

WEEK 1: EXPLORING YOUR DREAMING NATURE

EXERCISE 1.1 || THE DREAMER'S PROFILE ASSESSMENT

The Dreamer's Profile Assessment will help you discover which type of Dreamer you are. The Stretch isn't a one size fits all program. Wherever you are in your journey, The Stretch will help you achieve your Dreams at a pace that fits.

Head to TheBigStretchbook.com/quiz to discover your Dreamer profile!

EXERCISE 1.2 || DREAMER'S RISK TOLERANCE ASSESSMENT

Complete the template below with your personal answers.

Category	Barrier to Dream Progress	Ways to Overcome
Obligations		
Fears		
Needs		
Roles		
Threats		

RISK TOLERANCE ASSESSMENT

Statement	1 Does not describe me at all	2	3	4	5 Describes me fully
I am comfortable with failure.					
I am the first to try new things.					
It is important for me to maintain my current lifestyle.					
I am willing to sacrifice for my Dreams or goals.					
I have a strong network of people around me for support.					
I am often labeled as creative or innovative.					
I am considered resilient by others.					
I enjoy new challenges.					
I am responsible for myself and no one else.					
I value stability over change.					
Totals (Add each column.)					
Risk Tolerance Score (RT) (Add totals from above.)					

WRITE YOUR RT#:

LOW RT#

If your RT# is between 10 and 24, you have a low tolerance for risk.

Because your tolerance is low, you should:

1. Evaluate which barrier is the biggest impediment to your Stretch.
2. Determine the right timing of the Stretch with the understanding that the “perfect” timing may never exist.
3. Break the Stretch into small pieces that are conducive to your life style (as outlined in the Risk Audit) and your risk tolerance level.

Remember, Stretching isn’t always going to be comfortable, but you must push beyond your comfort zone to experience progress. It’s important that you take time to assess your current life holistically, which includes who you are, your obligations, your tolerance for risk, and most important, your desired goals.

MODERATE RT#

If your RT# is between 25 and 35, you have a moderate tolerance for risk.

You should determine where you have room to Stretch further and where you should pause. Because you have a moderate risk tolerance, feel free to move past your comfort zone. You may conceive your best ideas when you allow yourself to leave what is comfortable to you.

HIGH RT#

If your RT# is between 36 and 50, you have a high tolerance for risk.

Given your high tolerance, you need to be a bit more mindful than average about how you Stretch and how your actions affect your lifestyle. While you may be mentally or emotionally prepared to lean into your Stretch, you also need to remember to slow down and evaluate the situation fully. Based on how you completed the Risk Audit, you might discover that there are areas in your life that are not conducive to Stretching at this point. Instead of blindly taking leaps, be sure to fully evaluate the decision and have a specific plan for how you will overcome potential barriers.

Remember, often our best ideas and experiences come from stepping outside of our comfort zones and walking in uncharted territory. But always balance exploration with wisdom.

EXERCISE 1.3 || DISCOVERING YOUR DREAMER'S ANCESTRY

The Discovering Your Dreamer's Ancestry Questionnaire is designed to help you discover how your family's Dreaming patterns influence your Dream potential.

ANSWER EACH QUESTION AS FULLY AS POSSIBLE.

1. What did the following members of your family believe about Dreams?

Mother:

Father:

Maternal Grandmother:

Maternal Grandfather:

Paternal Grandmother:

Paternal Grandfather:

Other adults significant in your upbringing, like aunts, uncles, stepparents, or other caregivers:

2. What Dreams did these members of your family have as children?

Mother:

Father:

Maternal Grandmother:

Maternal Grandfather:

Paternal Grandmother:

Paternal Grandfather:

Other adults:

3. Did the following members of your family live out their child hood Dreams? If so, what were those Dreams? If not, what did they become instead?

Mother:

Father:

Maternal Grandmother:

Maternal Grandfather:

Paternal Grandmother:

Paternal Grandfather:

Other adults:

4. Were the family members below resentful, disappointed, or regret full about the pursuit or the lack of pursuit of their Dreams?

Mother:

Father:

Maternal Grandmother:

Maternal Grandfather:

Paternal Grandmother:

Paternal Grandfather:

Other adults:

5. How did your family's beliefs about Dreaming affect your journey?

6. How did your family's beliefs about Dreaming influence your career choices?

7. How did your family's beliefs about Dreaming affect your earning capability?

8. What beliefs from your family continue to propel your Dreams forward?

9. What beliefs from your family might derail your Dreams?
