

## Becoming 100% Committed to Your Dream

How committed are you? Below, write down one thing you're working toward or want very much, and then answer the questions, giving yourself ten percent for each question you have answered affirmatively. (Or make up your own percentages!)

What dream or goal are you working toward?

1. Is this the best, most loving use of my time?
2. Have I framed this or part of this as a specific goal, with a "how much" and a "by when?" (In other words, a target defined clearly enough so that you can determine whether or not you've succeeded, and a deadline.)
3. Have I a written step-by-step plan that will get me to this goal?
4. Is this plan based on the best information I can get? Or are there more ideas or newer information that I can integrate?
5. Have I a support system to remind me and encourage me to take each step of my plan?
6. Have I scheduled enough time for this in my calendar? Have I allocated enough resources? Is there something I must give up to realize this goal or dream?
7. Have I made sure that my plans and actions cause no negative impacts on others that are not compensated for?
8. Have I set up regular times and methods to evaluate my progress to make sure I'm still on track?
9. Have I thought about what could go wrong with my plan? Do I have a back-up plan in case the first one fails? Have I scheduled back-up time and allocated surplus resources for this?
10. Do I have positive feelings (confidence, enthusiasm) about my plan and my chances of success? (If not, you may want to do more work on your plans.)