

Dream Book



This book was created for you to hang onto, put into your back pocket and look at during the next several years of your life. It's not an assignment. It's a guide to help you process your dreams and hopefully provide insight and encouragement as you continue your journey.

This dream book belongs to ...

DREAM
BIG



Your dreams will
determine your destiny!

“Hard work
beats talent,
when talent
doesn't work
hard.”

— Cal Ripken, Jr.

DREAM BIG

*Your dreams will determine
your destiny!*

“What do you want to do when you grow up?” How many times have you been asked that? Maybe you come from a home where dreams and desires are important to those who surround you. Or perhaps you live in a community where you’ve never been asked that question, let alone feel like you have the freedom to dream. Believe it or not, **you were born to dream**. And, sometimes, your dreams will be the only fuel you have to move forward.

Today is the day to determine your dreams. **Take a stand and grab hold of those things** that make YOU unique, dynamic, amazing, fresh and free.

DREAM NOTES

QUESTIONS?
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**WHAT'S YOUR
DREAM?**



“Success is peace of mind, which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.”

— *John Wooden*

WHAT'S YOUR DREAM?

What may seem like such a simple question can be paralyzing for those who don't believe dreams can come true or who may have had limited opportunities to see what can be accomplished in life.

Have you heard or seen the motivational phrase, "If you can dream it, you can do it!" This statement is the bold truth. **Dreams are worth pursuing, but they take energy, effort and engagement.** Wishes, on the other hand, assume there is a magical fairy that will give you whatever you want (just snap)—without you putting in the time and effort.

PEOPLE WHO ACHIEVE DREAMS SHARE SEVERAL THINGS IN COMMON:

FOCUS

They know what they want to accomplish and have made it their mission to make it happen, regardless of the pain or price.

ACTION

They write down their dreams, and **develop a plan** for how to achieve them. This game plan helps them accomplish the little steps that need to be taken.

DRIVE

Achieving one's dream requires ignoring those who tell you, "You're stupid."

Confronting negativity and moving forward is not easy, but you'll know you're on the right path when **what you want** is more important than what others think.

DETERMINATION

There will be days you'll want to throw in the towel. The noise around you may steer you off track. But you **need to believe** you're the only one who can achieve YOUR dream.

SUPPORT

Look for people in your life who **believe, encourage and are willing to help** you overcome the obstacles on your journey. This group may be your parents, extended family, coaches, teachers, friends or neighbors.

FAILURE

Failure is not the end of the dream, it can be just the beginning. The difference between pursuing your passion and staying put is that **failure doesn't derail you**. Rather it can help you change directions and look for new solutions.

DREAM NOTES

QUESTIONS?
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DREAM BREAKERS



"A goal is not always meant to be reached, it often serves simply as something to aim at."

— Bruce Lee

DREAM BREAKERS

Now that you understand what a dream is and what it may take to achieve it, you need to know there are several choices you might make that may destroy your dreams before you have the chance to pursue them.

LABELS

Believing the lies you tell yourself, and listening to what others say about you can stop you before you ever start. For some reason, **people with purpose make others uncomfortable**. Think about it, if you want to change the world, those around you may be intimidated because you're not comfortable with staying put. **Stay focused**. Find confidence and power from within—not from outside critics.

DRUGS

Recreational drug use will do more than distract you from your dreams—studies show even limited use of recreational drugs can **alter your brain development**. This means you may no longer have a drive to achieve your dream, much less anything else. If someone tells you drugs will make you more focused and productive, **they're lying to you**. Recreational drugs help people escape the world—not change the world.

ALCOHOL

This drug is notorious for helping people avoid the realities of life, by numbing their pain and surroundings. Think alcohol makes people more relaxed and perhaps their true self? It doesn't. **Alcohol use is a great excuse to make poor choices**. The reality is, alcohol can have the same impact on your brain as recreational drugs. Until your

brain has fully developed (around 25), alcohol can steal your dreams.

SEXUAL ACTIVITY

Research indicates when people engage in sexual activity, or have sex, their brains release a chemical called oxytocin causing the couple to bond or attach. This bonding causes a whole lot of drama. Often, young people believe sex will enhance their relationships, but **usually it just confuses it**. If you choose to have sex with multiple partners, you put yourself at risk for contracting sexually transmitted infections and becoming a parent. Talk about drama and a new direction! If you want to achieve your dreams, sexual activity—regardless of how limited—can definitely hijack your journey.

DEPRESSION

The chemical impact from drugs, alcohol, sex and drama may lead to depression. For many teens, expectations in life may cause you to act like a different person in different environments. **It's hard to juggle all the balls** of your life without being the true you. If you find yourself feeling depressed, find someone you can trust who has the experience to help you.

SUICIDE

This is the permanent dream stealer. It's so easy to delete people you don't like from your social network. The biggest problem with suicide is it **robs you from what is yet to come**. Most successful people say the dark times in their lives provided motivation and inspiration. Use your dreams to distract and distance you from unnecessary drama.

DREAM BREAKERS



“If you don’t
know where
you are going,
you’ll end up
someplace
else.”

— *Yogi Berra*

DREAM TAKERS

While it's important for you to determine your dreams and take steps to achieve them—it's equally important to make sure you're not **stealing others' dreams** by being mean, jealous, rude or an outright bully. Take a close look at yourself. Do your words and actions build others up? Or tear them down? Being perfect is unrealistic, but it's important to examine your patterns—and if you need to CHANGE them. **Be the voice** that stands up for others.

To be clear, a bully is a person who harms others because they enjoy controlling and dominating them. A person with purpose doesn't get caught in the trap of stealing other people's dreams.

DREAM NOTES

QUESTIONS?
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DREAM MAKERS



“You were
born with the
ability and
opportunity
to change
the world.”

— Unknown

DREAM MAKERS

You can't achieve your dreams without a support network.

As you live with purpose, you may need to re-evaluate the people you allow to influence your choices in life.

FRIENDS

What type of friends do you have? Do they help you achieve your goals, or distract you from your future? The reality is the type of people you surround yourself with will determine the type of person you'll become.

Choose your friends carefully.

FAMILY

Unfortunately we don't get to choose our families. You may think your parents or siblings don't understand you. They may not, but remember as you grow and become the person you dream of being, you may just inspire them. Just because you're young, doesn't mean you don't have **power, passion and persuasion**. These traits are contagious.

EDUCATION

School will give you great practice at setting goals and achieving them. School is not just about academics. The **challenges and choices** you make in your teen years are designed to provide you practice for life.

Prepare. Practice. Learn. Repeat.

DREAM MAPPING



“What would
you attempt
to do if you
knew you
could not
fail?”

– Robert H. Schuller

DREAM MAPPING

It's time to stop. **Breathe**. Find a place to take notes and answer the following questions honestly. This isn't a race. No one's timing you.

Answer these questions. **Ask** others these questions and **repeat** as often as necessary for you to discover yourself and where your dreams might take you.

These are great questions to start conversations with your family, friends, youth leaders or teachers. You never know, you might inspire someone to reach for their dreams.

How would you describe yourself to a stranger?

**WHAT WOULD YOUR PARENTS,
FRIENDS OR LOVED ONES SAY
ABOUT YOU?**

**HOW DOES WHAT YOU HEAR
IMPACT YOU?**

**HOW DO YOU WANT OTHERS TO
DESCRIBE YOU?**

WHAT ARE YOUR DREAMS?

1.

2.

3.

DO YOU BELIEVE YOU CAN ACHIEVE YOUR DREAMS?

DO YOU KNOW HOW TO ACHIEVE YOUR DREAMS?

**DO YOU KNOW ANYONE WHO CAN
HELP YOU DESIGN A PATH TO YOUR
DREAMS?**

**WHAT OPPORTUNITIES CAN YOU
PURSUE TO HELP YOU REACH YOUR
DREAMS?**

MOVE BEYOND WHAT YOU BELIEVE.

MOVE BEYOND WHAT OTHERS SAY.

MOVE BEYOND WHAT'S STANDING IN YOUR WAY.

Open your eyes, listen to your heart and dare to dream about how you can impact the world!

Remember, you can always have a fresh start. **Tomorrow is a new day.** But, you can't do it alone. Reach out to a trusted adult and ask them to help you take the steps necessary to make that fresh start.

If you need support, the following helplines will direct you to a safe person in your community.

888.YES.AIR1

THEHOPELINE.COM

TheHopeLine:

1-800-394-4673 (HOPE)

Suicidal Thoughts?

1-800-273-8255

StopBullying.gov

CrisisResponse.org

“Football is like life—it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority.”

— Vince Lombardi