

THE DREAM WORKSHOP

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us!” Ephesians 3:20 (NIV)

The hope stirring within you for a peaceful, secure future is real, possible and just waiting to be explored! Your needs and dreams are GOD’S OPPORTUNITY to show you His love and power.

Sometimes we don’t follow our dreams or set goals because we:

Don’t think we are worthy of a blessed life. Blessing is not dependent on what we deserve, but on the abundance He *wants* to give. Because you were created by the heart of God for His plan and purpose, your true worth can only be measured by His standard. He loves you unconditionally, period. That is the truth you must believe and begin with, as the Apostle Paul noted: *“God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God.”* Ephesians 2:8 (NLT)

Are afraid to try. FEAR has been defined as **F**alse **E**vidence that **A**ppears **R**eal. God knows our fears, our loneliness, our despair. But, He asks, “Do you know about Me? Do you know My love and provision?” Hold on to this promise: *“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”* 2 Timothy 1:7 (NLT)

Become overwhelmed with the challenges ahead or lack of resources. We never have to settle for just getting by if we remember that: *“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us!”* Ephesians 3:20 (NIV)

Allow the past to overshadow hope in the future. It is easy to become our own worst enemy. We dwell on what God has forgiven and forgotten; on what *was* rather on *what can be*. That is not to say that emotional pain is not real, for it is. But we cannot heal if we do not choose to heal.*

The Good News is that we can find power in the present by surrendering to the will of God and to believing that He wants us to have an abundant life. Write your name in the Scripture promise below:

*The thief’s purpose is to steal and kill and destroy. I (Jesus) came to give _____ a rich and satisfying life. **John 10:10 (NLT)***

*See quote by Steven Covey in **moving forward with confidence** section of “New Start for Single Moms” curriculum.

As you fill out your **Dream Worksheet**, ask the Lord for a chance to do *exceedingly, abundantly, above... more than you can imagine!* (Hint: Use a pencil with an eraser because change is coming!) Are you ready to claim His promises and change your life?

- **BEGIN WITH SPIRITUAL** and then select two to three other life areas from the list below to set goals. Over the next 12 weeks, you will set goals for each area.
- **CHOOSE GOALS** you can reach by taking small, practical steps. Don't stress. No one is judging, but the Lord is standing by ready to bless.

LIFE AREAS:

SPIRITUAL: Intimacy with God, prayer life, studying God's Word, attending worship

SOCIAL-COMMUNITY: Healthy relationships, joining small groups, volunteering

FAMILY: Relationships with siblings, parents, children, father of your child(ren)

PERSONAL DEVELOPMENT: Skills, hobbies, sports, seminars and classes

PROFESSIONAL: Career development, education

HEALTH: Nutrition, exercise, weight management, habits

MY DREAM WORKSHEET

“A goal is a dream with detailed direction and a deadline...” -Jay Strack

WHAT I want to do: Be as specific as you can. As you write, you may find that there are several smaller goals within the WHAT. Those become your ordered list of HOW. Remember, this is YOUR dream, given to the One who created you and loves you, so take your time and let Him work in you and through you!

LIFE AREA: _____

GOAL: _____

WHY I want to do it: Attach a biblical principle or reason the goal is important to you. This is the most important sentence you will write. It will not only help you to start your goal, but to reach it no matter how many challenges come your way.

WHEN I want to accomplish this by: Don't be frightened by a self-established deadline (establish a detailed date with weeks, months, years). This can always be adjusted! But giving yourself a timeline keeps you focused on the steps as well as the finish line.

HOW I plan to achieve my dream: Write down achievable, manageable steps and reorganize as you go. Most importantly – enjoy the journey! Celebrate the triumphs of each success and absorb what you can from failure; make changes as you learn. An accountability partner or mentor (healthy relationship!) can be a great help. Ask the Lord for one!

ORDER INTERMEDIATE STEPS DEADLINE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____