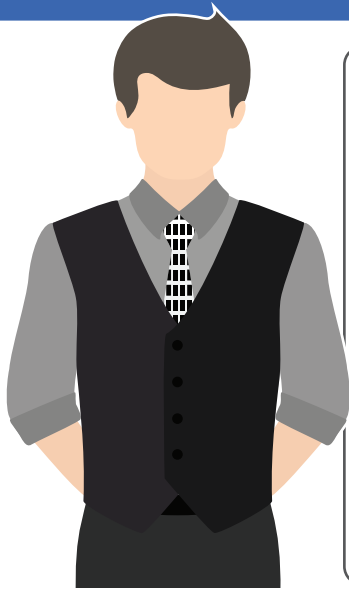


# ENCOURAGED DAYDREAMER

As an **Encouraged Daydreamer** your ability to think big and imagine achieving big goals is strong. However, your tendency to act and truly believe in your potential has yet to reach its stride. Don't worry though! Being an **Encouraged Daydreamer** today, means you are primed for growth!

While you have ambitions, you may find that as you try to focus on them, your rational side can overwhelm your efforts to move forward.



The ambitions you have may be ambiguous. You want to achieve more and deep down know you can, but haven't settled on exactly what that achievement should be.

The tendency to dream more than you act can create conflicting goals in your mind, making it difficult to choose one to focus on.

At the same time you have phases where you doubt your ability to achieve big things, so you settle for average achievements that don't stretch you.

You may also find it difficult to see a clear path forward. This can cause you unease and ultimately prove to be a barrier to taking action.

There is no ceiling to how good at taking action you can become, and how much potential you have yet to recognize.

## SUGGESTIONS FOR ENCOURAGED DAYDREAMER

### ACTION



Decide on and write down one S.M.A.R.T. goal that stretches you and display it somewhere prominent

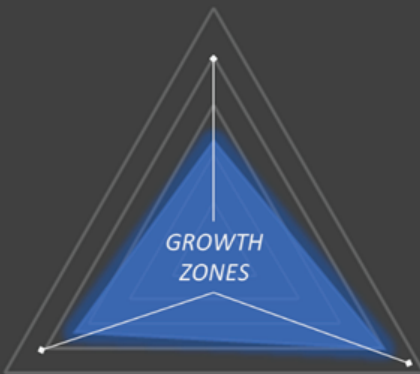
Practice breaking down a big goal into small meaningful tasks

Identify something you have accomplished, no matter how small, and reward yourself

Choose something you've been wanting to do, but haven't felt ready and take the very first step

## YOUR PROGRESS RADAR

ACTION



RECOGNIZED POTENTIAL

DESIRE

Action + Desire =  
**PROGRESS**

### DESIRE



Identify three people you would like to be mentored by and invite them to a call, lunch, or coffee

Share your goal with a friend and ask for their support in achieving it

Create a visual reminder of why you want to achieve a big goal and place it somewhere prominent

### RECOGNIZED POTENTIAL



Journal every day on who you know you can become - write down three things you are grateful for, three meaningful actions you took, and one place you fell short and will do better at tomorrow



To achieve your biggest goal yet enroll in the Escalate Course at <https://kylebrost.com/escalate>

# PROGRESS RADAR SELF-REFLECTION

WHAT STOPS ME FROM PURSUING A TRULY INSPIRING GOAL?

HOW CAN I BETTER CONNECT DAILY ACTIONS TO MY GOALS?



HOW CAN I BETTER EMPHASIZE AND APPRECIATE SMALL ACTIONS?

HOW CAN I BUILD MY BELIEF IN MY GREATEST PORTENTIAL?