



GETTING WHAT YOU WANT

DREAM BIG DREAMS IN 2022

Karen C. Simms
karen@meridiankconsulting.com
317-610-0767

MERIDIAN K. CONSULTING

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2022 PLANNING GUIDE

TRAUMA INFORMED & CULTURALLY
RESPONSIVE COACHING AND CONSULTING
SERVICES



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Table of Contents

Table of Contents	03
Beyond needs	04
Tips and Pointers	05
What do you want	06
Dream	07
Exercise 1	08
Retrain your brain	09-10
Exercise 2	11
Purposeful Success Planning	12
Planning to win	13
Exercise 3	14
Planning for success	15
Barrier Busting	16-17
Write a new script	18
Celebrations	19-20
What's next	21
Bonus exercises	22

BEYOND NEEDS: GETTING WHAT YOU WANT



For those of you who were working with me last year, our focus was your needs. 2021 was a year of transition and tremendous social and emotional change and challenges.

When you are stressed, and the world feels unpredictable focusing on our basic needs is essential for our survival.

We all need to be, become and belong as human beings.

In 2022, let's plan on moving beyond surviving to thriving.

TIPS AND POINTERS

- There is a life beyond survival or pure existing.
- Each of us are created with our own unique gifts and talents.
- Each of us are here on the planet for a reason.
- Unfortunately, many of us are so focused on survival that we don't make heart space or headspace to focus on these larger 'heart issues'.
- And if you have experienced anger, disappointments, pains, traumas, losses in the past, you might even have consciously or unconsciously decided that you 'can't get what you want'.

WHAT DO YOU WANT?



Where are we starting?
This workbook is designed to be used throughout the year. You will not complete it in one setting. Keep it someplace that you can access it on at least a monthly basis.

*"The journey of a thousand miles begins with one step."
-Lao Tzu*

THE STEPS IN THIS PROCESS:

- ① Retrain your brain
- ② Moving purposefully to your destination
- ③ Letting go of things that don't serve 'you' (your dream, vision, purpose, voice)
- ④ Celebrating success

DREAM

BE, BECOME, BELONGING - AREAS OF CONSIDERATION

- Career/Vocation
- Love - Romantic
- Familial Relationships
- Friendship
- Community
- Health
- Your Body
- Spiritual life/Community
- Money/finances
- Business
- City/Living Situation
- Environment
- Sex, sexuality, sensuality

THOUGHTS:

EXERCISE 1

1. Find a quiet time ideally in the morning before you get going in the hustle and bustle of the day.
2. Grab a journal or notebook.
3. Write down 7 dreams that you have for yourself
 - a. Don't overthink it
 - b. Don't get caught up on should/or is it possible
 - c. Look at your list, pause, and then take a few minutes and imagine how you will feel if this dream happens. Also, how you would feel in your body.
 - d. And if you feel anxious - keep breathing - and push through (see 4-7-8 breathing)
4. Do this every day for two weeks.

We can retrain our brains to be more open to change and expand our capacity to face our fears.

Here's a link to an online journal that you can use -
<https://penzu.com/>

Write down your dreams below!

RETRAIN YOUR BRAIN

Our brain's primary goal - in its wiring - is to keep you safe. So we develop patterns of being and thinking that become habits and patterns of behavior/thinking.

Look at your life and it will tell a story about how you feel about yourself and what do you believe is possible for you.

Doing new and novel things that are unfamiliar can trigger feelings of unsafety (and for some of us real fears of terror and panic).



"Drop the fear. What you fear most, can be a repeated theme in your life."

-Amit Ray

RETRAIN YOUR BRAIN (CONT.)

- After you have redreamed look for themes, patterns, and feelings that come up for you.
- Craft those into 5 dream statements:
 - a.
 - b.
 - c.
 - d.
 - e.
- You're going to practice these dream statements in a mirror daily - every day for at least 30 days.
- While practicing them really allow yourself to 'feel' how your life will be different if you reach that goal.
 - Imagine yourself at that new job or in that new role
 - Imagine yourself in with that new partner or in a healthy/healing relationship
 - Imagine you're in the body that you're excited to live in
 - Really make this a full sensory experience

P.S. Remember your brain doesn't separate real versus imagined experiences - if you can envision it your brain will believe it is possible for you.

EXERCISE 2

It's time to put your plan into action. This next step will take at least 30 minutes.

Go to your 5 core dreams list that you created and grab another piece of paper. You will answer these questions for each of the 'dreams'.

- I want this dream because?
- How will I feel if this dream occurs?
- What skills, gifts, talents do I have that can help me achieve this dream?
- What barriers/fears do I perceive that might get in the way?
- What would it cost me if I don't achieve this dream?

Let the list sit for at least 24 hours.

Revisit it.

Add to it anything new that comes up for you.

**It might also be helpful to find someone you trust and share this with them when it feels complete -There is power in speech!*

PURPOSEFUL SUCCESS PLANNING

After you've got clarity on your whys and costs...

- Revisit the list of wants and dreams
- Identify two that are most important to you and answer the question: what would cost you the most if you don't move towards actualizing those dreams?

Write down your reflections!

PLANNING TO WIN

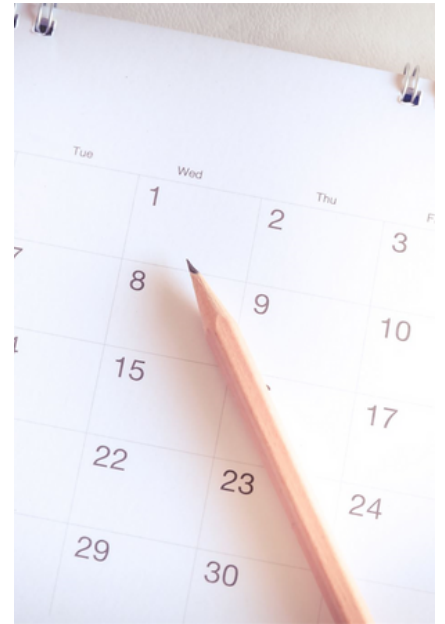
With the two most important dreams – we're going to focus on making a plan. For each of the 'dreams', you're going to identity small actionable steps that you can work on every day.

It could be...

Reading an article,
Watching a video,
Having a conversation,
Putting it on your calendar,
Going to a group,
Taking a class,
Going for a walk,
Or trying a new recipe,
As long as it's something small and 'doable'.

"Getting what you want doesn't make you happy, growth makes you happy, raising your level of consciousness. The problem with most people, they don't know what they want because they start at a very early age being programmed to think that they can't have what they want."

-Bob Proctor



EXERCISE 3

USE THE SPACE BELOW TO DESCRIBE YOUR TWO MOST IMPORTANT DREAMS AND ACTIONABLE STEPS TO ACHIEVE THEM!

WRITE YOUR TOP 2 DREAMS

DREAM 1

DREAM 2

ACTION STEPS TO
ACHIEVE DREAM 1

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

ACTION STEPS TO
ACHIEVE DREAM 2

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____

PLANNING FOR SUCCESS

In your notebook map out a plan for how you're going to reach your two primary wants/dreams.

Each month January – December identify one action step you're willing to take and practice. Again, small manageable steps towards your destination.



After this is completed put a reminder in your calendar to write about your progress for 5 minutes at least every week and set a monthly review date.

Reflect on how it feels to be moving? Do any of your strategies need to be adjusted?

Don't be afraid to shift courses or change directions. Maybe you've noticed that you want something a little different and that's okay.

If you realize that you're stuck- let's work on barrier busting!

BARRIER BUSTING & REMOVING OBSTACLES

At the end of the second month, you might be aware of some patterns that emerge.

- **Maybe you were great at writing for the first 30 days but then ‘started to run out of time.’**
- **Maybe you read through the workbook and never got started.**
- **Maybe you couldn’t imagine what ‘success would look like’.**
- **Maybe doing the practice generated a huge emotional response.**
- **Maybe you can’t see any wins.**
- **Maybe the people/things in your life keep ‘getting in the way’.**
- **Maybe things seem to stay ‘out of control’ and crises keep showing up that seem to impede your progress.**
- **Or it could be something else.**

Let’s identify your barriers so we can address them!

BARRIER BUSTING

Again, find a quiet time to reflect on 'what's getting in the way'?

When you're ready, reflect on:

- What's your earliest memory of you giving up on your dreams/denying your wants?
- Or you might want to ask - when did you start noticing the feelings of stuckness, anger, overwhelm, etc.?
- And finally ask yourself 'what's the function' of this pattern in my life? Remember your brain is trying to keep you safe. What is this pattern trying to protect me from?

Write down your reflections!

WRITE A NEW SCRIPT

Once you're aware of how this barrier is working/functioning in your life. It's time to write a new script!

Start off with: Dear x (whatever the barriers or patterns are).

I realize that you are trying to (describe the functioning of the behavior/pattern) and I appreciate you. However, I am good, I am safe, and I no longer need you. (Describe where you're headed, your dream and what you're trying to achieve). I want to assure you that I have (insert your strengths & resiliency factors). I will be fine. Thank you for your service.

Any time you feel stuck you can revisit this process!

CELEBRATE YOUR SUCCESSES

There is no such thing as an inconsequential win.

All wins matter.

If you've been doing this workbook and the exercises you are making progress.

However just like you should plan for setbacks I want you to imagine and really think about how moving purposefully towards your goals will make you feel!



CELEBRATIONS

- Every week plan a mini celebration.
- A weekly acknowledgment for the progress you're making.
- A 'thing you're doing for you.' (Ideally, something that doesn't cost much, is completely achievable, and doesn't rely on anyone else)

A caveat - if you're used to shopping, eating, or some other behaviors that might not be aligned with your progress think about trying something new. (Doesn't cost a lot and is not associated with negative/adverse consequences).

"No person is your friend (or kin) who demands your silence or denies your right to grow and be perceived as fully blossomed as you were intended. Or who belittles in any fashion the gifts you labor so to bring into the world."

- Alice Walker



WHAT'S NEXT?

Because I know none of us are 'fearless alone,' know that I am available to support you in the journey.

I will also be hosting FREE Quarterly Breakfast Discussion so that you can join a community of women who are moving purposefully towards their dreams too.

I also encourage you to share your progress/process with a friend/mentor/loved one or someone in your life who you trust, listens, and can journey with you!

Stay safe and well!

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MONTHLY SELF DISCOVERY BONUS EXERCISES

*Sometimes we must go back to basics to
'rediscover' your wants and dreams.*

If you have lost you try these exercises to help
you rediscover yourself.

Here are links to a few personal discovery
resources:

1. The Proust Questionnaire -
<https://www.vanityfair.com/magazine/2000/01/proust-questionnaire>
2. 99 Questions to Turbo Charge Your life -
<https://daringtolivefully.com/99-powerful-questions>
3. 20 Questions to Improve Your Self Awareness -
<https://advice.theshineapp.com/articles/ask-yourself-these-20-questions-to-improve-your-self-awareness/>
4. 30 Journal Prompts to Increase Self Awareness/Self Discovery
- <https://balancethroughsimplicity.com/30-journal-prompts-for-self-discovery/>
5. A Journal - Shadow Work Journal and Workbook for Black Women: A Spiritual Journal for Self-Discovery, Healing, Growth & Self-Awareness With Prompts to Work ... Self-Love & Spirituality for Black Women) - August 28, 2021 by *Limitless Abundance*
6. A Journal - Start Where You Are: A Journal for Self-Exploration Journal – by *Meera Lee Patel*

WRITING SPACE

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WRITING SPACE

[illegible]

WRITING SPACE

[illegible]

WRITING SPACE

[illegible]

WRITING SPACE

[illegible]



Don't listen to those
who say YOU CAN't.
Listen to the voice
inside yourself that
says, I CAN.

-Shirley Chisolm

KAREN C. SIMMS