

If you can dream it, you can do it.

Dreams are important because they can provide great motivation. Alcohol dependency, however, can drain you of the will to fulfill them. Now is the time to rediscover your passions by developing a plan on how to pursue your dreams for a healthier, happier and more meaningful life.



MODER 8™
BALANCE FOR A BETTER LIFE

Everyone's passionate about something. Discover yours by looking inside, and by asking yourself: "What makes me truly happy?"

I am passionate about:

Maybe alcohol dependence has caused you to lose sight of your dreams. But you still have them—they just need reawakening.

My most fulfilling dream is to:

Be honest with yourself. Identify the thing(s) that are preventing you from acting on your dreams.

What is keeping me from accomplishing my dreams?

Alcohol use and the routine of everyday life (and sometimes they're the same thing) suppress the initiative to uncover your dreams.

What actions can I take to overcome these hurdles and seize the initiative?

We all lead different lives. Perhaps you're single. Or married with children. Are you employed? Is money an issue? Depending on your own set of circumstances, the steps you need to take to accomplish your dreams may be few, many, or somewhere in between.

These are the steps I need to take to accomplish my dreams (use additional paper if necessary):

Uncover your dreams. Identify the hurdles. Develop an action plan. And finally, create a realistic time frame for realizing your dreams.

Date I plan to have accomplished my dreams:

"For changes to be of any true value, they've got to be lasting and consistent." — Anthony Robbins, Success Coach