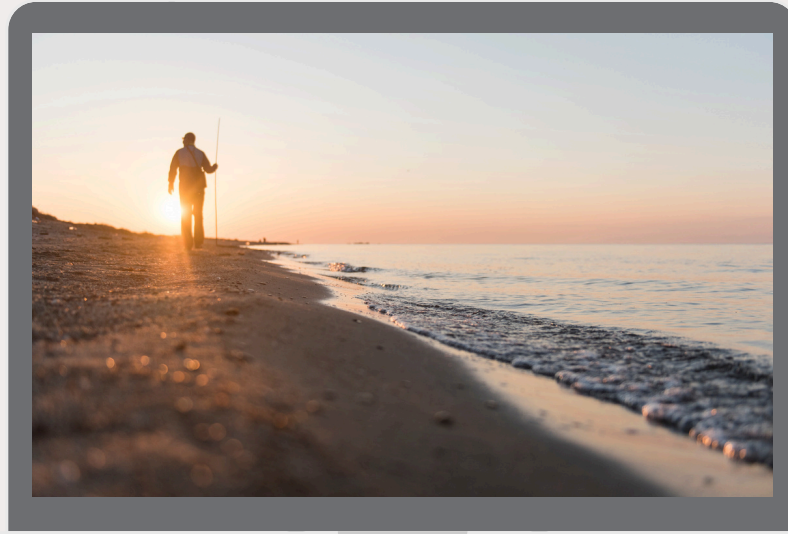
2 3 key actions to get there: (Short, mid, long-term)

3 Daily or weekly habits to stay on track:

4 One way to hold yourself accountable: (Support system, tracking progress, setting deadlines)

 Tip: Keep this roadmap visible—on your phone, journal, or a sticky note!





✨ FINAL THOUGHTS – YOU HOLD THE KEY TO YOUR DREAMS ✨

Congratulations! 🎉 You've taken the first step toward unlocking your dreams. By gaining clarity, overcoming doubts, and creating a solid plan, you've set the foundation for real transformation.

Now, It's Time to Take Action!

Dreams don't come true by accident—they happen when you decide to show up for them every day. You already have everything you need inside you.

💡 Remember:

- Small steps lead to big results—just keep moving forward.
- Your mindset is your greatest tool—nurture it daily.
- You are capable of more than you think—trust yourself!

🔗 Stay Connected & Keep Growing!

- Follow me on Instagram: @gbmindset for daily inspiration.
- Want more support? Book a free discovery call to take your dream even further!

💡 Your dreams are possible, and you are worthy of them.

Now go make them happen! ✨

