DREAM BIG JOURNAL

Weekly Wake-ups to Help You Reach Your Most Ambitious Goals
Dream Big Journal

Weekly Wake-ups to Help You Reach Your Most Ambitious Goals

BOB GOFF

NELSON BOOKS

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Welcome! You made it to the *Dream Big Journal*—your launching pad for new stuff! I’m glad you’re meeting up with me here.

You’re here because you’ve got a lot of dreams in you. Maybe they haven’t taken any shape yet; they’re just a big blob of ideas. Maybe you haven’t even discovered them yet. That’s okay. The beginnings of them are inside of you. You’re bursting with possibilities, gifts, and abilities that only you—the once-ever-in-history you—can offer. Jesus invited you on this adventure called your life, and He did it
so you could be fully alive and fully His and fulfill the ambitions He made you to have.

You’re here because you want to become awake to those ambitions by becoming awake to yourself and your God-given purposes. You want to release amazing things into the world and are willing to do whatever it takes to make it happen. I’m really excited you’re going to figure out what’s next for you.

Setting aside time for personal reflection about who you are, why you think what you think, and why you do what you do is the heavy lifting you need to do if you want to accomplish things in your life you haven’t been able to yet. Working through this journal will help you discover your most worthwhile ambition and keep moving toward it. Think of this journal as your dream hub—a space for you to capture all your wild ideas, determine your direction, and hatch a plan for each step. I think it will help you gain the clarity, confidence, and momentum you need to turn your ambitions into realities.

I’ve found that if I don’t write down my thoughts and dreams, they can crowd up my headspace until I feel like my head will blow up. It’s hard to make sense of it all and know what to act on. Or, if I don’t
write them down, they’re like bad dogs running into the distance. You can whistle for them, but they’re not coming back. When I heard that research shows people who write down their goals are 42 percent more likely to reach them,¹ I couldn’t help but think of my dashboard Post- its and all the emails I send to myself daily. Those kinds of things keep me focused and energized and help me clarify my ideas. Whether you’re charting out your next steps in this journal or scribbling reminders on your bathroom mirror, writing things down is going to help you too.

A lot of what you’ll find here are the same kinds of prompts and exercises I use with groups in my Dream Big workshops. Thousands of people just like you have wrestled with these very things and have made great progress. I know you will too. And you’ll even have the advantage of having a tool that will keep you on track—weekly wake-ups. If you’re like me, you really have to fight off distractions to make progress. You have to go into beast mode and protect some time and energy each week for clearing the path toward your meaningful goals. These

regular check-ins will help you carve new grooves in your brain and keep you awake to yourself and your bright future.

So grab your favorite pen and get ready to write. You’ll be making lists, writing letters to yourself, answering some hard questions, and jotting down steps you can take to move toward your dream. The words you write here, in a way, are you. This is the good and hard work of understanding who you are and how God made you so you can unearth the ambitions that may have been sitting dormant in your heart. We’re going to move them from staying inside of you to impacting the world around you.

Are you ready?
Right out of the gate, we’ve got to talk about this. How does God feel about you? Deep down, maybe you’re not so sure.

Well, I am. I’ve asked Him. He’s over the moon about you. He’s not grimacing at your past failures; He’s smiling at the bright future you have with Him.
You are loved and accepted. One hundred percent. No qualifications. No prerequisites. You can’t be good enough, smart enough, or nice enough to be loved by God. He decided He would love you before you decided you were interested in loving Him back. Even if God is no big deal for you, your life is a big deal to Him. You are some of His most creative work ever.

Pursuing your ambitions needs to start from a position of acceptance, not compliance. Compliance only lasts until you decide you’re not going to comply anymore. You won’t be able to get to the best parts of your life and faith without accessing the best parts of acceptance.

Picture some of the moments in your life when you’ve felt absolutely loved and accepted. Write about them in detail here.
GOD IS OVER THE MOON ABOUT YOU

You’re probably doing a couple of things right and are a hot mess in other areas of your life. Me too. Accept it, but don’t resign yourself to perpetually screwing up. You are in as much need of tremendous love and grace and kindness from God as we all are.

No matter what you do, God is love, and He loves and accepts you completely. So embrace His unreasonable amount of grace and acceptance. And then get ready to throw all you’ve got into your ambitions.

Acknowledge this reality in some way below. Personalize it. Repeat it. Respond to it and say how it impacts you.

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As you pursue your ambitions, you can rest in knowing that heaven is simply nuts about you and can’t wait for you to get there. That said, you’ve got some time right here, so let’s figure out how to make good use of it.

Early on in *Dream Big*, I said that our lives are on-the-job training for eternity. We’re all practicing for heaven.
What does that mean to you?

If we want to lead lives full of meaning, we’re going to have to trade what is easily available for what is actually worthwhile. I used to spend my time doing things that worked. Now I’m trying to do things that last.

What in your life right now would you say is lasting and worthwhile?
And here’s one last biggie: What would you say is your life’s purpose? This is a huge part of dreaming big, so really give this some thought.

“If you read history you will find that the Christians who did most for the present world were precisely those who thought most of the next.”

—C. S. Lewis