



HOPE IS A WAKING DREAM -- *ARISTOTLE*

dream [drēm] - *noun*
an aspiration; goal; aim.

Dr J's 30 Day Guide to Lighting Our Real Dreams & Blowing Them Into Being



Introduction to Dr. J's 30 Day Guide to Lighting Our Real Dreams & Blowing Them Into Being

It is my sincere belief that we are either working on our REAL DREAMS or helping others fulfill theirs. When we begin to recognize the power of our REAL DREAMS, we begin to take on new challenges and new experiences, and opportunities begin to unfold. Whether you believe it's magic or hocus pocus or our own divine will power, something ignites within us and something greater begins to take form.

What you can do or dream you can, begin it. Boldness has genius, power and magic in it. Only begin and then the work will be completed. Goethe

This guidebook is a stepping stone to awaken your dormant dreams and to create new visions for yourself. It is a day to day system to assist you in achieving your REAL DREAMS, whatever they may be. In the following pages you will find the F-Factors and the EPIC Effect, Words of the Day/30-Day Journal, What Will I Do Today/Daily Dashboard, Actions and Consequences, a To-Do List and Improve-Upons. By applying these words, principles and ideas to your daily life, you will begin to schedule yourself for more success and track your tendencies as well as triumphs.

At the end of the 30 Days you will evaluate what you created, identify the fruits of your diligent work, and implement the Improve-Upons into your habits and the way you think about yourself and your life. The goal is for your behaviors to move you in the direction of your desires and dreams. This 30 Day Program can be revisited again and again to reach your ultimate REAL DREAMS, while we continue to ***practice progress, not perfection.***

F- Factors and the EPIC Effect

These are personal principles as well as strategies to assist, accelerate, accentuate and identify your REAL DREAMS. The F-Factors are the five pillars of prosperity in life: Faith, Family, Finances, Fitness, and Fun. The EPIC Effect is comprised of fundamental character traits that are imperative in the creation and realization of one's REAL DREAMS: Excellence, Persistence, Integrity, and Courage. When you combine the F-Factors and the EPIC Effect, you can begin to witness your REAL DREAMS take flight. The ultimate question is, Are you being EPIC in your efforts, actions and thoughts in connection with the F-Factors of your life?

To help you identify and track your daily F- Factors fulfillment, there is a scoring system included for each day to measure your EPIC efforts. Each component of the EPIC Effect is scored on a scale of 0 -5 in connection with each of the five F – Factors, with a maximum possible score of 100. At the end of each day you should complete the scoring grid and track your total daily score on the chart at the end of the guidebook under Where Do You Stand? (My Success page).

Words of the Day/30 Day Journal

Each day, you will see a new empowering word that will be the theme of the day. You will use this word to help identify your strengths and weaknesses. A Daily Journal page is included so you can record how the Word of Day impacted you, as well as actions you might have taken. By recording your thoughts,



you will begin to see how your habits and behaviors begin to take new form and shape., propelling you into your REAL DREAMS. The Daily Journal is intended to be completed at the end of the day, so you can examine the lessons of that day, measure the experiences that may have presented themselves, and keep you on the path to your REAL DREAMS.

What Will I Do Today/Your Daily Dashboard

This section looks at your emotions and actions in order to focus you on what you desire to do that day. Review the Word of the Day and briefly journal about how you intend to incorporate the Word in your daily schedule as well as your daily deeds, or how the word impacted you (for example, did it inspire you, make you more courageous, distract you, were you more diligent, etc.). Feel free to journal in the morning or at the end of the day, whichever is ideal for you. The Daily Dashboard and What Will I Do Today are intended to be a snapshot of your thoughts and intentions relating to the Word of the Day, whereas the Daily Journal space described above will allow you to be more introspective and insightful.

Actions and Consequences

By completing this page you will list and identify previous defining moments, thoughts, actions and behaviors to see how they have impacted your life. This self-examination is an intimate check-up and reveals where you really are and creates a new launching pad for what you intend to achieve, and allows you to create and discover new defining moments.

To Do List

At the end of your 30 Day journey, with your new thoughts, actions and behaviors, you will have trained yourself to fulfill your REAL DREAMS. By combining the F – Factors, the EPIC Effect, the Daily Dashboard, and the Words of the Day, you will create the most EPIC To-Do List of all the things you sincerely desire to do.

Improve-Upons

This section was created to spotlight your advancement in areas where you identified strengths and weaknesses so that you can keep improving. When your REAL DREAMS are fulfilled, you will have a desire to continuously strive for more and more success. This method is to presence you to growth, subtle and severe adjustments, and to pace and to push you to a higher level.

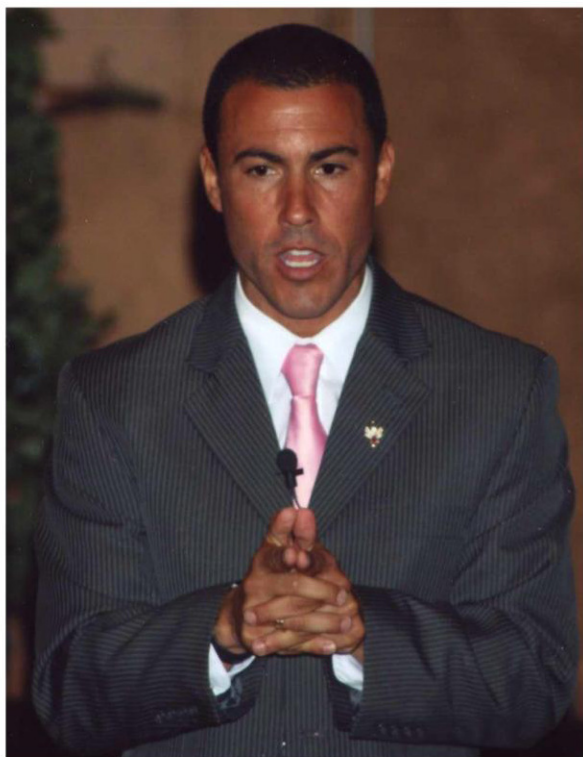
* * *

As you embark on the next 30 Days, I commend you on your commitment, courage, and sincere desire to truly improve your life for yourself and others. The task at hand will be a glorious adventure; it will reflect back to you your greatest fears and reveal to you your greatest triumphs. It's never easy mastering yourself, your thoughts, as well as your actions. It truly is a lifelong journey. It is with my sincere gratitude that you take this on with me. I will be with you each step of the way and I celebrate your REAL DREAMS. ***Practice progress, not perfection.***

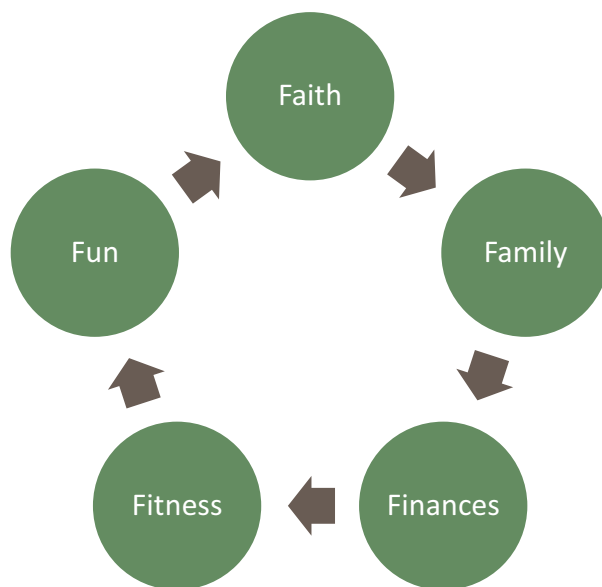
-- Dr. J



Dr J



F-Factors




F - FACTORS

Daily Dashboard

"We have a daily-dashboard of emotions and actions that either get us to our destination or have us lost as well as distracted from our real dream's destination!"

How do you score today?

EPIC EFFECT

	EXCELLENCE 0-5 points	PERSISTENCE 0-5 points	INTEGRITY 0-5 points	COURAGE 0-5 points	SCORE
Faith					
Family					
Finances					
Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?

Real Dreams into Actuality

By optimizing your power in the areas of faith, family, fitness, finances, and fun, you can go beyond the boundaries that have previously imposed limitations. You can optimize your individual power in the areas of health, self image and energy. It's your decision, your choice.

Take aim, give your **real dreams** life. Visualize your goals and set dates to achieve them.

If you don't succeed, what are you going to do with your life? If you don't take action what will happen to you? It is your decision.



Who do you see?



What do you desire to experience?

We have to take responsibility for our emotions, actions and their consequences.

What are your desires and what are the accompanying achievements?

1. What is your strategy to actualize your **real dreams**?
2. Discuss how discipline plays a role in your life.
3. Analyze the roles trust and respect play in being the person you have to be to actualize your **real dreams**.
4. What is the most important thing you have learned about the decisions you have made in your life?
5. Are you prepared for the future?

What is the worst decision you have ever made in your life? What is the best decision you have ever made in your life? How did both of these decisions affect your life, how you feel about yourself and how others feel about you?

Actions and Emotions

Think about some of the defining moments in your life. What were your actions and emotions.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Consequences

What were the consequences of these moments and what made them “defining”?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



30 DAY JOURNAL

Name _____



“The secret of success is **consistency** of purpose.” ~ Benjamin Disraeli

con·sist·en·cy [kuh n-sis-tuh n-see] – *noun*

firmness of constitution or character; substantiality; durability; persistency.

What will I do today?

Daily Dashboard




Daily Dashboard

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TOTAL					

Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

CONSISTENCY

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DATE _____



“Calamity is the test of **integrity**.” ~*Samuel Richardson*

in·teg·ri·ty [in-teg-ri-tee] – *noun*

adherence to moral and ethical principles; soundness of moral character; honesty.

What will I do today?

Daily Dashboard




Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

INTEGRITY

[illegible][illegible]

DATE _____

“Weakness of **attitude** becomes weakness of character.” ~ *Albert Einstein*

at·ti·tude [at-i-tood, -tyood] – *noun*

manner, disposition, feeling, position, etc., with regard to a person or thing; tendency or orientation, esp. of the mind:

What will I do today?

Daily Dashboard




Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

ATTITUDE

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DATE _____

“**Gratitude** unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. **Gratitude** makes sense of our past, brings peace for today, and creates a vision for tomorrow.” ~*Melody Beattie*

grat·i·tude [grat-i-tood, -tyood] – *noun*
the quality or feeling of being grateful or thankful

What will I do today?


Daily Dashboard



Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

GRATITUDE

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DATE _____

"If you take **care** of your mind, body and soul; your mind, body and soul will take **care** of you." ~ *Dr J*

care [kair] – *noun, verb*

noun - a state of mind in which one is troubled; worry, anxiety, or concern:

verb - to feel concern about

What will I do today?

Daily Dashboard


[illegible]

Daily Dashboard

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Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?





DAILY JOURNAL

CARE

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DATE _____

"Lack of **charisma** can be fatal." ~ Jenny Holzer

cha-ris-ma [kuh-riz-muh] – *noun*

1. Theology . a divinely conferred gift or power.
2. a spiritual power or personal quality that gives an individual influence or authority over large numbers of people.

What will I do today?

Daily Dashboard




Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

CHARISMA

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DATE _____

“A faith to live by, a self to live with, and a **purpose** to live for.” ~ *Bob Harrington*

pur·pose [pur-puh s] – *noun, verb*

noun - the reason for which something exists or is done, made, used, etc.

verb - to set as an aim, intention, or goal for oneself.

What will I do today?

Daily Dashboard




Daily Dashboard

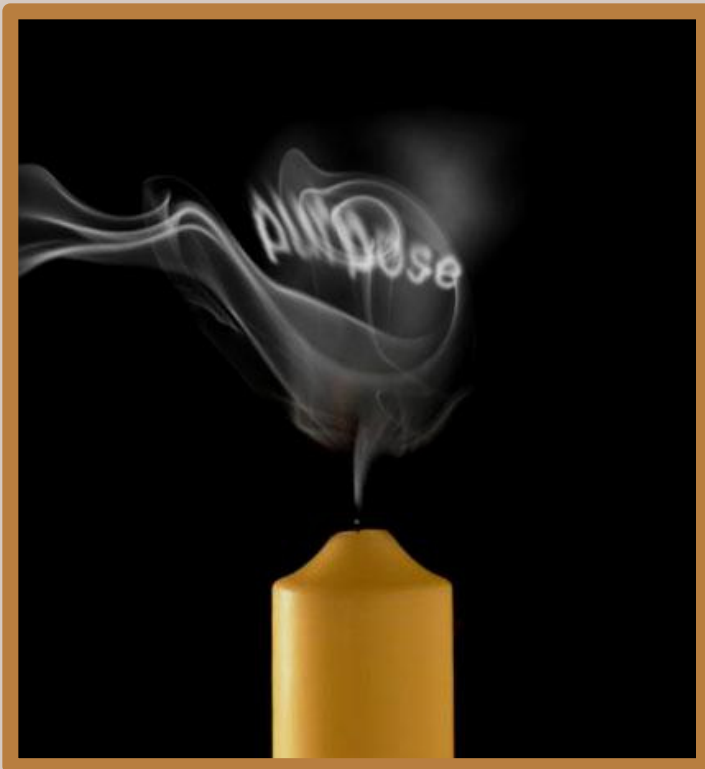
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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

PURPOSE

[illegible][illegible]

DATE _____

“Every day you may make **progress**. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.”

~ Sir Winston Churchill

prog·ress [n. **prog**-res, -ruh s or, especially Brit., proh-gres; v. pruh-gres]

noun - a movement toward a goal or to a further or higher stage

verb - to go forward or onward in space or time

What will I do today?

Daily Dashboard




Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

PROGRESS

[illegible][illegible]

DATE _____

“Generosity is giving more than you can, and pride is taking less than you need.”
 ~ Kahlil Gibran

gen·er·os·i·ty [jen-uh-ros-i-tee] – *noun*
 readiness or liberality in giving

What will I do today?


Daily Dashboard



Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

GENEROSITY

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DATE _____

“Without accepting the fact that everything changes, we cannot find perfect **composure**. But unfortunately, although it is true, it is difficult for us to accept it.” Because we cannot accept the truth of transience, we suffer.” ~ *Shunryu Suzuki*

com·po·sure [kuhm-poh-zher] – *noun*

serene, self-controlled state of mind; calmness; tranquillity: Despite the hysteria and panic around him, he retained his composure.

What will I do today?

Daily Dashboard




Daily Dashboard

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Were you EPIC today?



DAILY JOURNAL

COMPOSURE

[illegible][illegible]

DATE _____

“**Courage** is not the absence of fear, but rather the judgment that something else is more important than fear.” ~*Ambrose Redmoon*

cour·age [kur-ij, kuh-r-] – *noun*

the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear; bravery.

What will I do today?

Daily Dashboard




Daily Dashboard

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Were you EPIC today?



DAILY JOURNAL

COURAGE

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DATE _____



"Never think that God's delays are God's denials. Hold on; hold fast; hold out.

Patience is genius. " ~ *Comte de Buffon*

pa·tience [pey-shuh ns] – *noun*

the quality of being patient, as the bearing of provocation, annoyance, misfortune, or pain, without complaint, loss of temper, irritation, or the like.

What will I do today?

Daily Dashboard


[illegible]

Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?





DAILY JOURNAL

PATIENCE

[illegible][illegible]

DATE _____

“For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the **freedom** of others. ” ~ *Nelson Mandela*

free-dom [free-duh m] – *noun*

the state of being free or at liberty rather than in confinement or under physical restraint

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Daily Dashboard




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Were you EPIC today?



DAILY JOURNAL

FREEDOM

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DATE _____

“**Happiness** is that state of consciousness which proceeds from the achievement of one's values.” ~ *Ayn Rand*

hap·pi·ness [hap-ee-nis] – *noun*
the quality or state of being happy;
good fortune; pleasure; contentment; joy.

What will I do today?


Daily Dashboard



Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

HAPPINESS

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DATE _____

“Passion is seldom the end of any story, for it cannot long endure if it is not soon supplemented with true affection and mutual **respect**.” ~ Kathryn L. Nelson

re-spect [ri-spekt] – noun

esteem for or a sense of the worth or excellence of a person, a personal quality or ability, or something considered as a manifestation of a personal quality or ability

What will I do today?


Daily Dashboard



Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

RESPECT

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DATE _____

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.” ~ *George Bernard Shaw*

im·ag·i·na·tion [ih-maj-uh-ney-shuh n] – *noun*

the faculty of imagining, or of forming mental images or concepts of what is not actually present to the senses.

What will I do today?


Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?





DAILY JOURNAL

IMAGINATION

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DATE _____

"It is only imperfection that complains of what is imperfect. The more perfect we are, the more **gentle** and quiet we become toward the defects of others." ~ *Francois de Fenelon*

gen-tle [jen-tl]

adjective - kindly; amiable

verb - to tame; render tractable.

What will I do today?

Daily Dashboard




Daily Dashboard

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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

GENTLE

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DATE _____

“The most precious gift we can offer others is our presence. When **mindful-**ness embraces those we love, they will bloom like flowers.” ~ *Thich Nhat Hanh*

mind·ful [mahynd-fuh l] – *adjective*
attentive, aware, or careful

What will I do today?


Daily Dashboard



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Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

MINDFUL

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DAILY JOURNAL

CLARITY

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DATE _____

“You`ve done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, **unstoppable** determination.” ~ *Ralph Marston*

un·stop·pa·ble [uhn-stop-uh-buh l] – *adjective*
that cannot be stopped or surpassed; unbeatable

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DAILY JOURNAL

UNSTOPPABLE

[illegible]This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DATE _____



"First you imitate, then you **innovate**." ~ Miles Davis

in·no·vate [in-uh-veyt] – verb

to introduce something new; make changes in anything established

What will I do today?

Daily Dashboard




Daily Dashboard

"We have a daily-dashboard of emotions and actions that either get us to our destination or have us lost as well as distracted from our **real dream's** destination!"

How do you score today?

EPIC EFFECT

	EXCELLENCE 0-5 points	PERSISTENCE 0-5 points	INTEGRITY 0-5 points	COURAGE 0-5 points	SCORE
Faith					
Family					
Finances					
Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

INNOVATE

[illegible][illegible]

DATE _____

“You cannot hope to build a better world without improving the individuals. To that end each of us must work for his own **improvement**, and at the same time share a general responsibility for all humanity, our particular duty being to aid those to whom we think we can be most useful. ”

~ Marie Curie

im·prove·ment [im·**proov**-muh nt] – *noun*

a person or thing that represents an advance on another in excellence or achievement

What will I do today?

Daily Dashboard




Daily Dashboard

“We have a daily-dashboard of emotions and actions that either get us to our destination or have us lost as well as distracted from our **real dream’s** destination!”

How do you score today?

EPIC EFFECT

	EXCELLENCE 0-5 points	PERSISTENCE 0-5 points	INTEGRITY 0-5 points	COURAGE 0-5 points	SCORE
Faith					
Family					
Finances					
Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

IMPROVEMENT

[illegible]This image shows a full page of blank handwriting practice paper. It features a series of evenly spaced, horizontal brown lines on a white background. The lines are uniform in thickness and extend across the entire width of the page, providing a guide for letter height and placement. There are no margins, text, or other markings present.

DATE _____

“A mind troubled by doubt cannot focus on the course to **victory**.” ~ Arthur Golden

vic-to-ry [vik-tuh-ree, vik-tree] – noun
a success or triumph over an enemy in battle or war

What will I do today?


Daily Dashboard



Daily Dashboard

“We have a daily-dashboard of emotions and actions that either get us to our destination or have us lost as well as distracted from our **real dream’s** destination!”
How do you score today?

EPIC EFFECT

	EXCELLENCE 0-5 points	PERSISTENCE 0-5 points	INTEGRITY 0-5 points	COURAGE 0-5 points	SCORE
Faith					
Family					
Finances					
Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

VICTORY

[illegible]This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DATE _____

“Live your life as though there is great joy to be experienced... an **abundance** of goodness in each person you come in contact with, and the knowledge that you have enough inner wisdom to answer the mysteries that challenge you.” ~ *Meladee McCarty*

a·bun·dance [uh-buhn-duh ns] – noun
overflowing fullness

What will I do today?


Daily Dashboard



Daily Dashboard

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How do you score today?

EPIC EFFECT

	EXCELLENCE 0-5 points	PERSISTENCE 0-5 points	INTEGRITY 0-5 points	COURAGE 0-5 points	SCORE
Faith					
Family					
Finances					
Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

ABUNDANCE

[illegible]This image shows a single sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DATE _____



“There is a **vitality**, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.” ~ *Martha Graham*

vi·tal·i·ty [vahy-tal-i-tee] – *noun*

capacity for survival or for the continuation of a meaningful or purposeful existence

What will I do today?

Daily Dashboard




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How do you score today?

EPIC EFFECT

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Faith					
Family					
Finances					
Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

VITALITY

[illegible][illegible]

DATE _____



DAILY JOURNAL

PERSISTENCE

[illegible][illegible]

DATE _____

“Every moment is a golden one for him who has the **vision** to recognize it as such.”
~ Henry Miller

vi·sion [vizh-uh n] – *noun*

an experience in which a personage, thing, or event appears vividly or credibly to the mind, although not actually present, often under the influence of a divine or other agency

What will I do today?


Daily Dashboard

Daily Dashboard

"We have a daily-dashboard of emotions and actions that either get us to our destination or have us lost as well as distracted from our *real dream's* destination!"

How do you score today?

EPIC EFFECT

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Faith					
Family					
Finances					
Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?





DAILY JOURNAL

VISION

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.[illegible]

DATE _____

Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

LOVE

[illegible]This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

DATE _____

“Believe in yourself! Have **faith** in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

~ Norman Vincent Peale

faith [feyth] – noun

confidence or trust in a person or thing

What will I do today?

Daily Dashboard




Daily Dashboard

“We have a daily-dashboard of emotions and actions that either get us to our destination or have us lost as well as distracted from our **real dream’s** destination!”

How do you score today?

EPIC EFFECT

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Family					
Finances					
Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

FAITH

[illegible][illegible]

DATE _____

“Even against the greatest of odds, there is something in the human spirit- a magic blend of skill, faith, and **valor** - that can lift men from certain defeat to incredible victory.”

~ Walter Lord

val-or [val-er] – *noun*

boldness or determination in facing great danger, esp. in battle; heroic courage; bravery

What will I do today?

Daily Dashboard




Daily Dashboard

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Faith					
Family					
Finances					
Fitness					
Fun					
TOTAL					

Where are you being EPIC?
Were you EPIC today?



DAILY JOURNAL

VALOR

[illegible]This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

DATE _____



MY SUCCESS

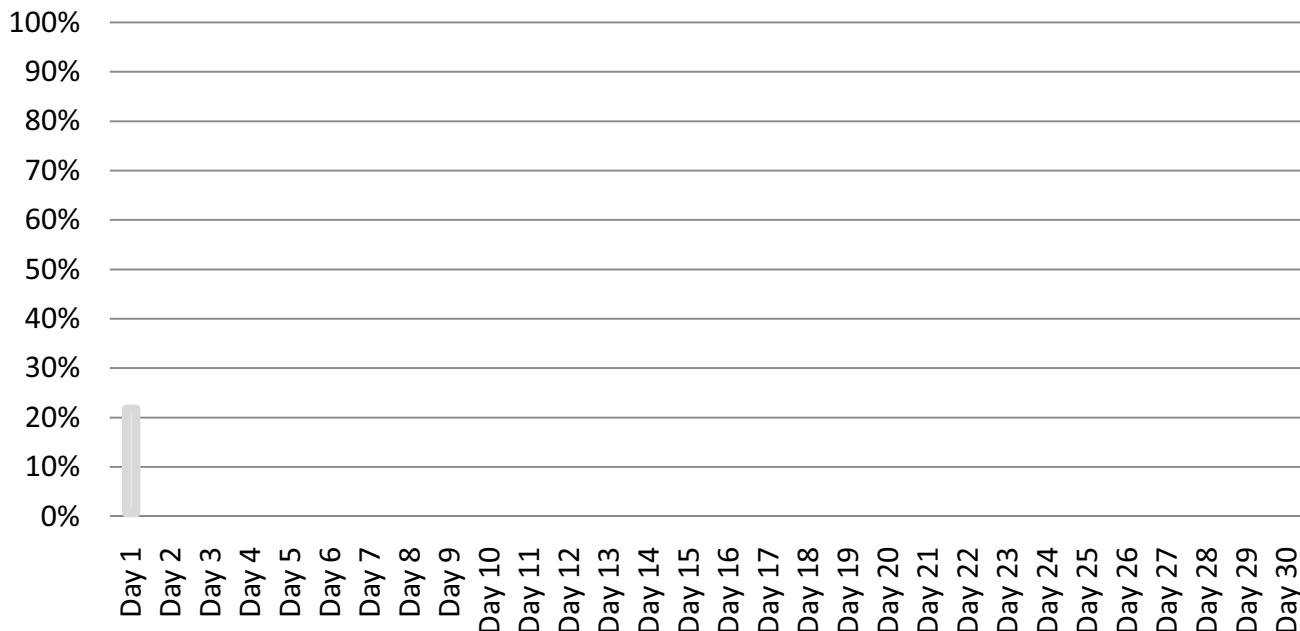


To Do List

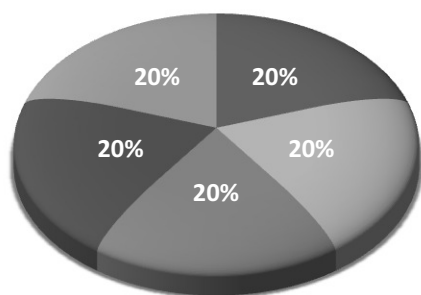


Where Do You Stand?

■ Faith ■ Excellence ■ Family ■ Persistence ■ Finances ■ Integrity ■ Fitness ■ Courage ■ Fun



F-Factors 2011



■ Faith
■ Family
■ Finances
■ Fitness
■ Fun

What are you percentages now??

Real Dream Summary

"IMPROVE-UPONs"

1. What will I ~IMPROVE-UPON~ this Day...

2. What will I~IMPROVE-UPON~ this Week...

3. What will I~IMPROVE-UPON~ this Month...

"Practice Progress Not Perfection". Dr.J





Dr J's 30 Day Guide to Lighting Our Real Dreams & Blowing Them Into Being

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