



D. Collins

365 JOURNEY

A GUIDE TO JUMPSTART YOUR
DREAM



About This Workbook

Back in 2013, I posted a new status on Facebook asking what life *would be like if you actively pursued your dreams 365 days out of the year*. Yes, that's right, EVERY single day live out purpose in your life fully and productively. What would happen if we all did that? How different would our world be? How would we affect everything around us? In us? Well, after I wrote that, those questions haunted me. I started envisioning results. I started seeing other people trying to accomplish that sort of commitment with me.

I got to thinking what would have happened if I had been doing that all along. Let's just say the list was too long to note here. I know I can't be the only one. We get ideas. We think they are brilliant. We even find others who think they are brilliant. Then what do we do? We sit on the ideas. Let them marinate so long in our spirit, we get distracted. We wait until we feel like it to work on it. The feeling does not come as often as it should. We finish years later. Often times we do not finish at all. Is it just me? Or can you relate?

So what I did was choose to START. In this workbook, I share how this process worked for me and how it can potentially impact your own life in a powerful way. The ocean of your dream has been waiting for you to get your feet wet. Are you ready to dive in?

7 Things I learned during my Progress

01

I don't feel like it is not enough of a reason to not do something. What I have learned from pushing through that excuse and doing the work anyway is sometimes, on days when I don't feel like it, I end up with my best work.

02

The universe will say yes to you when you say yes to yourself. It's scary to jump into the unknown, but to see the possibility of your dreams manifest into reality, always has to begin with yes. Things start to move differently when you say yes.

03

Not everyone is for you and your people will find you. I have definitely had naysayers and the things they said slowed me down, even made me move down another path. Once I really made up my mind to pursue my dream with consistency, I attracted people who were enthusiastic about my dream and supported my journey.

04

This type of commitment is not easy and imposter syndrome is real. Sometimes the hardest voice we have to fight is the one inside our heads. I learned that I need to make it an intentional and daily practice to my dream to keep believing.

7 Things I learned during my Progress

continued...

05

Committing to doing at least one productive item a day helped me with my procrastination. I had a habit of forwarding items from long to-do lists to the next day, even the next week or month but once I committed to at least one, I freed up the guilt that comes with not getting everything done.

06

There is enough time in the day. I was working a full-time teaching job and bringing work home. I had the mindset that I would never have time to work on my dream goal. But if I can binge on a Netflix series, I had to admit to myself that clearly there is enough time to do at least one thing.

07

It's okay to be scared. Let's face it, whether you're trying to quit your 9-5 or your switching careers, whatever the case, taking a leap of faith is scary. This quote has given me strength and affirmation throughout my journey. Ellen Johnson Sirleaf said, "If your dreams do not scare you, they are not big enough." I've learned that I don't need to use fear only to avoid and that I can use it as a guide.

bonus

I had to unlearn limiting beliefs! The energy that I move in now is that it is all possible! Everything else is a lie.

4 ESSENTIAL ELEMENTS OF YOUR 365 JOURNEY

Passion

Passion is defined as an intense enthusiasm or desire for something. When you wake up in the morning, what are you eager about? What makes you tick in the best way? What's the dream?

+

Purpose

What is your why? What drives your passion? How do you want others to benefit from or be inspired by what you do?

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Productivity

What is one thing you can do in service of your dream today? How much time can you set apart to work on your dream today? Whether 10 minutes or 2 hours, set the intention, task, time and commit to getting it done.

=

Progress

What one thing did you accomplish today? For every one thing you've done in service of your dream, you are getting closer to achieving your big goal.

USE THIS SPACE TO IDENTIFY YOUR DREAM

I told myself I wanted to be a full-time artist and work for myself. What is your dream goal? Have you been trying to start a business? Is your passion in something other than what your working in now? Don't hold back in reflecting on what it is you really want for yourself.

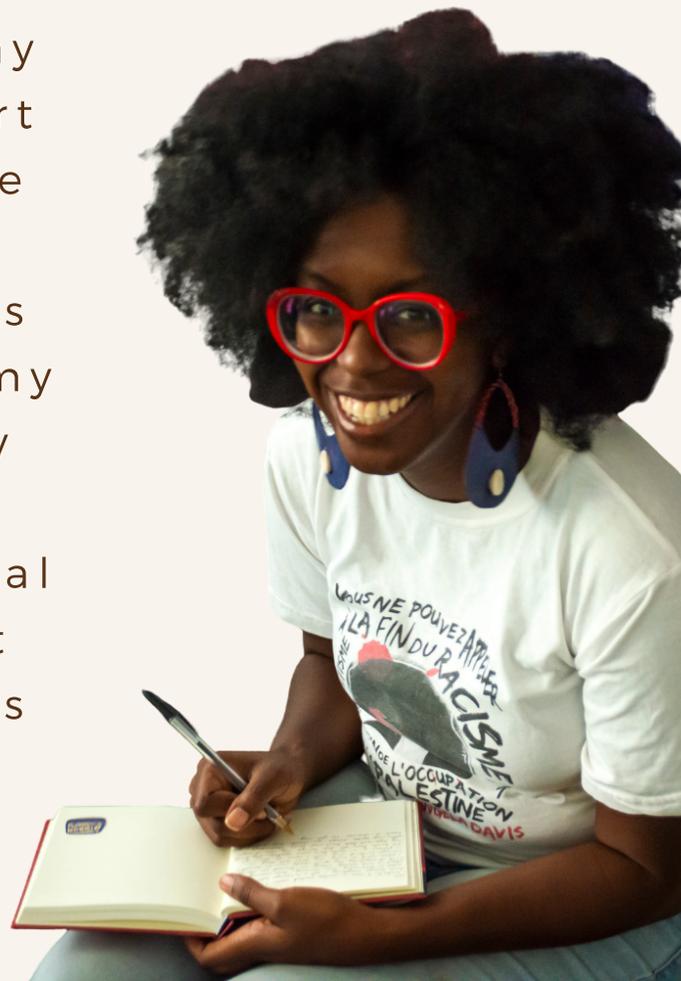
NOTES:

REMEMBER YOUR JOURNEY IS YOURS.

Every Day is a good
day to Start!

CHOOSE A DAY

When I chose my date, I chose a day that was not New Year's Day (or even my birthday). I wanted to start fresh without any baggage from failed new year's resolutions or associations with anything other than my dream goal. I chose a day that could be all my own and personal. Be intentional about your start date but the most important part is to start!



Be Consistent & Accountable

I commit to doing at least one productive task in service of my dream goal every day for 365 days. That means at the end of this journey, I will have completed 365 varying tasks centered on my dream. I commit to building consistency and being accountable to what I say I want for my life.

You could write this out yourself. You could also read it daily. You can add to it to personalize it to your own goals. Now that you've identified your dream, make a personal commitment to it.

Your Agreement with Yourself

Tracking Your Progress

01

Get a journal. Use it as your vision board and tracking system. In the morning write out your intention and one task for the day. At the end of the day, reflect on what you achieved. If you end up doing more than one thing, record that too. Especially on days, when we feel like we didn't do anything, a journal like this one is a great reminder and helps to maintain engagement with the next step.

02

Use social media. Number each item post as 1/365, 2/365, 3/365, etc. Share with your followers what your big dream is and let them in on your progress. I used this method to hold me accountable. This method also helped me build community engagement and momentum in achieving my dream goal.

03

Get an accountability partner. Is there someone you can check in with about your progress? It helps when even if you are doing this process alone, you have someone who supports what you are doing and is comfortable asking if you are on track with your commitment to your goal. This can even be a friend trying this out with you. You can hold each other accountable.

bonus

Use a planner. Fill in the lines of each day with what you did that day. At the end of each month, read through all the things you did and schedule a day on your calendar to celebrate your progress.

"If you wake up in the morning, and you can't think of anything but singing, then you should be a singer, girl." - Sister Act 2



ABOUT ME

Growing up, I was always into the arts. I've been writing poems since I was eleven. But as a first generation American daughter of Haitian immigrants, I felt pressure to pursue anything but the arts. I went into nonprofit work and teaching 7th-12th grade. I did this 365 process to hold on to my dream of being an artist. Today, I am a full-time artist making a living from my work. I still have growing to do, but one thing I know for sure is, it is possible! I did it! And I did more in five years as an artist than I ever did ten years prior to that until I was able to quit my job. All it took was at least one intentional thing each day. December 2, 2013 changed my life. I hope your day changes yours.

D. Coffin

WANT MORE?

Check out my offers on dcolin.com! You can work 1-on-1 with me, take a class or join my upcoming program, Striving Artist. Stay tuned with upcoming offers, programs and my blog by joining the email list.

I'd love to hear from you about how this workbook helped you and how your 365 journey is going!

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