

***TURN YOUR DREAMS  
INTO REALITY  
WORKBOOK***

**It's Time To Dream Again!**

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**Work + Life Reimagined  
with  
Dr. Jeni Waeltz**

**[www.drjenywaeltz.com](http://www.drjenywaeltz.com)**

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# It's Time To Dream Again!

**When was the last time you dreamed big? Like really dreamed big?**

Remember when you were a little kid? Remember spending hours upon hours just playing, imagining, and dreaming of whatever you wanted? Being the doctor. The fireman. The astronaut. The princess.

Then as you grew up and moved into those teenage years maybe you dreamed about that first kiss. Or falling in love. Or moving to the big city and living under the bright lights. Or marrying your high school sweetheart and having 5 kids.

All those childhood dreams and fantasies.

Then somewhere along the way life got real. Life got hard. You became an adult.

Maybe you were able to accomplish those childhood dreams. You got the job you always wanted. Worked your way up to the top. Had the kids. Moved to that city. Bought the house.

If all your dreams came true, then **why are you not living happily ever after?**

My guess. You're settling in your life. You've spent a long time working hard to get to where you are at and although you know deep down there's something more for you, you're comfortable. You made it through those challenging years of trying to fit in. And now all the societal, familial, and pressure from your own rules you made up in your own head have you playing small.

But what if you could dream again? Just like you did when you were a little kid. Now maybe you've moved on from wanting to become that princess or astronaut. Maybe your dreams are a little more grown-up. But what's stopping you from going out and really trying?

**FEAR.**

Fear of failure. Fear of public rejection. Fear of change. Fear of working hard. Fear of what would happen if you actually succeeded.

What if you put fear in the backseat for a moment and allowed your full potential to come forward. What would your big dream be then?

**It's time to dream again!**

As you go through this guidebook, I invite you to spend 45 minutes to 1 hour where you can spend uninterrupted time to complete this. Find a place that is relaxing to you, feel free to print this off or complete it on your computer. Allow yourself to be at your best and come 100% focused. Give yourself the gift of time.

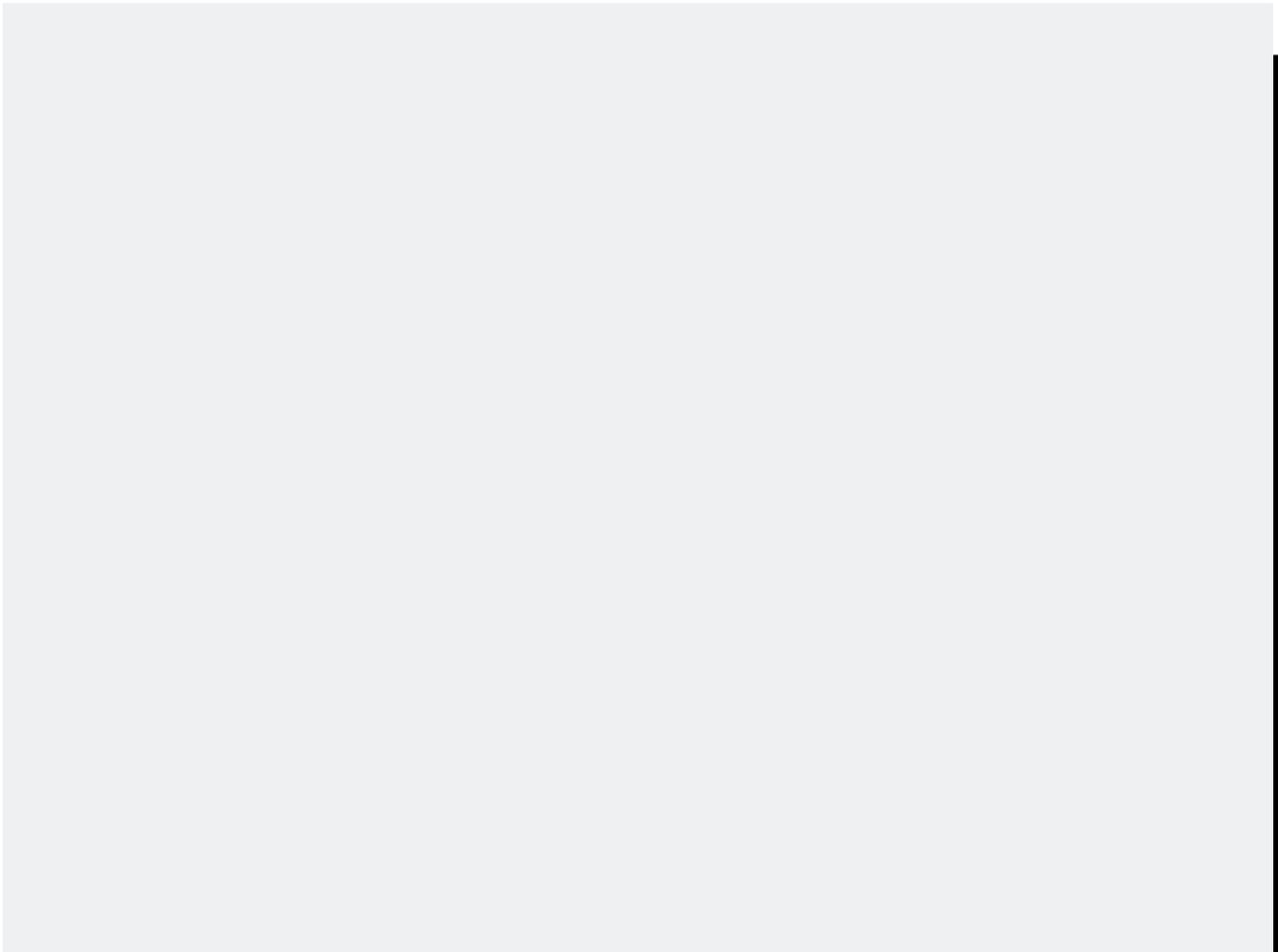
# The 5 Year Vision:

**"The size of your dreams must always exceed your current capacity to achieve them. If your dreams do not scare you, they are not big enough."**

**-Ellen Johnson Sirleaf**

You can become and be anything you want in five years. You could go back to school and have a new degree. You could have a kid in kindergarten. You could start and have a successful business. You could save and pay off your student loans. You could lose all the weight and keep it off. You could travel around the world. You could finally fall in love with you. You can become a completely different person in 5 years.

It's time to dream again! If nothing was holding you back, where would you see yourself in 5 years if you were reaching your full potential? Use the space below and be as detailed as you can about what you would be doing (working, traveling, and other experiences), who you would be doing it with, how much money you would be making, and about your spiritual and personal development growth. Make it as vibrant as you can so you really get excited about your vision. Try to not judge yourself during this process as it disrupts your flow of thinking and can cause you to miss out on visualizing your big, scary dream.



# Address what is holding you back.

Now how does that feel? A little scary? Unrealistic? That's good. You're stretching your mind. If not, go read over your 5-year vision, and dream again.

Now before we move on, we must cover the elephant in the room. Most goals set almost always fail. How do I know? Just think about New Year's Resolutions. Research has found that approximately 80% of resolutions fail by the second week of February and only 8-9% are actually achieved. Not great statistics, right?

As you read and think over your vision, here are a few reasons that could hold you back from achieving your big dream.

## **You don't know your purpose or your why.**

Your overall purpose is what helps give meaning to your life. It allows you to live with intentionality. Many people start pursuing goals because it seems cool, puts you at a higher position, etc. but it doesn't feed your soul. Take time to think about your current purpose and evaluate your goals to achieve your big dream.

## **You're letting fear stand in your way.**

You'd love to achieve this big goal but currently, you just don't believe in yourself enough. When this happens, you will never tap into your maximum potential. Like energy attracts like energy. Or you're letting the beliefs of others hold you back from what you really want. All too often, you'll excitedly tell family, friends, co-workers about this big dream and goal and then let other responses affect your motivation. Don't let the self-limiting belief of others hold you back. Take nothing personally. Their concerns are all about them, not you. So many people have trouble accepting abundance into their life. Success means change. More success means you're most likely going to have a bigger impact on more people. Maybe you're afraid of that additional responsibility. So often we end up self-sabotaging ourselves and we don't even know we're doing it. Stop playing small. Mediocre is good enough for most people. And that's okay. But ask yourself, is it really okay for YOU? Accomplishing this dream won't mean you won't have fear, but you'll need to learn how to work through it.

## **You're not going after your big goal from the mindset of the person you will become once it is achieved.**

Right now those big dreams seem like a maybe. A someday. An if only. The person you will become if you achieve that big dream and goal is a completely different person than the one sitting right here reading this. Close your eyes and visualize that future self of yours. Who is she? Who is he? What would your future self say to the current you about what you need to do to reach those goals? Spend time every day visualizing your future self and practice telling your story from the perspective that the goal and big dream already came true. What is your future self saying?

## **FURTHER READING:**

For a more comprehensive list of reasons why your goals fail and to find more mindset hacks and actionable strategies to avoid failure, check my [The Top 10 Reasons Why You Fail to Achieve Your Goals](#) blog post.

# The 1 Year Vision:

Now that you have your 5 year vision worked through, it's time to think about the year ahead.

What would the next year have to look like to get you closer to the 5 year goal? Remember to be as detailed as possible.

A large, empty light gray rectangular area intended for writing the 1-year vision. The area is bounded by a thick black border on the top, right, and bottom edges, and a thin black border on the left edge. The interior is a uniform light gray color, providing a clear space for text entry.

# Time to get started now!

**"You are what you do, not what you say you'll do. "**

**-C.G. Jung**

What would the next 90 days need to look like to achieve your 5-year vision?

What can you start doing this week to stop staying stuck and start making progress toward your big dream?

Congratulations on setting a vision, intention, and action plan.

Remember in 5 years your life can stay completely the same or be vastly different.

Your actions determine your fate.

Who do you have to become to achieve this dream? Start living and acting like your future self and you'll be amazed about how that big dream comes together.

# About Dr. Jeni Waeltz:

Hey There! I'm Dr. Jeni Waeltz and I want to share my story with you.

Why?

Because as a lifelong memory keeper, I believe our stories matter. And in sharing mine, I want to empower you to tell yours.

I'm a veterinarian and life/career and leadership coach who works with accomplished women, leaders, and all medical professionals struggling with the demands of doing and being it all, who want to stop trying to fit into the status quo, and finally, prioritize and love themselves. Together we redefine what success looks like for them on their own terms.

After years of struggling with my own self-worth, lack of confidence, and anxiety I decided enough was enough and I set out to master my mind. I became a better version of myself and in doing so I decided to finally pursue my passions of wellness, personal and professional development, and leadership --- ALL ON MY OWN TERMS.

I decided to dream again, go after those dreams, and do the impossible. And in doing so, I want you to as well. My purpose now extends beyond providing the best care for my animal patients and into being an example of what is possible when you live into your true self and raise the consciousness of your mind.



**IF YOU ENJOYED THIS WORKBOOK AND ARE READY FOR THE ACCOUNTABILITY PARTNER TO SUPPORT YOU ON YOUR JOURNEY OF TURNING THIS VISION INTO A REALITY, THEN [BOOK YOUR FREE STRATEGY SESSION](#) WITH ME TODAY TO LEARN MORE ABOUT MY LIFE/CAREER AND LEADERSHIP COACHING PROGRAMS.**