

DREAM

start SMALL.

BIG



3-DAY
CHALLENGE
BY

Hustle & Heart

Welcome to the **3-Day Dream Realization Mini Challenge**, a special event celebrating the **third anniversary** of Hustle & Heart Consultancy! This challenge is our way of giving back and helping you transform your dreams into reality.

Over the next **three days**, we'll guide you through identifying, articulating, and taking actionable steps toward your dreams. Together, we will support one another in turning aspirations into meaningful outcomes.

Join us on this special journey as we celebrate **three years** of growth and dreams coming true!

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DAY 1

Declare your dream

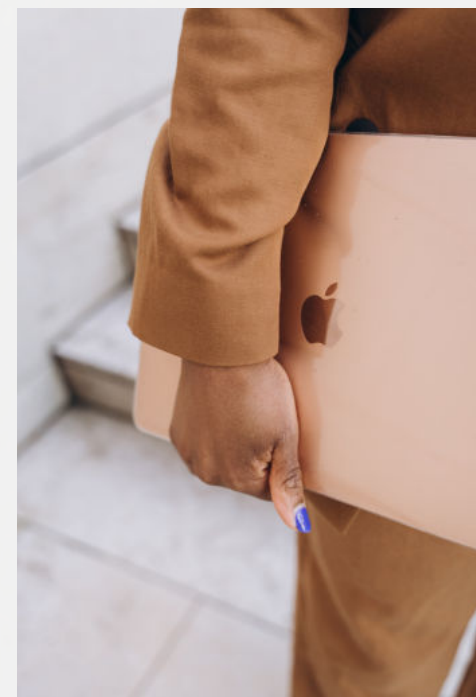
Post a photo or video of something that symbolizes your dream and tell us what it is. It could be a book if you want to write one, running shoes if you aim to run a marathon, or any item that represents your aspirations. Why is this dream important to you?

Share your thoughts in the caption or story, and tag **@sheninlebrun** or **@hustleandheartconsultancy** so we can support you on your journey! Don't forget to use the hashtag **#DreamHH2024**.



DAY 2

Share your Why



Dive deeper: Why is this dream vital to your personal or professional growth? Explain your motivation and dedicate a post to why this dream matters to you, and how it drives your daily actions.

Don't forget to tag **@sheninlebrun** or **@hustleandheartconsultancy** in your post or story, and use the hashtag **#DreamHH2024**



DAY 3

Identify one action step

What's one step you'll take this week to move closer to your dream? Share your specific action plan—it could be as simple as researching, joining a related online group, or scheduling a meeting.

Tag **@sheninlebrun** or **@hustleandheartconsultancy** in your caption or story and show us how you're moving forward! Don't forget to use the hashtag **#DreamHH2024**.

You did it!

Thank you for joining the **3-Day Dream Realization Mini Challenge**, by Hustle & Heart Consultancy! Remember, dream big, start small. Every small step you take is a leap towards achieving your grandest goals. Keep pushing forward, stay inspired, and always believe in the power of your dreams.

We're excited to see where your dreams take you and how they transform into reality. Keep sharing your progress, challenges, and victories with us. **Here's to growing stronger and dreaming bigger together!**

Brasa,

Jhenin

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Dream Realization Template

1. Dream Identification

Step: Define your dream clearly.

Tools: Journaling, mind mapping, vision boards.

Questions to Ask:

- *What is your dream?*
- *Why is this dream important to you?*
- *How will achieving this dream impact your life?*

2. Vision Setting

Step: Create a vivid picture of your dream and afterwards rewrite your dream into an elevator pitch.

Tools: Vision statement, visualization exercises.

Questions to Ask:

- *What does achieving this dream look like?*
- *How will you feel when you achieve it?*
- *Who will be there to celebrate with you?*

3. Goal Setting

Step: Break down your dream into specific, measurable goals.

Tools: SMART goals framework (Specific, Measurable, Achievable, Relevant, Time-bound).

Questions to Ask:

- *What are the major milestones to achieve this dream?*
- *What is the timeline for each milestone?*
- *What resources do you need?*

4. Action Planning

Step: Develop a step-by-step action plan.

Tools: Action plan template, task management apps (e.g., Trello, Asana).

Questions to Ask:

- *What are the daily, weekly, and monthly actions you need to take?*
- *What potential obstacles might you face and how will you overcome them?*
- *Who can support you in this journey?*

5. Resource Gathering

Step: Identify and gather necessary resources.

Tools: Resource checklist, networking.

Questions to Ask:

- *What skills or knowledge do you need to acquire?*
- *What financial resources are required?*
- *Who can mentor or advise you?*

6. Execution

Step: Implement your action plan consistently.

Tools: Productivity tools (e.g., calendars, to-do lists), accountability partners.

Questions to Ask:

- *Are you staying on track with your action plan?*
- *How are you tracking your progress?*
- *What adjustments do you need to make?*

7. Progress Tracking

Step: Monitor and review progress regularly.

Tools: Progress tracking sheets, performance metrics.

Questions to Ask:

- *What progress have you made towards your milestones?*
- *What have you learned from any setbacks?*
- *How can you improve your approach?*

8. Motivation and Mindset

Step: Maintain motivation and a positive mindset.

Tools: Affirmations, motivational quotes, meditation.

Questions to Ask:

- *What keeps you motivated?*
- *How do you handle stress and setbacks?*
- *What daily practices support your mental and emotional well-being?*

9. Reflection and Adaptation

Step: Reflect on your journey and adapt your plans as needed.

Tools: Reflective journaling, feedback loops.

Questions to Ask:

- *What have you achieved so far?*
- *What has worked well and what hasn't?*
- *What changes do you need to make moving forward?*

10. Celebration and Reward

Step: Celebrate your achievements.

Tools: Reward system, celebration rituals.

Questions to Ask:

- *How will you reward yourself for reaching milestones?*
- *Who will you share your successes with?*
- *What have you learned from achieving your dream?*

Dream Realization Template

1. Dream Identification

My dream is:

Importance of my dream:

Impact on my life:

2. Vision Setting

Vision statement:

Visualization details:

3. Goal Setting

Major milestones:

Timeline:

Resources needed:

4. Action Planning

Daily actions:

Weekly actions:

Monthly actions:

5. Resource Gathering

Skills/knowledge needed:

Financial resources:

Mentors/advisors:

6. Execution

Track progress:

Adjustments:

7. Progress Tracking

Achievements:

Setbacks:

Improvements:

8. Motivation and Mindset

Motivation sources:

Stress management:

Daily practices:

9. Reflection and Adaptation

Achievements so far:

What worked:

What didn't work:

10. Celebration and Reward

Rewards:

Sharing success:

Lessons learned: