

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

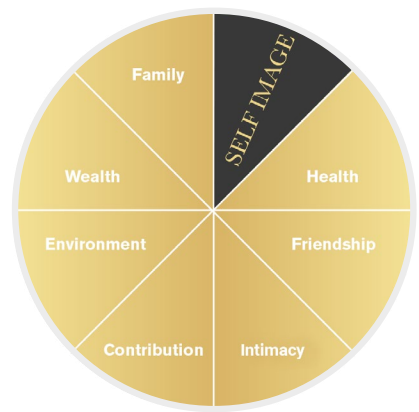
## DREAM EXPANSION

<p><b>POSSIBLE</b></p> <p>A goal that you know is possible for you to achieve.</p>	
<p><b>STRETCH</b></p> <p>A goal that is possible but stretches you, you have never achieved it before.</p>	
<p><b>IMPOSSIBLE</b></p> <p>A goal that scares and excites you, and you feel is impossible.</p>	

LESSON 1

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

THE WOMAN SCHOOL



## SELF IMAGE ASSESSMENT

**RATE 1 - 5**

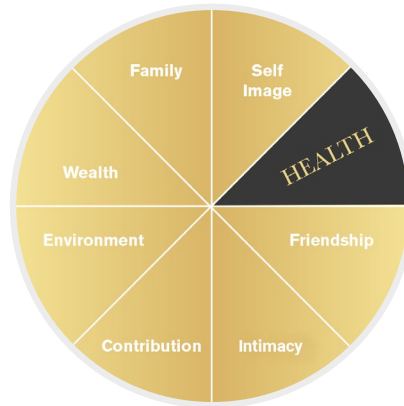
1 Absolutely NOT    2 Not Really    3 Somewhat    4 Occasionally    5 YES! Absolutely

STARTING POINT	MONTH 1	MONTH 6	MONTH 12
1. Are you happy with who you are right now?			
2. Is your current personality opening doors for you?			
3. Are you clear on the image of the woman you want to become?			
4. Are you confident in your ability to make the best choices for your future?			
5. Do you protect yourself from allowing other people's opinions influence your decisions?			
6. Are you aware of the roadblocks that are inhibiting you from creating the best version of you?			
7. Do you know how to develop your self image?			
8. Are you aware of the conditions that you are placing on your self worth?			
9. Would you consider yourself a competent and confident woman?			
10. Do you have a positive self image?			
<b>TOTAL</b>			

LESSON 1

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

THE WOMAN SCHOOL



## HEALTH ASSESSMENT

**RATE 1 - 5**

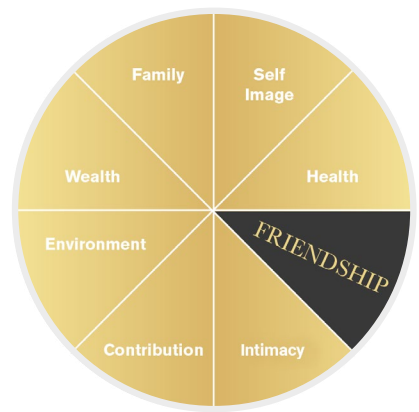
1 Absolutely NOT      2 Not Really      3 Somewhat      4 Occasionally      5 YES! Absolutely

STARTING POINT	MONTH 1	MONTH 6	MONTH 12
1. Would you describe yourself as a peaceful woman?			
2. Are your mind and body operating at their optimal health?			
3. Are you happy with your energy level?			
4. Are you exercising at least 3 times a week?			
5. Are you managing your nutrition by studying how your food is affecting you?			
6. Are you making a deliberate effort to protect yourself from toxins?			
7. Do you make time for quiet prayer, meditation and self reflection?			
8. Do you get 7 hours of sleep or more every night?			
9. Do you make time and put forth the effort to be mindful of the present moment?			
10. Would you say that you are capable of managing your emotions on a daily basis?			
<b>TOTAL</b>			

LESSON 1

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

THE WOMAN SCHOOL



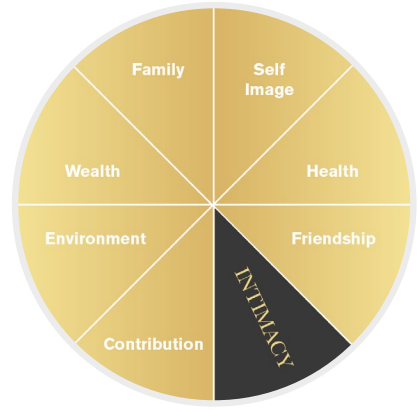
## FRIENDSHIP ASSESSMENT

**RATE 1 - 5**

1 Absolutely NOT      2 Not Really      3 Somewhat      4 Occasionally      5 YES! Absolutely

STARTING POINT	MONTH 1	MONTH 6	MONTH 12
1. Are you nourished by your current friendships?			
2. Do your friends help and support you on this journey to become the "best you"?			
3. Are you intentionally developing yourself, and as a result, positively influencing your relationships?			
4. Would you consider yourself an impactful friend?			
5. Are your friends intentional about cultivating their contribution?			
6. Do you have women role models that you observe and model after?			
7. Are you open and coachable?			
8. Do you allow your friends to hold you accountable and vice versa?			
9. Do you intentionally avoid criticizing other women? (Also avoid taking part in conversations that criticize other women?)			
10. Do you actively use the necessary skills to create healthy boundaries?			
<b>TOTAL</b>			

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS



## INTIMACY ASSESSMENT

**RATE 1 - 5**

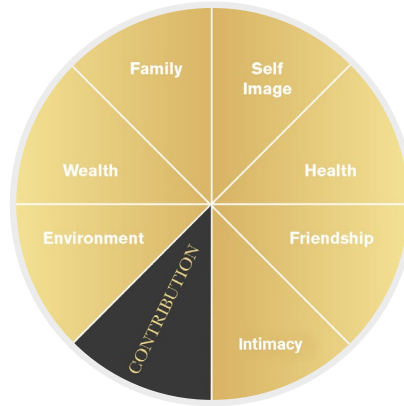
1 Absolutely NOT    2 Not Really    3 Somewhat    4 Occasionally    5 YES! Absolutely

STARTING POINT	MONTH 1	MONTH 6	MONTH 12
1. Are you happy and fulfilled, with or without an intimate companion?			
2. Are you happy, fulfilled and nourished in your current intimate relationship? Thriving?			
3. Are you free to fall, fail, dream, and be your authentic self in your relationship?			
4. Are you learning new skills, so that you can grow in deeper intimacy with your significant other?			
5. Do you see your relationship as a collaboration, versus a competition?			
6. Do you dream together and share a unified vision of a beautiful future?			
7. Are you intentional about holding each other accountable?			
8. Can you confidently say that your relationship will be sweeter in 3 years?			
9. Are you contributing to your companion becoming his best self?			
10. Are you clear about your boundaries, and communicate them effectively?			
<b>TOTAL</b>			

LESSON 1

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

THE WOMAN SCHOOL



## CONTRIBUTION ASSESSMENT

**RATE 1 - 5**

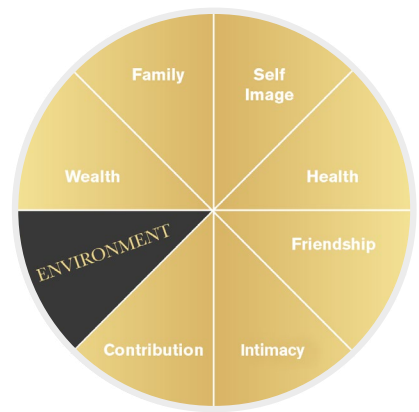
1 Absolutely NOT      2 Not Really      3 Somewhat      4 Occasionally      5 YES! Absolutely

STARTING POINT	MONTH 1	MONTH 6	MONTH 12
1. Are you doing what you love to do now in your work life?			
2. Are you peaceful and free in your work environment now?			
3. Are you aware that all of the arenas in your life need to be filled, in order for you to give back?			
4. Are you contributing from a place of overflow, not depletion?			
5. Are you aware of road-blocks, mindsets and obstacles that keep you from contributing?			
6. Are you taking bold steps (Massive action) and making clear decisions to pursue new dreams?			
7. Are you actively researching new ideas that aid to the expansion of your dream(s)?			
8. Are you free to fall and rise again, knowing that it is the only way to grow?			
9. Do you make firm and quick decisions?			
10. Are you quick to take concrete massive actions towards ideas and possibilities?			
<b>TOTAL</b>			

LESSON 1

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

THE WOMAN SCHOOL



## ENVIRONMENT ASSESSMENT

**RATE 1 - 5**

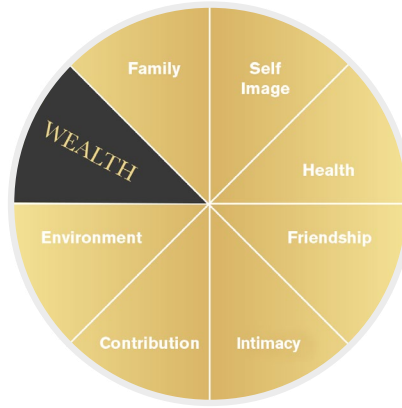
1 Absolutely NOT      2 Not Really      3 Somewhat      4 Occasionally      5 YES! Absolutely

STARTING POINT	MONTH 1	MONTH 6	MONTH 12
1. Is your external space peaceful? Do you feel relaxed in your home?			
2. Are you intentional about cultivating and protecting your environment, home and work?			
3. Do you know how to manage yourself in toxic environments?			
4. Is your current environment helping you cultivate your creativity?			
5. Is your mental space/mindset positive (no prolonged doubt, fear, scarcity, cynicism, resentment taking up mental real estate)?			
6. Are you deliberately impacting the environment around you, versus being impacted by your environment?			
7. Are you aware of how external environment is impacting you?			
8. Are the people in your environment contributing to the peace and order?			
9. Are you quick to identify, clarify and replace negative influence?			
10. Do you know how to be firm with your boundaries and hold others accountable?			
<b>TOTAL</b>			

LESSON 1

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

THE WOMAN SCHOOL



## WEALTH ASSESSMENT

**RATE 1 - 5**

1 Absolutely NOT    2 Not Really    3 Somewhat    4 Occasionally    5 YES! Absolutely

STARTING POINT	MONTH 1	MONTH 6	MONTH 12
1. Do you believe that you are worthy of attaining more money, that will, in turn, give you more options and opportunities?			
2. Do you agree with the following statement, "I believe that wealth is abundance in all things not limited to just money"?			
3. Is your goal in life to create abundance and generosity, not just simply "get by"?			
4. Are you free from worry and guilt when it comes to creating and cultivating wealth?			
5. Do you believe this statement, "Wealth is an amazing opportunity to impact others' lives for the good?"			
6. Do you value time as one of your greatest resources?			
7. Are you deliberate about giving back to the people and your community? (Time, Talent, Treasure)			
8. Do you have an abundance mindset when it comes to wealth, as opposed to a scarcity mindset?			
9. Do you agree with this statement, "Wealth allows me to have more time to spend with the people I love."			
10. Do you have a role model of a woman that is creating wealth without compromising her values?			
<b>TOTAL</b>			



LESSON 1

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

THE WOMAN SCHOOL



## FAMILY ASSESSMENT

**RATE 1 - 5**

1 Absolutely NOT      2 Not Really      3 Somewhat      4 Occasionally      5 YES! Absolutely

STARTING POINT	MONTH 1	MONTH 6	MONTH 12
1. Is your family life helping or supporting you to become the best version of yourself?			
2. Are you prioritizing and scheduling your family time?			
3. Are you clear about your role expectations as a wife, mother, sister and daughter?			
4. Do you dream about what contribution you want your family to bring to humanity?			
5. Are your family members free to dream and encouraged to expand on their dreams?			
6. Are you expanding your dreams regardless of your state in life (married/single)?			
7. Are you creating a wholesome family culture and living from design and not by default ?			
8. Are you aware of your responsibility to raise children that will create an impact on the world?			
9. Do you have the skills necessary to communicate healthy boundaries with your children and family members?			
10. Are you intentional about making your "family time" meaningful and growth oriented?			
<b>TOTAL</b>			

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

## EXPLORING THE DESIRES OF MY HEART

List without hesitation and self-judgement. Give yourself permission to DREAM.  
When you are done, circle the one that resonates the most with you from each box.

WHAT DO I LOVE?	WHAT ARE MY GIFTS?	WHAT DO I HATE?
WHAT DO I WANT TO EXPERIENCE?	WHAT FASCINATES ME?	WHAT DO I WANT TO ACCOMPLISH?

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

## SELF IMAGE

Start to be intentional about your self-image. List below what you want and do not want (anymore) regarding your self-image.

WANT	DON'T WANT

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

## HEALTH

Start to be intentional about your health. List below what you want and do not want (anymore) regarding your health.

WANT	DON'T WANT

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

## FRIENDSHIP

Start to be intentional about your friendships. List below what you want and do not want (anymore) regarding your friendships.

WANT	DON'T WANT

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

## INTIMACY

Start to be intentional about your intimacy. List below what you want and do not want (anymore) regarding your intimacy.

WANT	DON'T WANT

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

## CONTRIBUTION

Start to be intentional about your contribution. List below what you want and do not want (anymore) regarding your contribution.

WANT	DON'T WANT

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

## ENVIRONMENT

Start to be intentional about your environment. List below what you want and do not want (anymore) regarding your environment.

WANT	DON'T WANT



# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

## WEALTH

Start to be intentional about your wealth. List below what you want and do not want (anymore) regarding your wealth.

WANT	DON'T WANT

# WHY IT IS IMPORTANT TO CHASE OUR DREAMS

## FAMILY

Start to be intentional about your family. List below what you want and do not want (anymore) regarding your family.

WANT	DON'T WANT