



Maureen Ryan Griffin Phone: 704-494-9961
 6420 A-1 Rea Road, Suite 218 Fax: 413-280-8560
 Charlotte, NC 28277 www.MaureenRyanGriffin.com
 Email: Maureen@MaureenRyanGriffin.com

Take your dreams seriously. Play with them.

SEVEN STEPS TO A WRITING DREAM FULFILLED*

***These steps work for other dreams, too!**

1. HONOR YOUR PROCESS AS WELL AS YOUR PRODUCT BY GIVING YOUR "DREAM PROJECT" A NAME:

This is not necessarily the name of what you're writing or creating. Your "Dream" project name addresses WHY you want to fulfill this dream. Use language that sings to you. Example: My cookbook/memoir for & about my mother was titled *How She Fed Us*. I called the project of writing it "A Gift of Love Fulfilled."

2. ENVISION ALL THE "GOOD STUFF" FULFILLING YOUR DREAM WILL PROVIDE FOR YOU. MAKE IT REAL FOR YOURSELF BY IMAGINING IT HAS ALL HAPPENED (PRESENT TENSE). ASK YOURSELF: NOW THAT MY DREAM PROJECT IS COMPLETE, WHAT DO I HAVE? WHAT HAVE I DONE? HOW AM BEING / FEELING / THINKING?

Example: I am experiencing peace, fulfillment, and joy as I watch my family read and cook from *How She Fed Us*. I love knowing that my mother's descendants can forever enjoy her recipes and that her stories won't be forgotten.

3. COMMIT TO A DATE WHEN YOUR PROJECT WILL BE COMPLETE. (YOU CAN ALSO DO THIS FOR INTERMEDIARY STEPS OF THE PROCESS.)

I'LL TELL _____ THAT I'LL DO THIS _____ BY THIS DATE: _____

Example: Dede/Breakfast Chapter by January 31, 2012.

PUT YOUR DECLARATION IN WRITING AND GET IT "WITNESSED."

Example:

I, _____, do solemnly swear to complete a solid first draft of the breakfast and brunch chapter of *How She Fed Us* by January 31, 2012.

Signature _____

Date _____

Signature of a witness _____

4. CONNECT WITH YOUR HIGHER POWER AND YOUR HIGHEST SELF. CREATE AN AFFIRMATION TO REPEAT OVER AND OVER THROUGHOUT THIS PROCESS.

Example: God is giving me everything I need to finish my book beautifully, on time, with grace and miracles abounding.

5. GIVE YOURSELF COMMUNITY SUPPORT. LIST PLAYMATES AND PARTNERS.

WHO CAN HELP

WHAT HE/SHE CAN PROVIDE

Continue on a separate sheet as needed. Example: Vivé: Weekly promise and accountability partner; Dede: Project set-up support; Annie: Editing; Mary: Recipe selecting and typing.

6. LIST THE STEPS YOU'LL TAKE ON THE WAY (MONTHLY MILESTONES).

WHAT

WHEN OR BY WHEN

Example: Recipes chosen: January 31, 2012. Stories written for first and second chapter: February 28, 2012. Etc.

**7. CREATE DAILY/WEEKLY PRACTICES AND ACTIONS. CELEBRATE THEIR COMPLETION!
 CREATE A "VISUAL DISPLAY" SO YOU CAN SEE YOUR DREAM HAPPENING, ACTION BY
 ACTION. UPDATE IT EACH DAY OR WEEK.**

WHAT

WHEN OR BY WHEN

Continue on a separate sheet as needed. Example:

- Be present to the possibility of my project through meditation/affirmation and/or imagery. Daily.
 - Create a list of promised actions for the week and share them with my friend Vivé. Every Sunday evening.
 - Do 10 hours of writing/editing each week to complete the promised actions. Each Week.
- Here's a Sample Visual Display. Note how simple it is. You can create a chart like this on your computer, or on paper. Stickers are fun. Coloring in squares is easy.

Week of: <i>January 1-7</i>										
Create a list of what I'll do this week and share it with Vivé	Sunday									
Hurray! I did it!	♥									
Meditate, write affirmations, imagine by looking at my vision board	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Hurray! I did it!	♥	♥	♥	♥	♥	♥	♥			
Hours I'll Write This Week	1	2	3	4	5	6	7	8	9	10
Hurray! I did it!	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥