



DO AND GROW

Realizing Your Dream

Dorothy May Ross

Do & Grow

Having a dream or vision for your life is crucial to your knowing where you're headed in life.

We are way too busy, pulled between getting things completed that we miss making room for our lives, the life we dreamed about creating for ourselves is at the end of the list.

What we really want goes unnoticed; remember creating a plan for your life helps to keep you grounded and guides you to what you want from life.

Having a plan and taking action reassure and gives you clarity, focus, and alignment, Synchronizing your time, efforts, and energy toward what you really want instead of just creating because it is expected.

To create your powerful dream, you have to see the end from the beginning:

- Determine the Time frame You Want this to Manifest By
- Define What You Really Want, make it plan and achievable
- Use Language so simple a 12-year-old could understand it.
- Do Your Inner and Outer Work, add scriptures or quotes or gratitude that speaks to you and keeps you focused on the dream.
- Be fine if it's a slow pace; in the meantime, see yourself getting to the place you desire.
- Map out your dream, vision, purpose, or passion and date it!
See it, learn it, speak it and work on it.



Do & Grow

JANUARY

**Living Your
Best Life
Starts Now**

FEBRUARY

**Design
Your
Lifestyle**

MARCH

**Dream it
Believe it.
See it- Tell it
Plan it- Work it
Enjoy it**

APRIL

**Relationship
&
Companionship**

MAY

**Friends
&
Boundaries**

JUNE

**Business
&
Entrepreneur**

JULY

**Spiritual
Development**

AUGUST

**Personal
Growth**

SEPTEMBER

**Financial
Wealth**

OCTOBER

**Emotional and
Physical Health**

NOVEMBER

**Nutrition
Management**

DECEMBER

Family Unity

Do And Grow

TRY ASKING FOR THE THINGS YOU NEED



Asking for what you want allows it into your life.

Also being grateful for the abundance you receive and journaling can help you on all area of life.

In other words, it's a pretty powerful tool .



Your Day To Day Do And Grow

Be The Sun in The Middle Of The Cloud

Write a brief description in each area each day!

Living Your Best Life Starts Now looks like.

Write a brief description in each area each day!

Your lifestyle you see for your self.

Write a brief description in each area each day!

Dream it, Believe it., See it, Tell it, Plan it, Work it, Enjoy it

Write a brief description in each area each day!

Relationship & Companionship



Do And Grow

Add a short blurb

Write a brief description in each area each day!

Friends & Boundaries

Blank area for writing a brief description for Friends & Boundaries.

Write a brief description in each area each day!

Business & Entrepreneur

Blank area for writing a brief description for Business & Entrepreneur.

Write a brief description in each area each day!

Spiritual Development

Blank area for writing a brief description for Spiritual Development.

Write a brief description in each area each day!

Personal Growth

Blank area for writing a brief description for Personal Growth.



Day By Day Do & Grow

Add a short blurb

Write a brief description in each area each day!

Financial Wealth

Write a brief description in each area each day!

Emotional and Physical Health

Write a brief description in each area each day!

Nutrition Management

Write a brief description in each area each day!

Family Unity

Do & Grow

Asking for what you want allows it into your life.

Being grateful for the abundance you receive and journaling can help to challenge you to produce what you want.

Journaling is a pretty powerful tool.



Do & Grow

A vision or dream comes from the heart.

Learning how to create and communicate it is useful whether you're doing it for yourself or telling others.

Practice often because it will change over time until you bring it to life.



Do & Grow

Name One Challenge You Will Work On

We are faced with new challenges every single day. But there are steps towards solving those challenges, and there are ways we can all help each other. We just need to start listening and taking action step in our own life and those around will follow.

We have to face the fact that each of us has a lot of cleaning up in our live in order to be who we are truly called to be.



Do & Grow

When was the last time you did something crazy and fun

Make a note to do something every day that will energize you, whether it's dancing to music with no care in the world, running in the rain, or seeing friends and having a blast. Whatever it is, just do something that makes you feel alive.



Do & Grow

Yes to a brighter day, I have clarity as to how I now see my life.

I'm kicking those old challenges to the curb.

I'm turning the page on a new adventure in my life.

- There's no more receiving unexpected cluttered, and chaotic mess in my life.
- I'm finding new friends, and I'm creative in how I thank money for being my friend too.
- I'm sending back all temporary setbacks away for a more positive, purposeful, and permanent outcome.
- I'm saying yes to controlling my own life, and I'm not going to let life and people overwhelm me.
- It makes me happy not to have to do this alone and to have someone to lean on when I need a friend and sister.

The small steps I'm taking allows me to make room for myself in my own life, and I'm designing my next chapter according to my desire.

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Vision Dream-Passion-Purpose No matter what you call it. You have the ability to make it happen to bring what others say is impossible to life for you.

As you put everything into effect, position yourself to accomplish and receive your reality.



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CHANGE WHAT YOU THINK AND CHANGE HOW YOU SEE THINGS

Happy are those who take life day by day, and complain very little, and are thankful for the little things in life,”own life and I'm designing my next chapter accoring to my own desire.

SOMETIMES, YOU JUST NEED TIME TO FOCUS AND BE INSPIRED

Though nobody can go back and make a new beginning... Anyone can start over and make a new ending.”

—Chico Xavie.

SOMETIMES, YOU JUST NEED TIME TO FOCUS AND BE INSPIRED

ADD YOUR SUBHEADING TITLE

Sometimes the bad things that happen in our lives put us directly on the path to the best things that will ever happen to us

UNPLUG, UNWIND AND RE-ENERGIZE

It's important to remind ourselves that no matter how hard life is, we should never lose our love for life as it gives us the energy to keep moving on.





DO & GROW CHANGE IS GOOD

At any given moment, your circumstances can change.

You may not be where you want to be right now.

You may not even be doing what you prefer to do. But, if you change your way of thinking and realize that you have all the opportunities available to you just like each one of us.

You can begin to focus on what you want to achieve and make it happen”

Anaka Imani Nkosazana