

Dreamers & Doers

a journal & work book for thinking, acting, imagining, creating, manifesting, building, fulfilling, accomplishing, hatching, visualising, producing, organising, longing, preparing, inventing, conceiving & being a better you.

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How to use this journal & workbook

Materials you'll need:

Pencil or pen. You can add color or collage. It's your journal, so do what you like.

Time, anywhere from 5 minutes to an hour per page. Some will go faster for you than others. In general, the longer you give to each exercise, the more you'll get out of it.

What to do:

The workbook pages alternate between Dreaming and Doing. You can complete the pages in order, or skip around as you like. Some of the pages are interconnected so it makes sense to do one before the other.

Be especially attentive to the pages that you want to skip; when you want to avoid something, your brain is good at making excuses: no time today; this is boring; what a stupid page." When you notice those feelings and excuses, you probably need to focus yourself. There's a block, a hurdle or some blind spot that the page addresses. Be brave and do it anyway because the best breakthroughs come through then.

You are invited to join the Star-Tink Dreamers and Doers group on Facebook. Feel free to share your insights or even photos of the pages you've completed in this friendly and welcoming online group.

Thank you so much for working with this journal. I hope you'll enjoy it as much as I did putting it together.

Tink

reality check



Show yourself surrounded
by the people, places, objects,
situations, & actions that you love.
Not your dreams but your reality.



List
all
the
awards
and
achieve-
ments
you
want
in
your
life

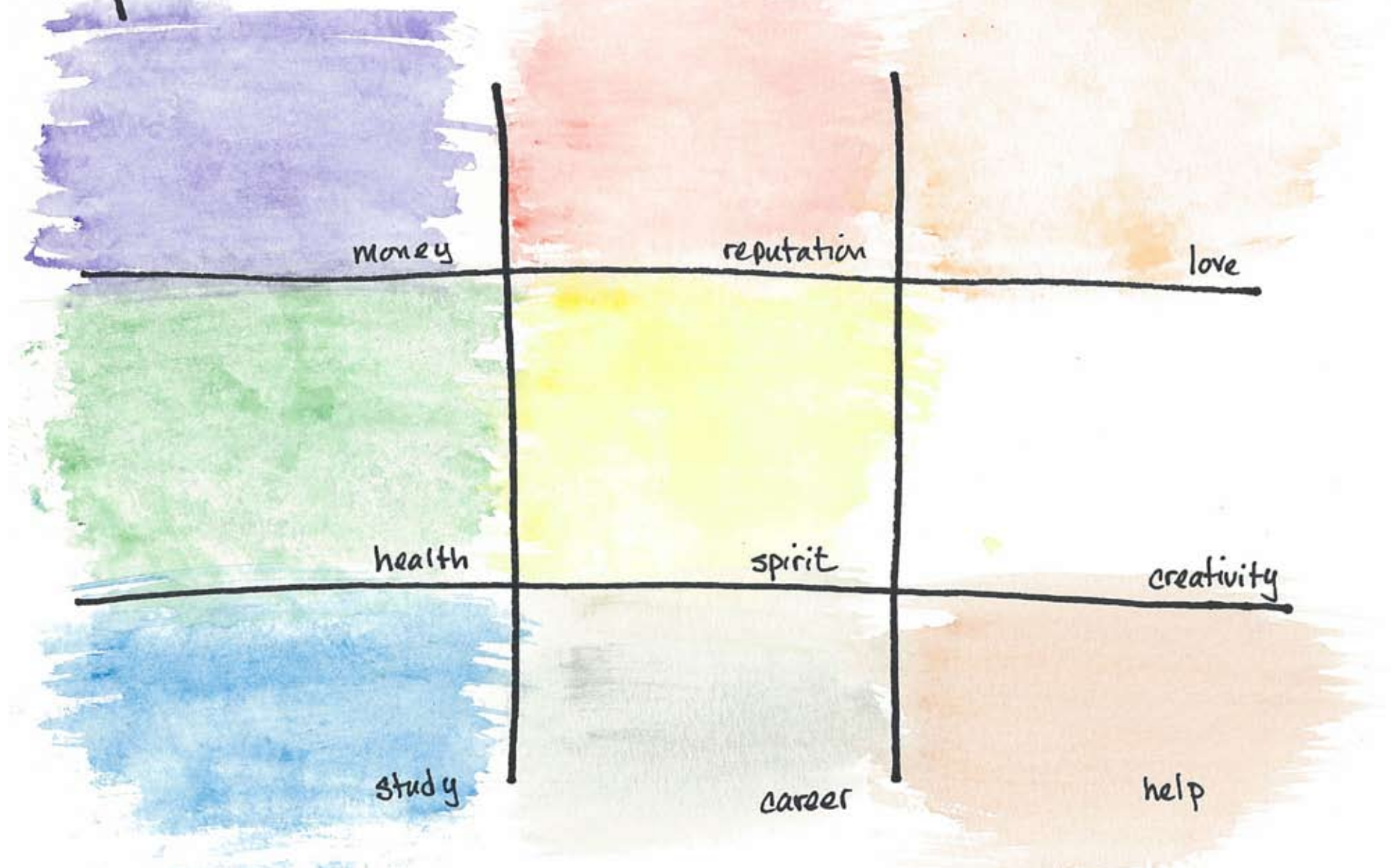


Heart Dreams ♡

What kind of person do you
want to be? Dream big,
dream small, dream
Happy.

Action Board

Describe or draw an action you will take in each of these categories.





dream VACATION

Where will you go?
What will you do?

ANTI- Procrastination

Do one task you
have been
dodging.

How do you feel?



MONEY

You have all you need. How
will you spend it?





Do
something
kind & unexpected
for a stranger.
Explain & describe
your experience

A Random Act of Kindness



happiness

describe a time you felt happy.

Let's Be

Choose one of your dreams & create a goal that is

- specific: detailed
- measurable: limited
- achievable: possible
- resonant: meaningful
- timely: deadline

For example, a dream of "make time for friends" turns into "I will invite Jo to lunch on Friday."

Try this All-in-the-blanks formula:

I will:

(specific action)

(frequency/duration)

on/by (date).

SMART

specific

measurable

achievable

resonant &

timely

If you had all the courage and no fear, what would you do?

· COURAGE ·

Write a letter to someone in your life who you have trouble relating to. At the end write, "I forgive you. I'm sorry. I thank you. I love you." How does that change your feelings?



Dear

If you could **Live** forever,
how would you spend the time?

Action Board: 12 months

Baby Steps

Take one of your BIG goals and break it into smaller & do-able steps

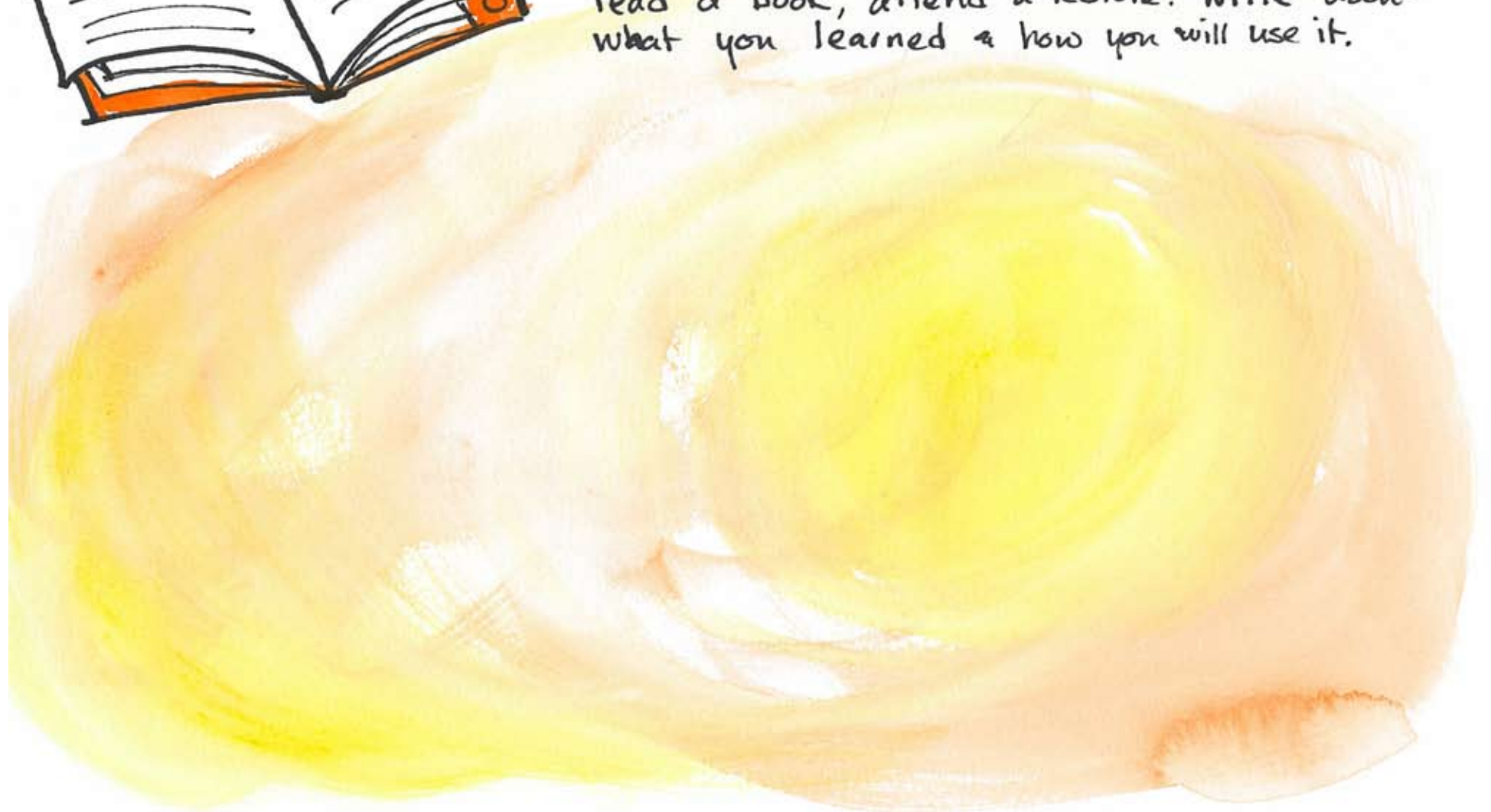
Then Do one!





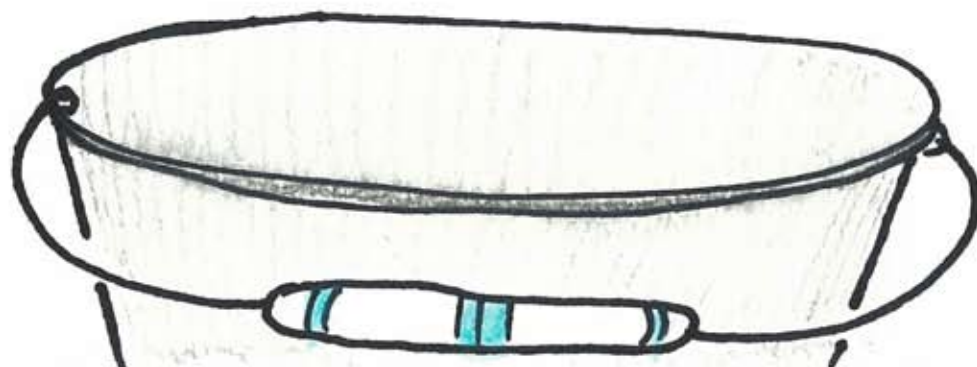
Learn Today

Find a teacher, watch a video, take a class,
read a book, attend a lecture. Write about
what you learned & how you will use it.



Bucket List

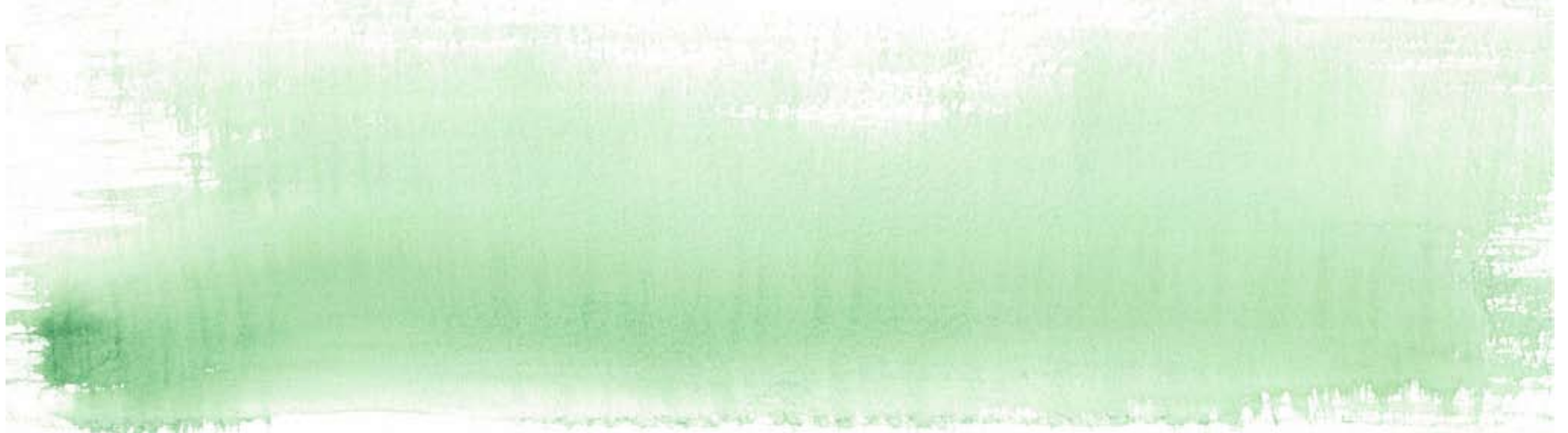
What amazing things do you want to do or see in your lifetime?



why are you

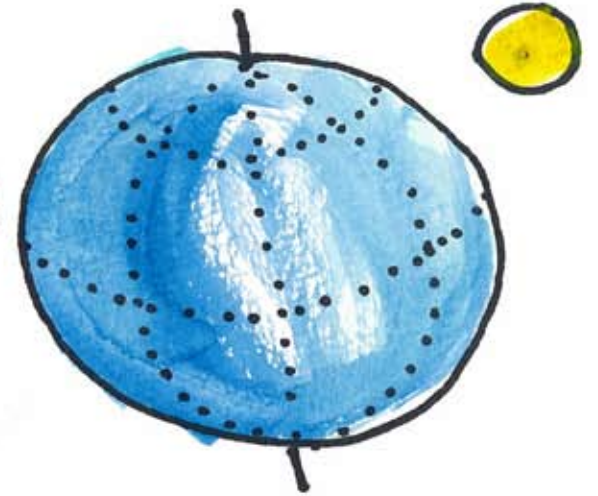
WAITING

:: list your excuses below -or- go do something & report back ::



What dreams
do you fantasize
for our whole

WORLD?





What small step can you take TODAY to help one of your



WORLD DREAMS

Do it - then write about what you did!

if you could

Switch places

with someone...

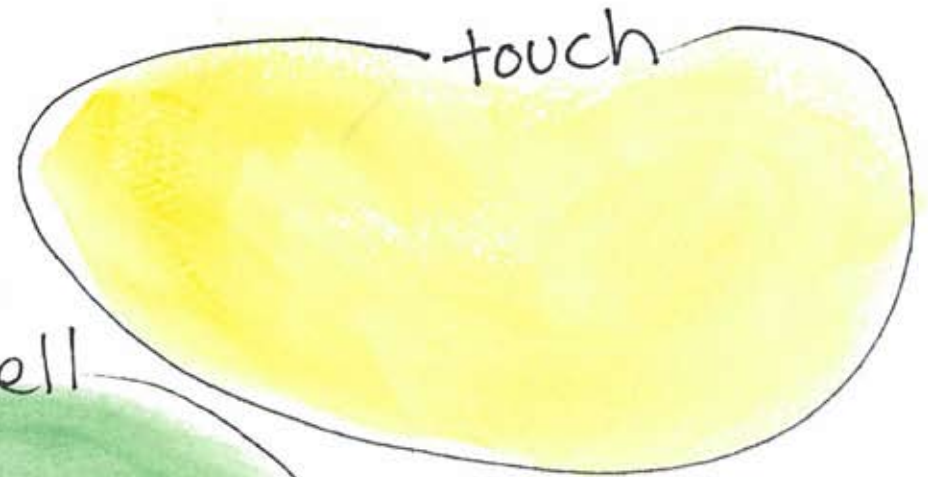
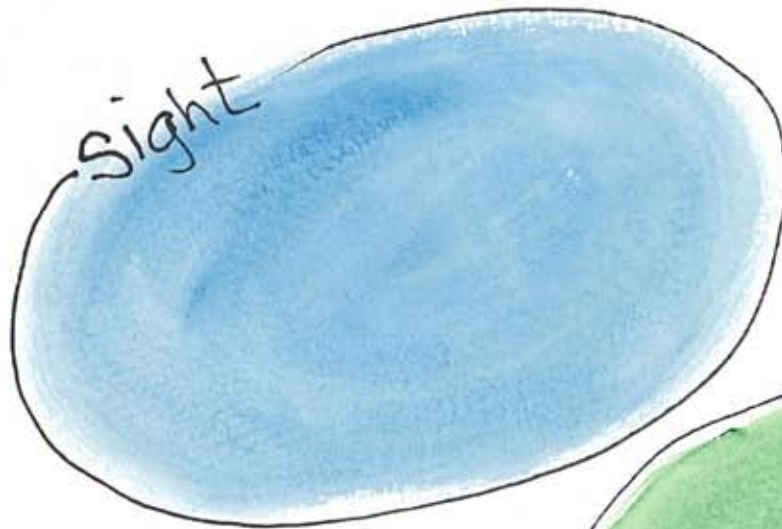
who?

why?

& what would
you do?

Be Present

Take 5 minutes
to focus on your
5 senses. Note
your observations





Today you'll
create a
mind map on
the central theme.



sweet home

draw a Floor plan
or sketch the exterior
of your dream home.
Who are your neighbors?

What's your
biggest



Write out all your reasons
for not doing something:

Now, ~~cross them out~~, one by one.

Describe an
actual dream
you remember.





one minute moments

1st list as many one-two minute actions as you can think of.
Then cut this page apart, fold the slips & put in a jar, box or hat.
Draw a slip & do the listed action when you're feeling stuck.

Brush your teeth.

Close your eyes.

Sing a song.

Breathe deeply.

Eat some fruit.

Look outside (or go!)