

# Welcome to the

# IGNITE

# ACTION GUIDE

Hi.

*I'm so glad you're reading this.*

*Why?*

*Because it means that we're about to begin a journey together.*

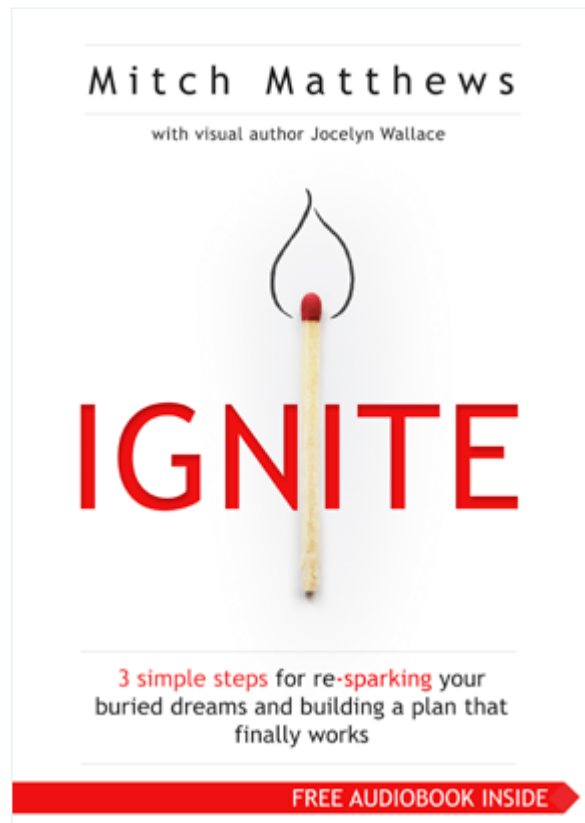
*As we do... we're going to have some fun as we re-spark some of your big dreams. Whether those dreams have been beat up or buried... whether those dreams are clear or fuzzy... we're going to figure what they are and why they're important to you. Next we'll build a simple but compelling plan that will finally work (because you own it). Then we'll celebrate together as you take small but significant steps to make those dreams a reality.*

*I know... I know... that's no small task.*

*But... I know it's possible because I've been using these strategies for the last 10+ years as I've worked one-on-one with people as an Elite Life and Business coach.*

*I've seen people use these concepts to achieve things like:*

- ✓ *Taking that dream vacation that had seemed impossible*
- ✓ *Getting clear on a dream job and achieving it*
- ✓ *Deciding on a business idea and launching it successfully*
- ✓ *Clarifying what a loving relationship looks like and experiencing it*
- ✓ *Finding time to really enjoy life again and live in the moment*



As you can see from these examples, you'll be able to apply these concepts to a number of areas in your life.

In fact, many people have told us they have used the strategies in IGNITE to get clear and achieve one dream and then later apply them again to another dream.

Once you've learned how to take these steps, you can use them over and over! And that's truly our hope for you!

We want you to achieve all of the big dreams you were put on this planet to walk out! And we want you to have a simple but powerful process to make that possible!

So if you haven't already, [click here](#) to grab your copy of IGNITE – 3 simple steps for re-sparking your buried dreams and building a plan that finally works.

In it... we'll walk through the 3 steps together.

- 1) **start** dreaming!
- 2) **act** on your dream!
- 3) **sustain** your dream!

With each step, I'll tell some stories and introduce some strategies. Then I'll ask you a series of questions.

This Action Guide includes the questions and provides space to journal your responses. That way, you can follow along and keep track of your thoughts. As you do... big dreams will start to be re-ignited, real plans will be made and action will be taken to make those dreams a reality!

So that's it.

What do you say?

Let's do this!

*Mitch*

# PS – In IGNITE, I'll share one of my crazy dreams with you.

It's that I want to help launch a million dreams in my lifetime.

I know that might sound a little "rainbow, butterflies and little ponies," but I'm passionate about this goal.

Why?

Well, think about it.

Every globe-changing innovation, every critical breakthrough and every impossible comeback was possible because someone was willing to dream big and take action. That's why I'm so determined to help people to get clear on some of their big dreams and go after them.

(I hope that I've been clear that I REALLY want that for YOU!)

Whether that means achieving a dream that changes the entire world... or simply realizing a dream that changes YOUR world for the better... I want YOU to experience that!

And I want to see that happen a million times in my lifetime.

So I need your help.

Would you consider spreading the word about this mission?

Maybe that means that you'd give a copy of IGNITE to a friend who's needing a boost. Maybe you could invite someone to read IGNITE with you, so you can dream big at the same time. Or... maybe you could share IGNITE with your team so you can all get clear on some of your big dreams and work to achieve them together!

I just want to invite you into this big dream... and as we help each other... we'll see those million dreams achieved in no time!

Thanks in advance for your support on this!

## Keep dreaming BIG!

# Questions to Get You **Thinking**

Now, before we start to get too specific about your dreams and dreaming BIG again... I need to ask you a few questions that will really help us begin our process of beating the I.I.S.

**It may seem obvious, but take a minute to answer this question:**

Why might it be important for people to take some time to think about their goals and dreams?

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# Your Favorite People



Think about a few of the favorite people in your life. Next, think about why might it be important for them to be thinking about some of their BIG dreams?

Name of Favorite Person

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Next, get specific. Write some of your favorite people's names down and think of a few reasons why you'd love to see them dreaming BIG *right now*?

Reason to Dream BIG right now!

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**NOTE:** We don't do this to make you feel like you need to push people into dreaming BIG. We just do it because it's important to dream BIG with others. So this may simply help you think about some of the favorite people in your life and encourage you to encourage them in their BIG dreams!



# Why **Now?**



List some reasons why it might be important for you to dream BIG right now.

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# Think Forward, Think Back

What are a few things that you would love to do or accomplish?



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# Think Forward, Think Back

What were some of the things you dreamt of doing when you were a little kid?



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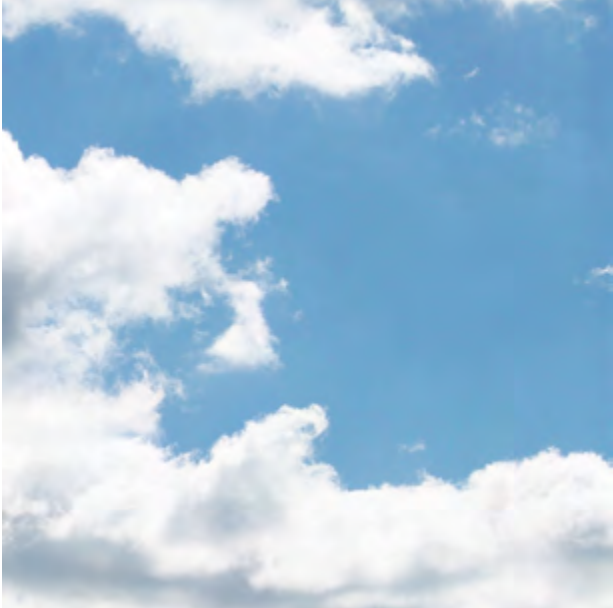
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# What Would You Do?

So, what would be on your list, if you hit it BIG? What would you do with \$10, \$20 or \$50 million? Again, have some fun with it and see where it takes you!



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# Who & How Would You Impact?

**If money were no object, who would be positively impacted by some of your BIG dreams?** Your family? A specific group of people? A specific group of kids? A specific person?

**How would it help them if your BIG dream became a reality?** Go ahead. Get specific. See what happens.

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# Who's Your Hero?

In the left-hand column below, list three to five people who are doing things that interest you. What if you contacted one of them each week? What if you were able to talk with them about what they were doing and how they got started?

Person

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What might be some questions you'd want to ask them? In the right-hand column below, write down some of the questions you'd like to ask.

Potential Questions  
to Ask

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# Encourage Your Heroes

One of the things you can do to also bless the people you reach out to is to encourage them. It may sound outlandish to some, but everyone needs encouragement, even if they act like they don't. That's right, even heroes need to be encouraged!

**So, what's one thing that you could do to encourage each of the people you reach out to?** Think about it. Is it letting them know how they have inspired you? Is it letting them know how you've seen them make an impact on the people around them? What are some specific ways that you could encourage them? List some ideas out in the space below.

Person

An Idea to Encourage Them

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So offer some encouragement along the way. Your request for help and your connection may wind up blessing the person's socks off!

# Think Back...

Are you still wondering whether these people would be open to talking with you? That's fair. But... what if you asking for their insight complimented them? What if they were

encouraged by your request? It's at least possible, isn't it? **Describe a time when someone asked you for help and you enjoyed the experience of assisting them.**

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Now, what if your request for help impacted the person you're connecting with in the same way you were touched?

# What to **Try** & Ways to **Practice**

So... what are a few things you could try that would give you a taste of one of your BIG dreams?



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# What to Try & Ways to Practice

What might be some ways to “practice” one of your dreams?

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# What Does Your Dream Need?

What are some things that you still need when it comes to some of your BIG dreams?

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**NOTE:** Your first instinct might be to think that you don't know anyone or to think that asking for help might be a burden to that person. Sure, it's a risk, but we've seen that when people are going after their BIG dreams, things tend to work out and be a gift to everyone involved! And we've seen this play out time and time again. So try putting some of those doubts aside for 10 minutes. Give it some more thought. See what you get.

# What Does Your Dream Need?

Who might be someone who could help you with some of these things?

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How might you be able to help them?

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# Power of 3:

## Narrow Your Focus

For this next session, it will help to get specific. So I'm going to ask you to narrow your focus to one dream or set of dreams. That will allow you to put a set of specific steps together for that dream. Know that you can walk through this "Power of 3" process with multiple dreams and goals, but it helps to do it one at a time. So let's start there.

Take a look back through all of the dreams and goals that you've written down so far. Now in the space below, write down the three that stand out to you as the ones that you want to get started on soon.

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Now, out of these three pick one (that's right— one), and write it down here. This is the one we'll build the first plan for. (Go ahead. Write it down. You can do it!)

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# Power of 3: Narrow Your Focus

What are three things you'd like to accomplish for this dream in the next six to 12 months?

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When would you love to accomplish these things? (That's right. Why not assign some dates to these accomplishments?)

#1 \_\_\_\_\_ Date: \_\_\_\_\_

#2 \_\_\_\_\_ Date: \_\_\_\_\_

#3 \_\_\_\_\_ Date: \_\_\_\_\_

# Power of 3:

## People Questions

**Who are three people (or types of people) who will be impacted by this dream?** These might be people with Complementary Dreams or they

might be people who would benefit from these dreams being realized.

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# Power of 3: People Questions

What are three ways you can reach out to these people to get them excited about... or involved in... this BIG dream?

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# Power of 3:

## Money Questions

Here's another set that involve money. I know... I know... this might be a tender subject... but I'll ask them anyway.

What are three things that you may need to spend money on for your BIG dream in the next six to 12 months?

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# Power of 3:

## Money Questions

What are three ways that you could possibly bring in or save some extra money to help pay for those things? (Go ahead. Get creative on this! See where your imagination takes you!)

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**That's it for now.**

Sure, we could go further... but if you answer these Power of 3 questions, you'll have the beginnings of a solid AND simple plan for your BIG dream for the next six to 12 months!





# Learned Fears

What might be some things that you're afraid of in regards to some of your dreams and goals? Is it possible that those things have been "learned" but aren't true? Describe what it might feel like to break through one of those things.

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As an aside, if you are wondering whether we are going to teach Lilly to go up and down the basement stairs, the answer is, "Heck no!" The basement is now the oasis for our two cats. At their firm request, Lilly will stay upstairs.



Who are two to three people that you'd love to meet with regularly, in order to encourage and push each other to go after your dreams?

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# More Time for **Your BIG Dream**

What's one thing that you might need to give up? Maybe it's something that you need to cut out of your schedule.

Maybe it's a hobby or TV show. What is something that you could eliminate that would give you a little extra time to work on your BIG dreams?

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Who Could You Help

# Stick to New Heights?

So, here's my "Velcro Wall Challenge" to you today and really give it some thought.

Who could you give a "boost" to today?

Who could you ask about their goals (either at home or at work)? Is it a co-worker? A friend? A neighbor? Your significant other?

Who could it be?

Think about it and write down some names.

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**NOTE FROM MITCH:**

Congratulations! If you're reading this... it means that you've put a plan in place to make some of your big dreams a reality. Way to go!

It's a true honor to get to be on this journey with you. Please let me know how things go and let me know about some of your big and small wins. I'd love to hear from you! Just check in at \_\_\_\_\_ or email us at \_\_\_\_\_ . Know that I'm rooting for you!

Keep dreaming BIG,

*Mitch*