

**Esteemable Acts®**  
WEDNESDAYS  
*with Francine*

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# **TAKE ACTION**

*A Guide to  
Finding Your Purpose*



# Dreams List

If you had five years to live and could accomplish only 25 things on your Dream List, what would you make happen?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_

- 13. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_
- 21. \_\_\_\_\_
- 22. \_\_\_\_\_
- 23. \_\_\_\_\_
- 24. \_\_\_\_\_
- 25. \_\_\_\_\_

Now reduce your 25 Dreams List to the top 12. Go back and highlight the top 12.



**Next, reduce the top 12 list to the top 6 dreams you would want to make real before you died – if you could.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



**Now reduce the list to your top 3 dreams, in order of priority.**

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



**What stands in the way of you making these dreams come true?**

**Dream #1** \_\_\_\_\_

**Obstacle #1** \_\_\_\_\_

**Dream #2** \_\_\_\_\_

**Obstacle #2** \_\_\_\_\_

**Dream #3** \_\_\_\_\_

**Obstacle #3** \_\_\_\_\_



# S.W.A.R.M GOALS

Specific Written Achievable Realistic Measurable

How to convert a dream into a S.W.A.R.M. Goal

Example: Assume its May 1, 2019. Jill wants to buy a house or condo on the Westside of Los Angeles by December 31, 2021.



## SPECIFIC

It's specific. You know exactly what she wants and when.

## WRITTEN

Written goals are visual reminders of where you want to go.

## ACHIEVABLE

It's achievable. There is no way it can't happen as long as she takes the necessary actions.

## REALISTIC

It's realistic. Although she can't afford a new house today or even this year, it is quite possible in the next five plus years she will be able to. She has given herself plenty of time to make it happen.



## MEASURABLE

It's measurable. By, December31, 2009, Jill will know whether or not she reached her goal.