

Launch Your Big Dream

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Week 3

# Choose Your Path

COURSE BY JENNIFER MILLER

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# Choose Your Path

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- 01 Map Your Route
- 02 Set SMART Goals
- 03 Create Mini Steps
- 04 Activation Exercises

*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and he will direct your path."  
Proverbs 3:5-6*





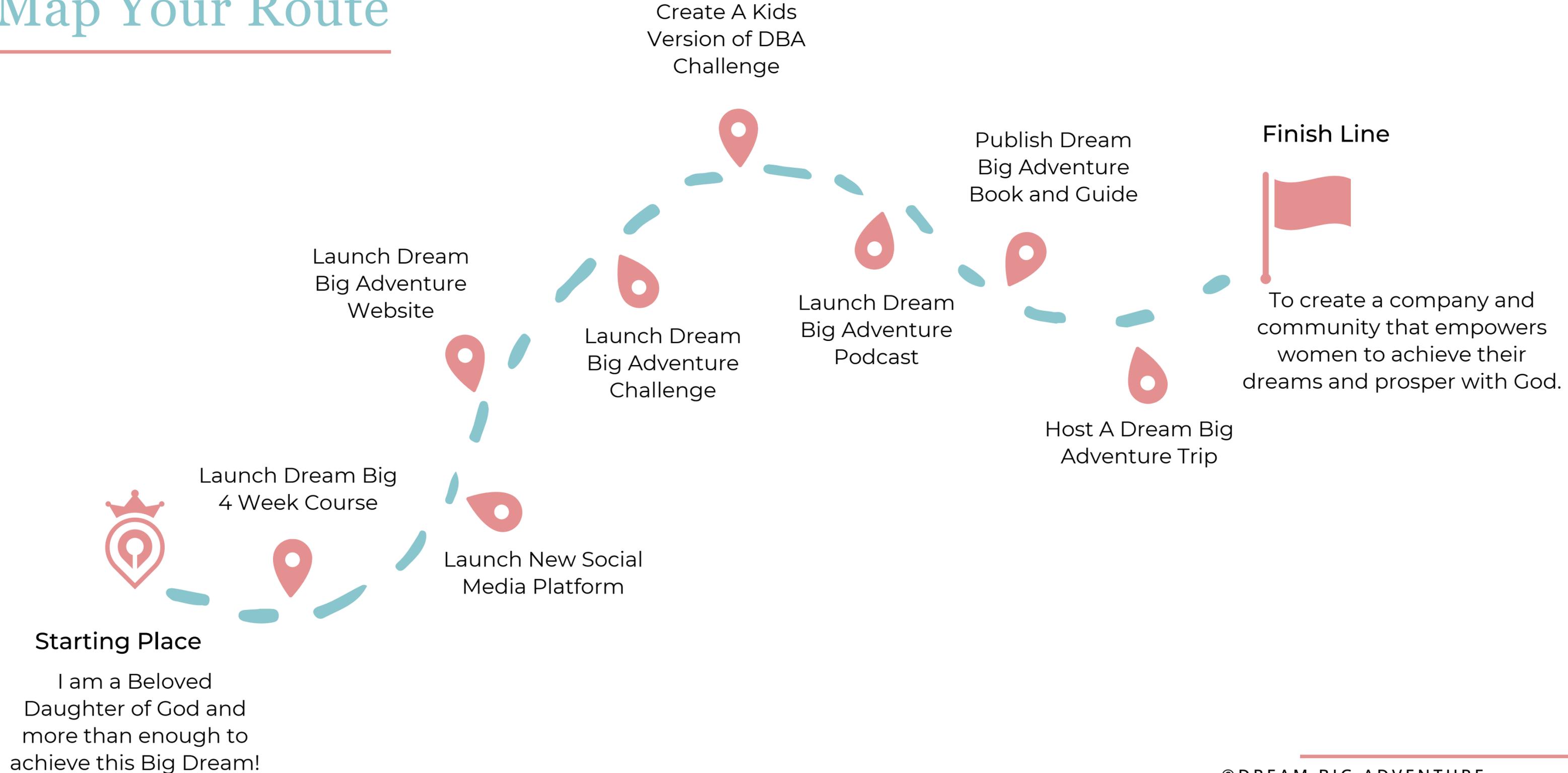
## 01. Map Your Route

*“A "dream" is a guiding beacon, pulling you towards what you want, while a "goal" is the actionable path you take to reach that dream; essentially, a dream is the big picture vision, and a goal is the concrete steps to achieve it, requiring action to turn the dream into reality”. - Mel Robbins*

- Find Your Starting Point
- Define Your Finish Line
- Set Your Divine GPS
- Confirm Your Speed
- Mark Your Milestones
- Set SMART Goals
- Create Mini Steps

# Map Your Route

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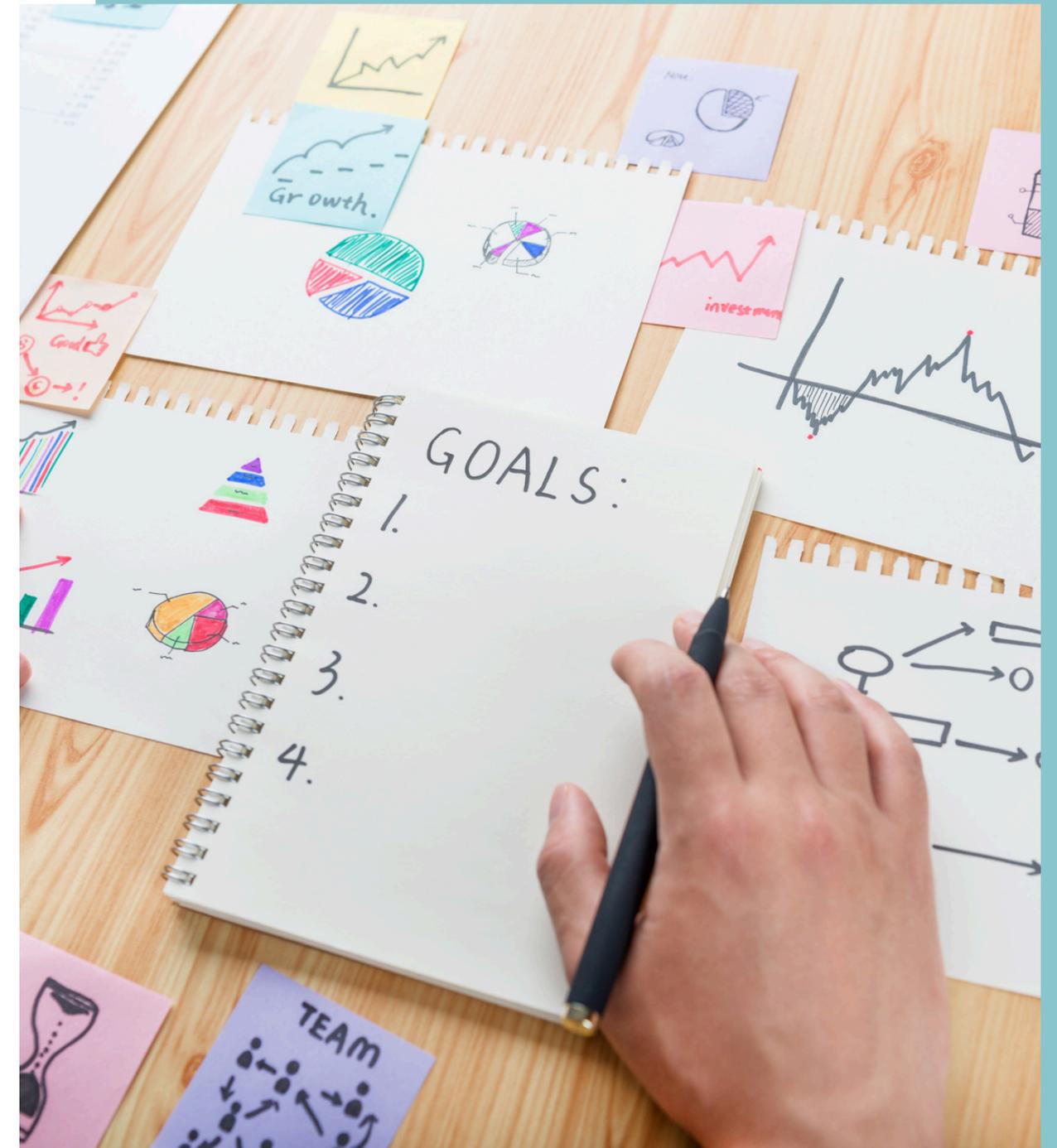


## 02. Set SMART Goals

“Setting goals is the first step in turning the invisible into the visible.” - Tony Robbins

- S - Specific
- M - Measurable
- A - Achievable
- R - Relevant
- T - Time-Bound

“Extraordinary results are directly determined by how narrow you can make your focus ... when you spread yourself out, you end up spread thin.” - Gary Keller



# Set SMART Goals

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S

What dream goal does God want me to achieve first?

M

How will I know when I have reached this goal?

A

Is this goal attainable with God's help?

R

Why is this goal important?

T

What is the timeline for this goal?



## 03. Create Mini Steps

*“What if the biggest thing keeping us from doing what matters is the false assumption that it has to take tremendous effort? What if, instead, we considered the possibility that the reason something feels hard is that we haven’t yet found the easier way to do it?” - Greg McKeown*

- Define What Done Looks Like - Finish Line
- Start With The First Thing - Domino
- Simplify The Process - Ugly Baby
- Slow & Steady Pace - Set Min & Max
- Progress Not Perfection - Stop Tinkering
- Clear & Easy Steps - 10 Minutes

# Map It, Milestone It, Mini Step It

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Milestone - Launch New Social Media Platform for DBA

Goal - Launch Social Media March 10th and post once daily.

1. Dream 

a. Milestones 

i. SMART Goals 

1. Simple Mini Steps 

Simple Mini Steps

1. Finalize The Branding for DBA
  - a. Confirm Look & Feel
  - b. Select Colors, Font, Icons
  - c. Design Logo Variations
  - d. Export Logo
  - e. Create Templates for Social Media
2. Create A Social Media Content Plan
3. Set Up New Social Media Accounts
4. Create 2 Weeks Of Reel & Post Scripts
5. Record 14 Videos
6. Edit The Videos
7. Schedule Posts
8. Comment & Engage
9. Evaluate & Refine

# Choose Your Path - Book List

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- Effortless - Greg McKeown
- The One Thing - Gary Keller
- Atomic Habits - James Clear
- Goals - Zig Ziglar
- The 5 Second Rule - Mel Robbins



# Choose Your Path - Exercises

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## Map Your Route

- What are the big milestones needed to achieve your God dream? Start by visualizing your dream achieved and then look backwards, what roadmap did you take to get there? Ask God to guide you.

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## Set SMART Action Goals

- Focus on the first milestone from your dream roadmap and set clear SMART goals. (**Smart, Measurable, Attainable, Relevant, and Timely**). Ask God about the main steps you need to take to achieve this goal.
- Now fill in the table below with the first milestone goal for your dream that you want to achieve in the next 30 days.

S M A R T	What dream goal does God want me to achieve first?	<input type="text"/>
	How will I know when I have reached this goal?	<input type="text"/>
	Is this goal attainable with God's help?	<input type="text"/>
	Why is this goal important?	<input type="text"/>
	What is the timeline for this goal?	<input type="text"/>

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## 30-Day Mini Action Plan

- What is one mini action step per day you will take towards your dream goal?

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<input type="text"/>				
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<input type="text"/>				
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<input type="text"/>				
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<input type="text"/>				
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<input type="text"/>				
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<input type="text"/>				

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