



DREAM MANAGER WORKBOOK

Discover Your Purpose and Become Your Own Dream Manager

This workbook was created to be a companion to *Rhythm of Life* by Matthew Kelly

CONTENTS

INTRODUCTION..... 3

UNIT 1: YOUR DREAMS..... 4

UNIT 2: NEEDS & WANTS..... 14

UNIT 3: IDENTIFYING YOUR POTENTIAL 19

UNIT 4: FINDING YOUR RHYTHM 25

UNIT 5: IMPORTANT TOOLS..... 30

UNIT 6: DEVELOPING EXCELLENCE 37

UNIT 7: BE THE BEST YOU..... 47

RESOURCES 53



INTRODUCTION

Christy offers this Dream Manager Program to help you become a better version of yourself. The hope is that this opportunity opens the door to great things for you.

We recognize and appreciate that all people have ability to grow and improve, and Christy strives to provide developmental opportunities to help with this. In the Dream Manager Program, we have created ways for you to participate in the manner you enjoy by offering videos, podcasts, PDF resources, audiobooks, and print books for you to choose from. Our resources are easy to access through online links, many are in easy-to-print formats, and we offer additional small group support, too.

Background for the program:

Christy launched the original Dream Manager Program with a 2020 Pilot in St. Louis and High Hill. With gratitude to our pilot participants and in response to their feedback, our program today includes features that the pilot participants valued and recommended. We also searched for and created additional resources they requested. While COVID made gathering in small groups and growing the program difficult, we used the time to write our Dream Manager Workbook and develop ways to provide employees, and their families, easy access to these resources. We hope you enjoy the materials, and we welcome all feedback.

Christy's purpose includes supporting employee dreams: *We want to help the people at Christy reach their dreams and goals, then they can help Christy Companies reach theirs. At Christy, we want everyone in our company to be able discover and pursue their dreams, and we have a program to help them do just that.*





UNIT 1: YOUR DREAMS

“May your choices reflect your hopes not your fears.”
– Nelson Mandela



UNIT 1 FOCUS

- × **Begin to identify your dreams and understand your deeper purpose in life.**
- × **Evaluate the choices you have made and are currently making and how these choices align with your dreams.**

For more in-depth work, complete this section of the workbook while reading, or after reading, “Part One: What Do You Want From Life” in the book.

UNIT 1 ACTION ITEMS

Watch:

YouTube (12:46): “Robert Waldinger’s [What makes a good life? Lessons From the Longest Study on Happiness | TED](#)”

YouTube (3:21): “[Matthew Kelly: “What’s Your Dream?” Keynote Speaking Clip \(Floyd Consulting\)](#)”

Explore:

Review these [Self-Reflection Questions](#) to start thinking deeper

Act:

Start a Dream Journal – Brainstorm (see Q4 below). Try the Christy Dream Journal Template in the Resources section.

Read/Listen:

Part One: “What Do You Want from Life” in *The Rhythm of Life* then fill in the corresponding workbook questions below



EVERYTHING IS A CHOICE

1. As you think about your life, what are some of the choices you have made to get where you are now?

2. What are some of the choices (good or bad) you are currently making every day?

3. Looking at these choices, what is one choice you are making that has a positive impact on your life?

DO YOU REALLY KNOW WHAT YOU WANT?

4. Begin a journal, or list, of dreams. What do you want from life? Consider including the following as topics for sub-lists and start with 5-10 dreams in each as you brainstorm:

- Financial

- Health & Wellness

- Intellectual

- Just For Fun

- Professional

- Spiritual

** Review your list regularly and consider sharing your dreams with others and asking about their dreams, too.*

5. What are some of the *whys* behind these dreams?

6. As you think about your dreams, consider *who* you are. What are some of the words (or phrases) you would use to describe yourself?

7. What is one dream you have that you believe is unlikely to come true? Why do you believe that?

THE HAPPINESS PARADOX

8. List a few things that make you happy?

Physically –

Emotionally –



Intellectually –

Spiritually –

9. Now consider how often you do these things that you have identified as contributing to your happiness. What is an action you could take towards incorporating one of these more regularly in your life?

TOO BUSY DOING WHAT?

10. Thinking about the choices you make regularly, what are some things in your life that you have chosen to prioritize over your dreams?

11. Can you list one recent choice you have made to move towards a dream?

QUIET DESPERATION

12. What is something you feel is missing from your life?

13. Brainstorm (it can be messy!) what your deeper purpose is in life is and consider your talents, passions, and interests as key to this process.

THE FIVE QUESTIONS

14. Examine your beliefs on the five questions below. How would you answer these questions for yourself?

Who am I?

Where did I come from?

What am I here for?

How do I do it?

Where am I going?

THE MEANING OF LIFE

15. Consider a strength or positive trait you have now. What are some of the experiences in your past that have contributed towards the development of that strength/trait?

16. Describe what the best version of yourself might look like.

SEVEN DREAMS

17. Reflect on the Seven Dreams discussed in this chapter. Then, consider any additional dreams you could add to your dream list. Add them to your Dream Journal.

A NEW PERSPECTIVE

18. Respond to the question Robert Schuller asked in his interview with Larry King, “What would you attempt if you knew you could not fail?”


LIVE PASSIONATELY

19. What is one habit, or action, you could start now that would help you *live* more passionately, with your dreams in focus?

DIGGING DEEPER: REVIEW WHAT YOU HAVE LEARNED

- What is one short term dream you have that you will focus on achieving? Consider sharing it with at least one person for support and feedback.
- What are three takeaways you have from Unit 1? Do these reflect the unit focus to identify your dreams and to evaluate the choices you make?





UNIT 2: NEEDS & WANTS

“The real voyage of discovery consists not in seeking new lands but in seeing with new eyes.”

– Marcel Proust



UNIT 2 FOCUS

- × Identify the true “wants” and “needs” in your life so you can prioritize accordingly.
- × Examine your areas of strengths

Complete this section of the workbook while reading, or after reading, “Part Two: Finding Your Genius” in the book.

UNIT 2 ACTION ITEMS

Watch:

YouTube (2:00): [“24 Regrets of People Who Are Dying – Matthew Kelly”](#)

Explore:

Optional – Review the exercise [Maslow’s Hierarchy of Needs Worksheet](#) to explore what YOU actually need

Act:

Review your Unit 1 takeaways and your dream list.

Read/Listen:

Part Two: “Finding Your Genius” and complete the following Unit 2 questions



THE GENTLE VOICE WITHIN

1. Challenge yourself to practice listening to your inner voice. Take five minutes to pause in silence and listen to that inner voice. Write below any reflections you have on this exercise. Consider making this a daily exercise for 30 days.

Next Level: See the Resources section for link to Insight Timer and search for a Mindfulness at Work challenge or For Beginner suggestions.

UNDERSTANDING OUR LEGITIMATE NEEDS

2. Consider what some of your needs are, in each of the following areas. Make an effort to distinguish between wants and true needs. Review Maslow's Hierarchy of Needs for additional insight (easily found in an internet search).

Physical Needs –

Emotional Needs –

Intellectual Needs –

Spiritual Needs –

BEYOND OUR WANTS

3. Matthew Kelly writes that “fulfillment comes from having what you need” (pg. 67, print).

What area(s) of need (physical, emotional, intellectual, spiritual) should you prioritize right now to move towards fulfillment?

4. What is one next step you will take to accomplish this?

HARNESSING THE POWER OF OUR NEEDS AND DESIRES

5. Reflecting on the past day, or several days - what are some of the things (relationships, interests, activities, etc.) that leave you feeling depleted?



6. Reflecting on the past day, or several days - what are some of the things (relationships, interests, activities, etc.) that energize you?

EVERYBODY IS A GENIUS

7. Respond to the idea that everyone has an area where they excel. Can you identify your area of genius? Challenge yourself to look deep.

DIGGING DEEPER: REVIEW WHAT YOU HAVE LEARNED

- Do you view needs & wants differently?
- What are three takeaways you have from Unit 2? Do these reflect the unit focus to identify your true needs, prioritize these, and learn about your areas of strengths?





UNIT 3: IDENTIFYING YOUR POTENTIAL

“Dare to be what your best self knows you ought to be; dare to be a bigger human being than you have ever been.”
– Norman Vincent Peale



UNIT 3 FOCUS

- × Examine your personal strengths, and get to know yourself better.
- × Identify some areas where you can make improvements in your decision-making to align you better with the direction you want to go.

Complete this section of the workbook while reading, or after reading, “Part Three: The-Best-Version-of-Yourself” in the book.

UNIT 3 ACTION ITEMS

Watch:

YouTube (3:04): Matthew Kelly’s [“10 Things We Forget When We’re Feeling Overwhelmed”](#)

Explore:

Optional – Check out the [Develop Your Strengths Worksheet and resource link to personality assessment](#) using the sixteen personality types to explore some personal strengths you might be overlooking

Act:

Review your takeaways from Unit 2.

Read/Listen:

Part Three: “The-Best-Version-Of-Yourself” and complete the following Unit 3 questions



OVERWHELMED BY EXPERTS

1. Matthew Kelly writes in the book that “somewhere along the way, most of us seem to be conditioned to distrust ourselves” (p. 91). What are some areas in life, or topics, where you do not trust your own inner voice to guide you?

2. Can you think of a recent time you asked for advice when you already knew what the right course of action was for you?

3. In addition to knowing yourself, it is important to know where you are going (your direction, your dreams!). It will be more useful to you if you can identify this direction concretely. Review your dream journal (or list). Are your dreams vague or specific? Continue to refine your dreams as you think about them more with additional context.

CHOOSING HAPPINESS

4. Take a moment to visualize the person you are capable of becoming (the “best-version-of-yourself”). What does that person look like? Describe in detail.

THE ENEMY OF EXCELLENCE: MINIMALISM

5. Where in your life do you find yourself wanting to do the bare minimum?

6. Where in your life do you find yourself wanting to give your all?

7. Look back at question 5, and choose one of those areas in your life to take a step forward. Instead of giving the minimum, try giving more.

ARE YOU FREE?

8. Our habits can be positive OR negative, and all of us have a combination of both. Take a look at some of your current habits and identify how you could overwrite a negative one with something that takes you in the direction of your purpose and dreams.

Use the following chart:

CURRENT (NEGATIVE) HABIT	→	IMPROVED HABIT
<hr/>		<hr/>
<hr/>	→	<hr/>
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FOLLOW YOUR STAR

9. Consider Matthew Kelly’s line, “Follow your star. Wait for it to rise, and while you are waiting, prepare yourself. Become intimately familiar with your needs, talents, and desires.” (p. 131). Think about a few ways that you can improve your position in the *now* as you move *toward* your dreams.

CELEBRATING YOUR UNIQUE SELF

10. Sometimes, it can be difficult to identify our strengths and gifts. Try looking at this from another angle – what do you find yourself giving to others?

DIGGING DEEPER: REVIEW WHAT YOU HAVE LEARNED

- Get to know yourself. Only by knowing yourself can you move towards actualizing your potential, and becoming your best self.
- When deciding on a course of action, ask yourself whether a certain choice would take you toward the “best” you, or away – and act accordingly.
- What are three takeaways you have from Unit 3? Do these reflect the unit focus to identify your personal strengths, decision-making skills, and direction?



UNIT 4: FINDING YOUR RHYTHM

*“It is not enough to be busy; so are the ants. The question is:
What are we busy about?”*

– Henry David Thoreau



UNIT 4 FOCUS

- × You must learn to balance all your needs: physical, emotional, intellectual & spiritual.
- × Continually assess priorities and align them with your needs.

Complete this section of the workbook while reading, or after reading, “Part Four: Discovering the Rhythm of Life” in the book.

UNIT 4 ACTION ITEMS

Watch:

YouTube (11:54): “How to gain control of your free time - Laura Vanderkam”

Explore:

Optional – You may not be exactly sure where your time is going. Read the article, “How to Track Your Time” and consider spending a few days really examining your schedule

Act:

Going into this Unit, identify the thing you spend the most time doing. Write it down.

Read/Listen:

Part Four: “Discovering the Rhythm of Life” and complete the following Unit 4 questions



WHY ARE WE ALL SO BUSY?

1. Examine your current time rhythm. What are you busy doing? And what purpose do these activities serve in your life?

Use the table below to work through this question.

Current Activity	Purpose

2. Now consider what you would like your rhythm to be/include, and try the activity again. Remember to focus on finding your *balance*. What activities do you need to include in your daily/weekly life to achieve a meaningful balance?

Activity	Purpose

WHAT CAN CREATION TEACH US ABOUT OURSELVES?

3. This chapter focused on the role of rest in creation. Consider the role of rest in your life – and how you are utilizing this powerful tool.

PRIORITIES

4. Reflect on how you prioritize and choose what to include or exclude in your schedule. Do you have a process? Are you making these decisions with your goals and dreams in mind?

5. Assessing your priorities is an important step in establishing your rhythm. What do you want to MAKE time for? What matters most to you?

TIMING

6. We often feel a sense of urgency that isn't necessary. Where in your life could you improve your pace by slowing down?

DIGGING DEEPER: REVIEW WHAT YOU HAVE LEARNED

- **Consider the Activity/Purpose chart and ensure your priorities are represented there.**
- **What are three takeaways you have from Unit 4? Do these reflect the unit focus to create balance of your needs and to align your priorities with them?**



UNIT 5: IMPORTANT TOOLS

“The energy of the mind is the essence of life.”
– Aristotle



UNIT 5 FOCUS

- ✗ Passion & energy are our most valuable resources and with effort we can increase our supply of both.
- ✗ Sleep, silence, and rest help increase passion & energy.

Complete this section of the workbook while reading, or after reading, “Part Five: It’s All About Energy” in the book.

UNIT 5 ACTION ITEMS

Watch:

YouTube (1:22): “Energy is Your Most Valuable Resource – 5 Secrets to More Energy - Matthew Kelly”

Explore:

Optional – Check out these links for more information around sleep and its importance:

[The basics](#)

[Why we need sleep & deprivation issues](#)

[How much sleep do you actually need](#)

Act:

Review your Unit 4 takeaways, and identify one thing you are doing now to achieve a balance.

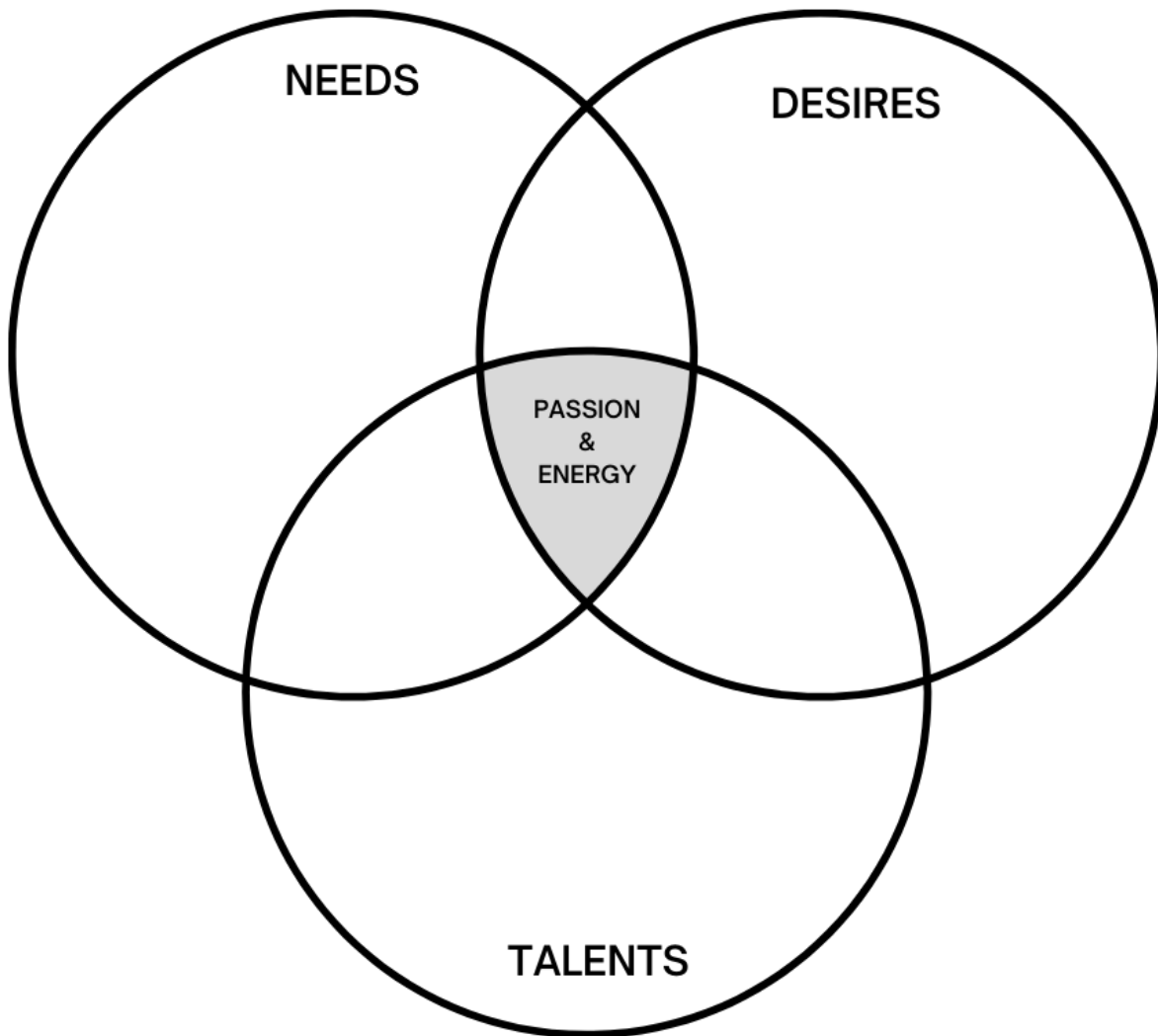
Read/Listen:

Part Five: “It’s All About Energy” and complete the following Unit 5 questions

OUR MOST VALUABLE RESOURCE

1. Matthew Kelly writes that “our purpose is to become the-best-version-of-ourselves. The “rhythm of life” is the way of life that brings our needs, desires, and talents into harmony with each other. The result: passion and energy” (p. 169).

Jot down a few things in each circle below to brainstorm where you may find your passion and energy. This is where needs, desires, and talents are the same.



CREATING THE RHYTHM

2. Challenge time! Begin to set aside time each day to reflect on, or ponder, what is important to you and how you are creating/maintaining the right rhythm for you. To get you started, you can use a notebook, journal, or the chart below.

Date:	Time Spent:	Thoughts/Reflections:

THREE INSTRUMENTS (TOOLS)

3. Examine your perspective and attitude (and bias) toward the three instruments: sleep, prayer/reflection, rest. Do they conjure a positive image for you? Negative? What is your first response when you think of each?

Sleep –

Prayer/Reflection –

Rest –

SLEEP: THE FOUNDATION OF ENERGY and THE FIRST INSTRUMENT

4. Developing mastery over your “self” requires small, attainable steps in the right direction. This might look like prioritizing one thing at a time (for example, “I will go to bed at 10:00 every night” or “I will get more than 6 hours of sleep every night this week”). Maybe the first step for you is finding your number (the amount of sleep YOU need nightly).

Set one quantifiable, realistic goal for your sleep schedule.

THE SACRED HOUR and THE SECOND INSTRUMENT

5. Find a way to begin utilizing prayer and/or *silence* in your life. What could you start incorporating to strengthen the spiritual part of you?

THE SEVENTH DAY and THE THIRD INSTRUMENT

6. Rest and renewal is the third instrument Matthew Kelly discusses. Take a look at his list on pages 212-214 (copied in part below). Plan to take a rest day this week, and do one or more of the following (circle what is most appealing to you). To further challenge yourself, do this each week for the upcoming month.

- Read one of those books you have been meaning to read for years.
- Spend time with your family.
- Take an afternoon nap.
- Paint a picture.
- Read poetry.
- Write a poem.
- Make some memories.
- Speak your love.
- Play catch with your son (or daughter/partner/friend).
- Get a little exercise.
- Spend time with your friends.
- Eat a bowl of chocolate ice cream.
- Go to church.
- Visit someone who is lonely.
- Start a journal.
- Find the time.
- Just sit and listen to music...if you can play, play.



- Get a massage.
- Give a massage.
- Go fishing.
- Plant a garden.
- Seek out a forgotten friend.
- Run.
- Watch a movie together.
- Sleep under the stars.
- Laugh a little more.
- Go to a play.
- Visit a museum or an art gallery.
- Listen.
- Befriend silence.
- Walk in the park.
- Watch a sunset.
- Bake some cookies.

THE ART OF SLOWING DOWN

7. Think back on the exercises you did to consider what your rhythm should look like – did you include slow time? If you didn't, add that in. Find a way to regularly incorporate calm time in your life. Describe a few ways you could make that happen.

DIGGING DEEPER: REVIEW WHAT YOU HAVE LEARNED

- Consider the list on pages 212-214 or Q6 above. How many of these did you circle - and how many will you do?
- What are three takeaways you have from Unit 5? Do these reflect the unit focus to increase your passion & energy and incorporate sleep, silence and rest into your week?



UNIT 6: DEVELOPING EXCELLENCE

“The heart of human excellence often begins to beat when you discover a pursuit that absorbs you, frees you, challenges you, or gives you a sense of meaning, joy, or passion.”

– Terry Orlick

UNIT 6 FOCUS

- ✘ Success lies in finding your own skills and gifts, and using them to benefit others.
- ✘ Learn the Ten Principles of Excellence.

Complete this section of the workbook while reading, or after reading, “Part Six: The Way of Excellence” in the book.

UNIT 6 ACTION ITEMS

Watch:

YouTube: [“The Secret to Excellence – Matthew Kelly”](#)

Explore:

Optional – Explore your ideas around success with worksheet [“My Definition of Success Is:”](#) and the next steps for each dream with the [“W Stands For Way Forward”](#) worksheet

Act:

Review your Unit 5 takeaways. Be consistent with that one step to improving your passion and energy.

Read/Listen:

Part Six: “The Way of Excellence” and complete the following Unit 6 questions



A CHILDHOOD LESSON

1. Reflect on the quote “those who fail to plan can plan to fail” (pg. 222). What do you take away from this statement?

2. In this chapter, Matthew Kelly uses the example of Itzhak Perlman to remind us that we can look at our gifts and talents in terms of what we give to others. Perlman devotes his life to mastery of the violin, to the great benefit of all who hear him play.

Ponder this for a few minutes. What are a few ways you have helped someone recently? Remember, just because a kindness feels small to you does not mean that’s how it was received. Your impact may already be greater than you realize.

WHAT IS SUCCESS TO YOU?

3. Christopher Morley is quoted, “There is only one success—to be able to spend your life in your own way” (pg. 227). You are unique. What success looks like to you will be different from how it looks for others. Check out the How Do You Know When You’re Successful worksheet in the Resources section.

Consider your gifts and talents, your desires, your needs, your passions, your dreams...what would genuine success look like to you?

4. What are some things you always believed meant success, that don't actually have a place in your version of success?

WHY ARE THEY SUCCESSFUL AT EVERYTHING?

5. Challenge yourself to *be* rather than *do*. Describe how that would look for *you*.

6. What is one change needed for you to set the stage for your talents to emerge?



THE TEN PRINCIPLES

1-THE KNOWLEDGE PRINCIPLE

**There is an allegory that Leonardo's model sat for both Jesus & Judas – as Jesus during a highlight of their life, then as Judas at a dark time in their life. Can you relate to your Judas?
It is crucial to know yourself, strengths AND weaknesses – ALL your sides.
What is a weakness or challenge you need to be aware of:**

2-THE DREAM PRINCIPLE

What limitation have you put on your dreams that you can remove today?

What are some factors that have impacted your dreams and decisions in the past (internal, external, personal, social, etc.)?

3-THE VISION PRINCIPLE

Could a mentor help you find, or pursue, your vision? Is there someone you know who could fill this role? Are you ready to reach out to that person?



TIP: reach out to your manager or someone you view as successful and ask if they have a vision for their life. If so, ask how they developed their vision. Ask what advice they may have.

Make a plan to take action on your vision and accomplish your dream(s). Be specific.

4-THE LIFE PRINCIPLE

Develop a purpose statement and then ask yourself if it will help you become a better you. When you can answer yes, put copies of it where you can see it often.

5-THE THOUGHT PRINCIPLE

Do you believe that “thought determines action”? What do you spend a lot of time thinking about? Do you act on these thoughts?

What thoughts do you have that inhibit action, or hold you back in some way?

6-THE DEDICATION PRINCIPLE

Document a choose-the-best-version-of-yourself event you had this week.

7-THE BELIEF PRINCIPLE

Describe how beliefs like “you are created for a purpose” and “everything happens for a reason” can help you find your reason for being?

8-THE PEOPLE PRINCIPLE

Look for yourself in the people you work or connect with this week and consider if this brings you closer to them. Do you feel differently about them when you find common ground?

9-THE COMMUNICATION PRINCIPLE

Select one of Matthew Kelly’s communication lessons on pages 258-259 and write it down where you can see it. Practice this for at least a week and write down what you have learned. Here is a shortened version of the list:

**“Let others talk.
Avoid arguments.
Don’t complain.
Give honest and sincere compliments.
Be more ready to compliment than to criticize.
Invite input
Never be afraid to seek advice.
Learn to listen.
Encourage people to share about themselves.
Admit when you are wrong.
Respect other people’s opinions.
Hold up ideals.
Challenge people gently.
Appeal to higher motives.”**

Brainstorm other ideas you have for practicing effective communication.

10-THE FINAL PRINCIPLE

Try to identify any triggers (fear of failure, anger, money) that could lead you to give up on a goal. Now think of reasons NOT to give up. Write both sets down so you have them for support when bad things happen.

THE TEN PRINCIPLES OF EXCELENCE

Put the ten principles in the order you value the most.

1. The Knowledge Principle,
2. The Dream Principle,
3. The Vision Principle,
4. The Life Principle,
5. The Thought Principle,
6. The Dedication Principle,
7. The Belief Principle,
8. The People Principle,
9. The Communication Principle, and
10. The Final Principle.

Your List

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Does one principle stand out to you? Is there one that seems especially difficult to envision in your life?

DIGGING DEEPER: REVIEW WHAT YOU HAVE LEARNED

- **What are three takeaways you have from Unit 6?**
- **Do these reflect the Unit focus?**





UNIT 7: BE THE BEST YOU

“Somewhere inside, we hear a voice. It leads us in the direction of the person we wish to become. But it is up to us whether or not to follow.”

– Pat Tillman

UNIT 7 FOCUS

- × Summarize what you have learned.
- × What is one thing you can do today to be the best YOU?

Complete this section of the workbook while reading, or after reading, “Part Seven: Living the Life You Were Born to Live” in the book.

UNIT 7 ACTION ITEMS

Watch:

YouTube (2:30): [“Never Forget These Six Truths – Matthew Kelly”](#)

Explore:

Optional – Check out these [Mindfulness Exercises](#) to help you focus on enjoying where you are right now

Act:

Review your Unit 6 takeaways. Add to your journal the strengths and weaknesses you have identified for yourself.

Read/Listen:

Part Seven: “Living the Life You Were Born to Live” and complete the following Unit 7 questions



ENJOY THE JOURNEY

1. Don't wait to enjoy life once you achieve your dreams. Enjoy life now. Identify where you are in your journey, and list a few things that are enjoyable in the now.

BE THE DIFFERENCE THAT MAKES THE DIFFERENCE

2. This week, follow the Four Steps outlined on pages 280-281, copied below. Then, reflect on how you felt about focusing on making a difference to others.

“STEP ONE

When you wake up tomorrow morning, remind yourself of your goal, your point B, your essential purpose-to become the-best-version-of-yourself.

STEP TWO

The next step is to ask yourself, “Whose day can I make today?”

STEP THREE

Now ask yourself, “How can I make that person's day?”

STEP FOUR

When you have made the first three steps, shower and have breakfast, but then, just before racing into the day, take a few minutes to plan, reflect, and pray.”

Reflection:

LEADERS, CRITICS, DREAMERS, AND THE FUTURE

3. Consider the reflections from Abraham Lincoln and Theodore Roosevelt (pg. 288). Respond with a reflection of your own.

HOW DO YOU PERCEIVE THE WORLD?

4. Matthew Kelly shares the powerful idea that “love demands a response. Love determines the response. Love begets love.” What do you love? Make a pie chart, or other diagram, to illustrate how and what you love.

CAN YOU HEAR THE MUSIC?

5. Review the encouraging words on pages 296-297, and choose one of the phrases that you most connect with. You can also choose an affirming quote or phrase you already know. Explain why that one had meaning for you.

THE MEASURE OF YOUR LIFE WILL BE THE MEASURE OF YOUR COURAGE

6. In this workbook, you have already examined your strengths and weaknesses, and explored your dreams. Write your “bucket list” of dreams, big and small.

7. Now, take a deep look inside yourself and consider what fears might get in your way as you journey towards these dreams. Being aware of those fears will help you overcome them.

LET YOUR LIGHT SHINE!

8. Hopefully you feel inspired as you finish this workbook. As you turn your thoughts into actions, hold on to this closing line: “Let *your* light shine!” What is one next step you can take to embody that idea and really *live* it?

DIGGING DEEPER: REVIEW WHAT YOU HAVE LEARNED

- What are your takeaways from the final chapter of *The Rhythm of Life*?
- Reflect on how you are being, and becoming, the best possible version of yourself.

RESOURCES:

TAKING THE NEXT STEPS

Keep tracking your dreams and your progress towards them. Take steps now towards your bigger picture. Connect with others about where you are going.

Dream Planning

- Check out [dream planning apps](#) for your phone
- Christy Dream Journal Template
- Explore the [On Purpose Podcast](#) with Jay Shetty
- Listen to the [Achieve Your Goals Podcast](#) with Hal Elrod

Financial Planning

- Christy [401K Stream video](#) – Available with your Christy login
- EAP Budgeting Guide
- EAP Financial Planning
- EAP Budget Worksheet

Health & Wellness

- App: [Download the MyPlate App](#) to set and track healthy eating goals
- App: Free Meditation App – [Insight Timer](#)
- Christy Habit Tracker
- Christy Monthly Workout Journal
- Christy Wellness Tracker



- Learn more about nutrition at <https://www.eatright.org/>
- Nutrition – take the [Quiz](#)
- Utilize [these](#) Honesty Worksheets and Activities

Intellectual & Continuing Learning

- Coursera offers [free college level courses](#)
- Free books & audiobooks online and on the app with [Overdrive](#)
- Another great resource to continue your learning is Matthew Kelly’s book, ***The Dream Manager*** – provided by Christy – request your copy [here](#)

Personal

- Christy Travel Journal
- Christy Writing Exploratory Journal
- Explore your strenghts with [this free quiz](#)
- How Do You Know When You’re Successful Worksheet
- Improve your productivity and intentionality with Chris Bailey’s [Time and Attention Podcast](#)
- [Take the Personality Assessment Based on Briggs Myers 16 Types](#)
- Take theis additional [personality quiz](#) to expand on your self awareness

Professional

- Book Club – Earn Dollars for Dreams – request free access [here](#):
- Reading for Growth: Christy has a library at each location with books we highly recommend for personal and professional growth

Thank you for being a part of Christy's Dream Manager Program. We hope you enjoyed the Workbook and that it was a beneficial tool to support you in the pursuit of your dreams.

Your feedback is so valuable to us as we strive to create a meaningful experience. **Please take 1-2 minutes to complete the Dream Manager Feedback Form.** You can also access the Feedback Form using the QR Code below.

QR Code:



Please reach out to us at DreamManager@christyco.com to let us know you've completed the workbook! We will send you a Completion Certificate and help connect you to additional resources.

Thank you!

