

*Living Every Minute*  
Design the Life You Deserve

## Making Your Dreams Come True

Instructor: Tim Reynolds, M.D.

### ATTITUDE OF GRATITUDE

**1. What are your assets?**

(Health, Friends, Contacts, Experience, Education, Experience)

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**2. What can you be grateful for in your life?**

(Community, Country, Health, Family, Friends)

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**3. What is great about me?**

(Personality, Integrity, Work Ethic, Spirituality)

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## THINGS I WILL NO LONGER TOLERATE

(Get Disgusted, Habits, Relationships, Poor Health, Wealth, Poor Life Choices)

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## 4 AREAS OF EXPERTISE

### Rules

- 1. No filters: If money, talent, and time were no object, what would you do in the following areas?*
- 2. Be Specific: List things you can actually accomplish.*
- 3. Time Your Items: Everything should start with "By this date I will..."*

### 1. Health

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### 2. Wealth

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### 3. Relationships

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### 4. Character Development

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**PICK ONE GOAL**

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**Phrase your goal like it has already been accomplished.**

*Example: I am so grateful to be working at the job of my dreams with such a great boss.*

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**Now name 5 steps that will get you there (break it down):**

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**Set dates when each of these steps will be accomplished**

**Internal: What is keeping me from the dream?**

**What is in me that is stopping me?**

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**External: What is outside me that is stopping me?**

**What am I going to do about it?**

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**The two greatest secrets I know:**

- 1. Put your dreams on your to do list.**
- 2. You become what you think about.**