

# **How to Pursue your dreams while working your 9-5!**



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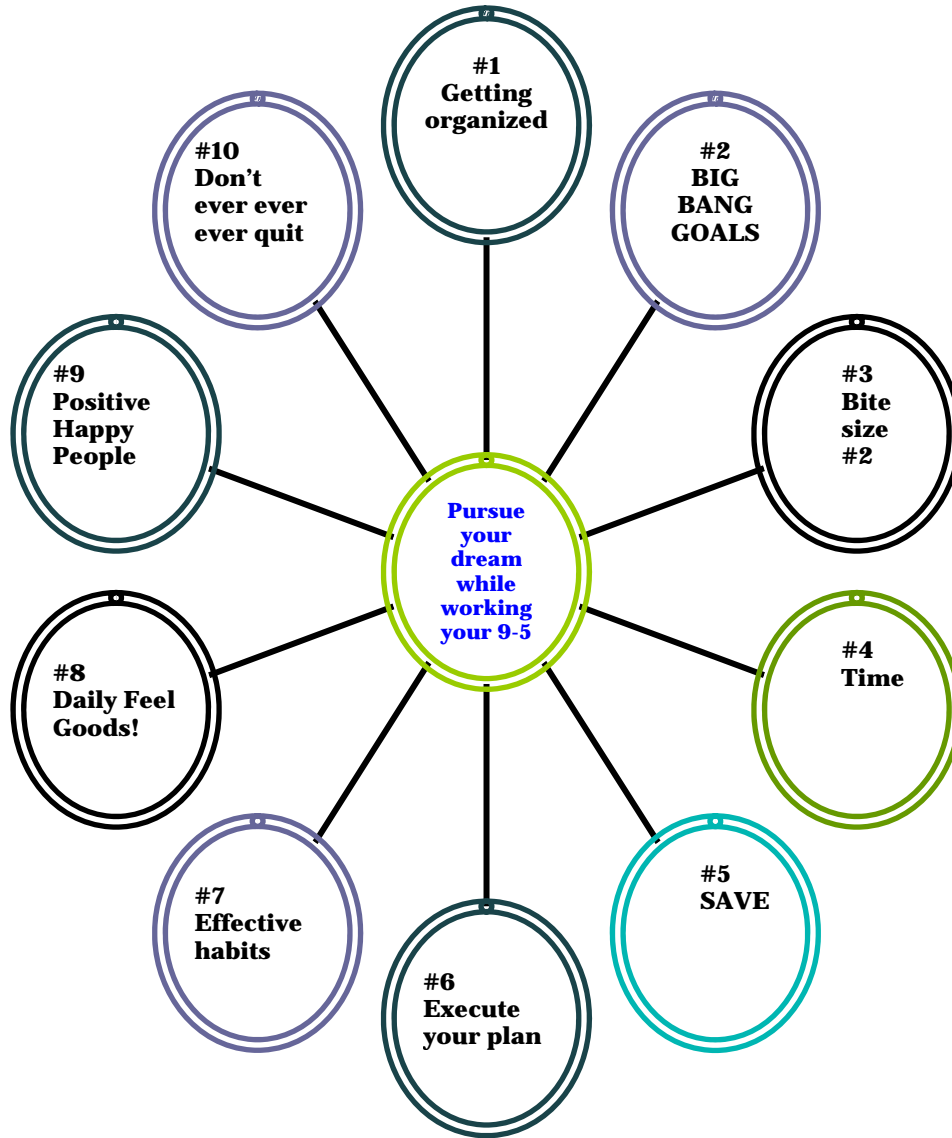
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**How to  
Pursue your dreams  
While working your  
9-5!  
Workbook**



**This FREE Workbook accompanies the “How to Pursue your Dreams While Working your 9-5” Teleseminar, presented by Valarie Johnson. Visit [www.thewonderfulnow.com](http://www.thewonderfulnow.com) or [www.Pursueyourdreams.eventbrite.com](http://www.Pursueyourdreams.eventbrite.com) to purchase an MP3 of this Teleseminar.**

**Thank you!**

**#1 Getting Organized: Get clear on what you want and decide to go for it!**

3 Key steps

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**#2 Big Bang Goals: How big can you Imagine and Believe?**

Your BIG BANG GOALS are \_\_\_\_\_ goals.  
What are some of your BIG BANG GOALS?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**#3 Bite size #2: How did the 175 lb man eat an airplane?**

\_\_\_\_\_ by \_\_\_\_\_.  
Bite size your Big Bang Goals by \_\_\_\_\_ the view of your \_\_\_\_\_.

**#4 Prioritizing and Time Management: Precious commodity!**

When do you wish to \_\_\_\_\_ your \_\_\_\_\_ Life?  
Decide to \_\_\_\_\_ your time and how you \_\_\_\_\_ each and every precious moment!  
In prioritizing and time management, you must develop a \_\_\_\_\_ of \_\_\_\_\_ and \_\_\_\_\_!

**#5 SAVE: How bad do you want it?**

You will never know what's \_\_\_\_\_ the next \_\_\_\_\_, until you \_\_\_\_\_ there for yourself.  
Pay yourself \_\_\_\_\_. You deserve it. You deserve to \_\_\_\_\_ the \_\_\_\_\_ of your dreams!

**#6 Executing your plan: Just do it!**

A great way to \_\_\_\_\_ more and get closer to \_\_\_\_\_ your \_\_\_\_\_ is to \_\_\_\_\_ and \_\_\_\_\_ your plan, and feel great about \_\_\_\_\_ along the way.

**#7 Living effective habits and working those habits: Live!**

In order to break a bad habit, you must \_\_\_\_\_ it with another \_\_\_\_\_.  
Developing good \_\_\_\_\_ is the key to achieving your \_\_\_\_\_. Form \_\_\_\_\_ habits and become their \_\_\_\_\_.

**#8 Daily feel-goods and affirmations: Feel the power of feeling good!**

Fill your \_\_\_\_\_ with feel-goods; things that that just fill you with \_\_\_\_\_ and \_\_\_\_\_ . Turn your \_\_\_\_\_ critic into your #1 \_\_\_\_\_. Do so by creating positive \_\_\_\_\_. Affirmations are \_\_\_\_\_ to the \_\_\_\_\_.

**#9 Positive happy people: Birds of a feather.....**

Spend your time with \_\_\_\_\_, \_\_\_\_\_ people. A great way to find other \_\_\_\_\_ happy \_\_\_\_\_ is by joining online groups, meet up groups and \_\_\_\_\_.

**#10 Don't ever, ever, ever quit: Quitters never win, winners never quit!**

Even before you took your first \_\_\_\_\_, you were a \_\_\_\_\_. The prizes of life are \_\_\_\_\_ within the \_\_\_\_\_, not the beginning. Do you know what \_\_\_\_\_ lives just out of your visible range?

Get your **Platinum package**: MP3 of this call, 10 Laminated Empowerment Cards, the "How to Pursue your Dreams while working your 9-5" E-Book and 1-10minute Laser Focus Coaching session (A \$129 value). Visit [www.pursueyourdreams.eventbrite.com](http://www.pursueyourdreams.eventbrite.com) and order today!

**IT IS  
ACHIEVABLE!**

## **Bold declaration to pursue my dreams**

I \_\_\_\_\_ hereby commit to achieving my dreams and living my Ideal Life. I will act boldly and be accountable for my actions. Today, I'm ready. **It is Achievable!**

I will focus on results and reinforce my purpose and mission until success is achieved.

I have a new mindset, focused on success and living on purpose.

I have the talents, drive and dedication to achieve my dreams!

*Signature:* \_\_\_\_\_

*Date:* \_\_\_\_\_

*Go confidently in the direction of your dreams! Live the life you've imagined. As you simplify your life, the laws of the universe will be simpler- Thoreau*

# **It is Achievable!**