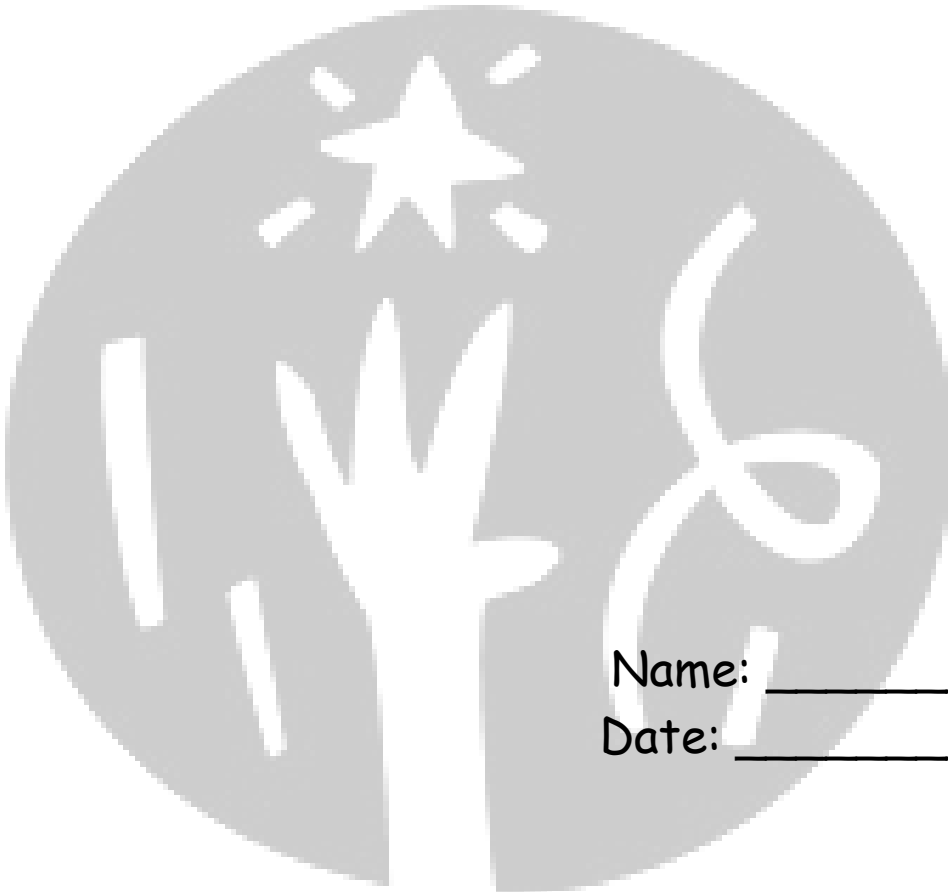


Ryan Donn presents

(Study guide)



# How do you Follow a Dream?



Name: \_\_\_\_\_

Date: \_\_\_\_\_



How do you follow a dream?

Well, first of all, what do you dream about? List some things you dream of experiencing in your lifetime:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_

Now choose one of those dreams, maybe it's the one that you REALLY want to achieve and write it out again:

During my lifetime I want to:

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So far you have stated your dream. That is a start, but now you have to figure out how to make your dream happen. Pretty soon, a singer/songwriter named Ryan Donn will be coming to your school to sing to you about following your dreams. He is going to let you in on some steps that will help you make your dreams happen.



The first step is to take your dream **one step at a time**.

What is one step you could take today or this week to help you make your dream happen?

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The second step Ryan will remind you of is to **be yourself**.

Don't pick a dream because you think someone else wants you to, or because everyone else is doing it. Pick a dream that you know you would really love to accomplish. You may be a painter, or a dancer, or a story writer or a hockey player or something you haven't even thought of yet. Double check to see what you have already written down. Is that the dream you want to pursue, or when you think about it a little more, is there something that is even more 'you' that you would love to accomplish?

- I would like to stick with the dream I already wrote down.
- I would like to change mine to:

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The third step is about is **giving it all**.

When you are working toward a dream or a goal, you can't be 'sort of' committed. You have to do what it takes each day to get there. You have already written something down that you can do today or this week to get one step closer to your goal. Are you really prepared to do that? If so, then write it down again.

- Yes, I am prepared to:

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...and "*I am prepared to give it my all.*"

The fourth step to following your dream is to **ask for help**.

Everyone needs help to follow a dream. Who are three people that you can ask for help from as you follow your dream?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



The fifth step is to commit to keep learning.



You don't know everything you need to know yet!

Nobody does! If you really want to follow your dream,

then sign the following declaration:

I \_\_\_\_\_ (your full name) pledge to keep learning new things that will help me to follow my dream.

Signature \_\_\_\_\_

Date: \_\_\_\_\_

The sixth step is to **be ready, because things don't always go as planned**. This can sometimes make you want to quit, but you have to remember that things rarely go as planned. If you fall, you have to get back up and keep on going.

Use your imagination. What is one thing that could go wrong or could possibly put a wrinkle in your plan, as you follow your dream?

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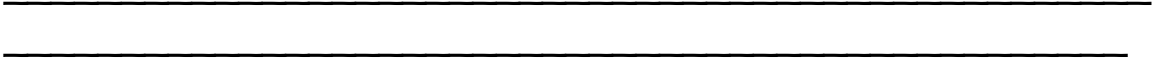
Finally, Ryan Donn is going to remind you that, as you follow your dream you need to find ways to give back to your community. It can't only be about you. Ryan is a singer/songwriter and he is giving back by writing songs for places like the Boys and Girls Club and Special Needs Athletes. What is one thing you could do with your talent to give back to others?

What will be your "pay it forward"?

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- This is me following my dream...