

Interactive eBook

Identifying, Planning & Achieving Dreams Stress free

PART 1 OF 6

Life Coaching by Success Viking

It is a Life Coaching Platform for all ages.

It has a simple message to convey “Dreams are Achievable with 3 Cs – Calmness, Composure, and Creative Ease”.

It also has a mentoring, counselling program and book for personal guidance.



THIS BOOKLET HAS SIMPLE EXERCISES
WHICH HELPS ONE TO COME TO THE RIGHT
CONCLUSIONS FOR LIVING ONE'S OWN LIFE FULLY



About the Founder and Conceptualizer

Neha and Nirav Shah have had a life journey of ups and downs, and this platform is a result of their learnings from their journey. Adding to that, Neha is an internationally certified fitness guru, an author, a columnist and owns her own fitness studios. She has spent nearly two decades in the fitness industry.

Nirav is educated in the USA, and is a Real Estate developer for about three decades and been instrumental in development of millions of sq. ft. of Real Estate and other innovative projects.

They have been motivating, life coaching and addressing people across the country for more than 15 years now. What is unique about them, is their way of balancing life along with their respectively busy careers...they also pursue their hobbies like creative nurturing, fitness, music, sketching, life coaching etc.

They have simple message to share

“LIFE IS BEAUTIFUL, DREAMS ARE ACHIEVABLE, THERE IS ENOUGH TIME, PEOPLE ARE NICE.”



The basic finding of Success Viking

Dear dreamers,

With experience, it has been found that Dreams has a relationship with 4 things, namely – Time, Money (Career), People, and Self-Focus/Excitement/Ignited.

Next chart is a sample to show you the same...see how all the dreams qualify into the 4 squares...Yes the Dreams and its qualification could vary from people to people depending on their circumstances.

This means that, if I learn to handle these four things with simple technics, I can easily fulfil my Dreams stress free... isn't it?

Please see the relevant video/s present on the You Tube channel to understand each theory.



Dream v/s need of Time, Money, Self, People

To do

Make a list of fearless dreams and divide them over the things needed to fulfil them.

Example: Some could need say Time to fulfil a dream while some could need say time and money both, while some could need all four. it will vary from dream to dream and person to person.

Why

So that it gives us a belief and understanding that only these four things are needed to be mastered and managed to fulfil our Dreams.

It also gives us a clarity as to which dream is related to which skills to be developed better.



sample exercise

TIME

Education
Career/Business
Fit body - Health
Happy Elders
Self development
Helping others
Pursue Hobbies

PEOPLE'S SUPPORT

Career
Relationship
Self respect
Fame
Acknowledgement

Fearless Dreams

Education, Career/Business
Fit body - Health, Happy Elders
Vehicles, Nice Home
Insurance/Saving, Wedding/Events
Self development, Jewelry
Helping others, Travelling
Equipment, Pursue Hobbies
Self respect /Fame, Shopping
Farm house, Acknowledgement
Other Dreams

CAREER/MONEY

Education
Happy Elders
Vehicles
Nice Home
Insurance/Saving
Wedding/Events
Jewellery
Travelling
Equipment
Pursue Hobbies

SELF FOCUS

Education
Fit body - Health
Self development
Helping others
Pursue Hobbies

NOTES

Self Introspection

Before we actually start listing down our fearless Dreams, we want to do a few exercises

Why?

The reason being that, most of the times one is scared or unclear to list their Dreams. One is unaware of the available opportunities and positives in their lives... and too focused on the seeming issues and unclear areas of life.

Most feel that rest have been lucky, while we are the unlucky ones with an unclear and tough life path!

Hence we will first do the following exercises:

1. Understand JOURNEYS OF SOME OF OUR HEROES.
2. Understand our SWOT
3. List the things we are THANKFUL FOR
4. List the SEEMING ISSUES we have in Life
5. Understand how MENTORS can make it easy for us



Let's study the Life journey of some of the greats...

To do

Write down the life journey (education, career, change in career path etc.) of your heroes/ideals/global achievers from any fields. Research well.

Why

By consciously researching on various life journey paths, we realize that there need not be a set life path, nor a set pattern that people have followed.

Journey could have its own planning and re planning etc., and that's why it is ok to experiment, learn, improvise and change. We realize that it is never too late nor early.



Name

Journey

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Gratitude
Make a list of positives in Life

To do

To make a list of all positive things in life as well as the things we are grateful for. Think hard...look around...compare yourself to others and the list will seem endless!

Why

Lots of times when there is unclarity in life, when there is sadness in life or when dreams are too many and there isn't a clarity of path and it's management, we start focusing on the confusions and unclaritys.

This results into loosing focus on the opportunities, the possibilities, the existing positives that we have.



Problems
Make a list of issues in Life

To do

Make a list of issues that seem to be hindering our life and journey towards our dreams and goals

Why

Lots of times, by just thinking of the seeming issues we have in life, we confuse our conscious as well as subconscious mind that there is a huge heap of problems in life.

By being specific and listing these issues, we exactly know what we need to work on, we exactly know if the seeming problem really exists, if it is worth the attention, and whether they are small or huge and this analysis helps us to take specific steps to handle them.



SWOT analysis

To do

Do a SWOT analysis of yourself

Why

This gives another perspective of your Aptitude, the areas you can move forward with, the areas where you can work to improve upon

Sample Exercise

<ol style="list-style-type: none">1. Public speaking2. Very calm3. Creative4. Pleasing personality5. Real estate experience6. Low Income Housing experts7. Well connected8. Gel well with people9. Emotional10. Good trainer11. Good delegator12. Seen ups and downs	STRENGTHS	<ol style="list-style-type: none">1. Emotional decision maker2. Accounts3. Financial management4. Traveling by road	WEAKNESS
<ol style="list-style-type: none">1. 7 billion people Unhappy people in general2. Low Income Housing's huge market3. Govt. encouraging Low Income Housing	OPPORTUNITY	<ol style="list-style-type: none">1. Few pending issues from the downfall phase of Life	THREAT



SWOT analysis

STRENGTH

WEAKNESS

OPPORTUNITY

THREAT



A Right Mentor for Your Dream

Who is a mentor

A mentor is someone who can guide you to achieve your dreams.

Why

He/she has the knowledge and experience in his field and has travelled the path before. This also helps to speed up the process.



Points to keep in mind when selecting a Mentor:

1 The mentor should be very positive and encouraging.

2 The mentor should be practicing or have achieved what he preaches. E.g. a fitness trainer should be fit.

3 Ideally each dream needs a mentor who is an expert in that field. A doctor can't teach plumbing and vice versa, a cricketer can't teach business and vice versa.

4 The mentor can be changed when our goals get bigger and we require a more experienced mentor as a matter of fact, the mentor himself/herself will indicate the right time for it.

5 Guardians love us, care for us, wish the best for us but then they are experts in their respective fields and hence they may not be the right mentors for all our dreams. Hence, act maturely and listen to them respectfully, but apply the S.A.L.T.T.I theory, and do not follow their advise blindly.

6 Mentoring can also be done through research work, autobiographies, interviews, blogs, columns, seminars etc.

7 List of some type of the mentors: Fitness trainer, Dietician, Businessman, Life coach, Hobby teacher, Spiritual guru, Doctor



Now that we feel more confident, it is time to...



Identifying and Qualifying Fearless Dreams

List and detail Dreams fearlessly

To do

List all your dreams in DETAILS and FEARLESSLY as if Cosmos is going to grant them to come true. If there are any other dreams not covered by the above reference list, please note them down too.

Consider your APTITUDE also while listing dreams.

Why

So that you can use the energy and resource in the right direction.



Sample Exercise

Business/Job

I want to have a global franchise of my restaurant.

Hobby

I want to become an international musician.

Social service

*I want to expand the wings of Life Coaching platform
WAKE UP TO DREAM globally*

Self Development

I want to improve my communication skills and computer skills

Home

*I want a home with 4 bedrooms,
excellent yet light interiors, fully equipped*

Fitness

I want to lose 40 kgs and have a 30" waist

Family

I want to buy a bungalow for my parents.

Travel

*I want to take vacations 3 times a year,
and travel the whole world*

Career

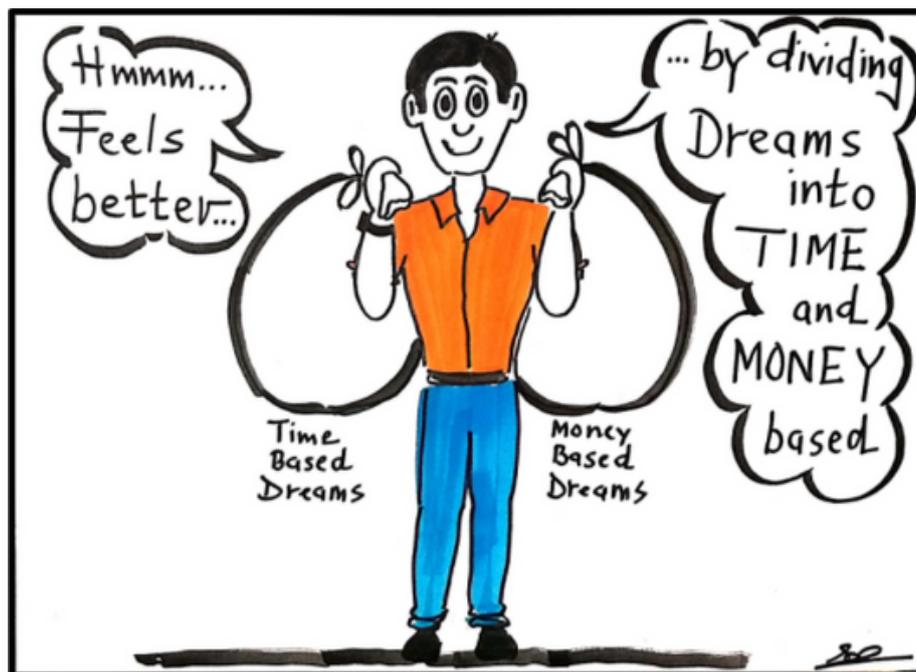
I want to get a post graduate degree in the field of my Aptitude



Now that we have listed down the Fearless Dreams, since we haven't learned the simple technics to handle the Dreams, the huge fearless list can seem like a burden, but the next exercise will reduce the load...

...AND THE EXERCISE IS TO DIVIDE THE DREAMS INTO TIME AND MONEY BASED DREAMS.





Look at this illustrations and see how the person is feeling relaxed AFTER DIVIDING THE LOAD INTO 2!



Disclaimer

The concept discussed herewith has benefited many globally. It just shares the idea to motivate and make people think and to plan big Dreams. You may or may not wish to follow the concept. This platform and/or the Founder/Mentor/Speaker(s) hold no responsibility for any events that happen in your day to day life.

The program is designed completely on a 'Mall Mentality' i. e. take what you like and leave the rest. For any tool that this platform designs, it is solely on the recipient how to implement it. It only suggests and helps you make these tools but is nowhere responsible for any event.

The picture, videos, etc taken during the workshop are solely for the use of this platform and can be posted on social networking sites and website only for reference.

