



**Dream a Big Dream,
Make It a Memory of the Future,
and Expect a Miracle!**

**The
Memories
of the
Future
GUIDEBOOK**

Define your future by your dreams
and not by your memories,
by your hopes and not by your fears.

JOE TYE

One of the many Memories of the Future that have become Realities of the Present



The Dream: Castle in the Air



The Memory of the Future: Castle on the Ground

**“If you have built castles in the air,
your work need not be lost;
that is where they should be.
Now put the foundations under them.”**

Henry David Thoreau: *Walden*

Every great achievement begins with a dream – with castles in the air. But in order to put the foundations under those castles in the air requires more than just a dream – the dream must be transformed into a Memory of the Future. The **10-A Formula for Creating a Memory of the Future** will help you create a blueprint for the accomplishment of your most authentic dreams and goals.



*Janet Spurr created a Memory of the Future that resulted in her book **Beach Chair Diaries**.*

The 10-A Formula for Creating a Memory of the Future

The Memories of the Future Workshop will help you transform mere goals and dreams into **Memories of the Future** – and help you turn the dream of today into your reality of tomorrow. You will learn why:

- ▶ You can remember the future more clearly and more accurately than you can remember the past.
- ▶ The secret to success is the ability to “remember” a tomorrow that is bigger and better than yesterday.
- ▶ Wishful thinking is **hoping** for something and waiting for someone else to make it happen.
- ▶ Positive thinking is **expecting** something and doing the work to make it happen.

“Vision is the art of seeing the invisible.”

Jonathan Swift

ASPIRATION

- ▶ You must intensely desire for something to be better.
- ▶ Aspiration is what makes us uniquely human.
- ▶ Without aspiration we would still be hunting and gathering...
- ▶ There would be no cities, no universities, no churches, no great works of art.
- ▶ You must aspire to a dream that inspires you.
- ▶ A life-changing question: What would you do if every job paid the same and had the same social status?



What are *your* Memory of the Future goals – fitness, financial, career and professional, education, travel and recreation, spiritual?

Keeping the Family Farm in the Family – Part 1

From Dream to Memory of the Future – Aspiration

One participant in Memories of the Future had a dream of keeping the family farm in the family. His father had died and his brothers had left the farm. When he came to the workshop he despaired that after 100 years in the family the farm would not be lost. His aspiration was to not let this happen.



AUTHENTICITY

- ▶ Are you pursuing this Memory of the Future because of a deeply-held sense of purpose or is it to please and impress other people?
- ▶ Does this Memory of the Future help you answer the question “What would you do if every job paid the same and have the same social status” in an effective way?
- ▶ Do you have multiple sources of motivation for this Memory of the Future?
- ▶ Would you be proud to share this accomplishment with your grandchildren?
- ▶ How do you build on the Pyramid of Self-Belief: Self-Concept, Self-Image, Self-Esteem, and Self-Confidence?
- ▶ Is this a dream of ego or soul?

Keeping the Family Farm in the Family – Part 2

From Dream to Memory of the Future – Authenticity

Our young farmer didn't want to keep the farm just because it was a good investment – he wanted to keep it because his soul was in that soil. His answer to the question “What would you do if every job paid the same and had the same social status?” was farm the family farm. His dream was authentic.

ATTENTION

- ▶ Why do you think people say “pay” attention? Because they are asking you for a non-renewable resource. You cannot “borrow” someone’s attention.
- ▶ What you choose to pay attention to today is the platform upon which you will create your vision of the future.
- ▶ Pay attention to inner dialog and rescript negative self-talk before it takes root, confront self-imposed limitations before they paralyze you, and challenge self-limiting beliefs that cause you to settle for anemic dreams and goals.
- ▶ Pay attention to the needs and opportunities that are all around you.
- ▶ Ignore the tragi-tainment media that turns tragedy into entertainment and paints a picture of a frightening and dangerous world full of scarcity, threats, and limitations.
- ▶ Ignore negativity, cynicism, and pessimism of other people.

Keeping the Family Farm in the Family – Part 3

From Dream to Memory of the Future – Attention

The starting point for this young man to turn his dream of keeping the family farm in the family was paying attention. **The Memories of the Future Workshop** helped him identify options that he had never before considered by broadening the horizon of his attention.

ARTICULATION

- ▶ You must be able to describe your dream in a way that informs and inspires others.
- ▶ Martin Luther King had a dream which he articulated in a 7,000 word letter from the Birmingham Jail... and in a 3-minute speech that changed the world.
- ▶ Articulate your dream in a plan or a proposal, in a budget or a grant application, in a drawing or a blueprint.
- ▶ One of the most powerful ways of articulating a Memory of the Future is creating a prototype – and you can create a prototype for **anything!**
- ▶ Distinguish between “vision” and “visualization.” An authentic vision for your future does not spring forth all in a piece, it is a picture that evolves over a period of time through the interaction of visualization and vision.
- ▶ Visualization is a verb – a mental rehearsal, a vivid picturing of you going through the steps that will take you to that future state.
- ▶ Vision is a noun – a mental image of the desired outcome, an ideal future reality.

Keeping the Family Farm in the Family – Part 4

From Dream to Memory of the Future – Articulation

The young man in our story articulated his Memory of the Future by drafting a business plan outlining the needed investment and possible sources of funding describing actions he could take to obtain that funding. And he drew a picture of his family farm on the front of a Memory of the Future T-shirt.



AFFIRMATION

- ▶ The most important articulation of all is the one you give to yourself.
- ▶ Because we dream in pictures... but we worry in words.
- ▶ The BIGGER the dream... the louder and more insistent the toxic voice of negative self-talk.
- ▶ Replace fear of failure with anticipation of success; replace negative self-talk with positive encouragement; replace self-limiting beliefs and self-imposed limitations with confidence and self empowerment.
- ▶ You must believe that you are capable of making the dream of today your reality of tomorrow.
- ▶ You must believe that you deserve to enjoy the fruits of that successful accomplishment.



The Self Empowerment Pledge

The seven promises of The Self Empowerment Pledge – Responsibility, Accountability, Determination, Contribution, Resilience, Perspective, and Faith – are incredibly powerful affirmations to reinforce your Memory of the Future!

Keeping the Family Farm in the Family – Part 5

From Dream to Memory of the Future – Affirmation

Every time the young man in our story put on his Memory of the Future t-shirt he repeated five times out loud the words: *The family farm stays in the family!*



ASKING

- ▶ The bigger the dream the more help you will need.
- ▶ Earn the help you need in advance by helping other people now and...
- ▶ Repay the help you receive by serving others later.
- ▶ The answer will always be YES if you ask the right question of the right person at the right time (*The Aladdin Factor* by Jack Canfield and Mark Victor Hansen).
- ▶ It's not ask and you will receive... it's keep asking until you receive.
- ▶ Don't take NO for an answer unless NO is the answer you want to hear.
- ▶ No never means NO – it means NOT YET.
- ▶ What do you need? Who can you ask? How will you ask? What answer do you want to hear?

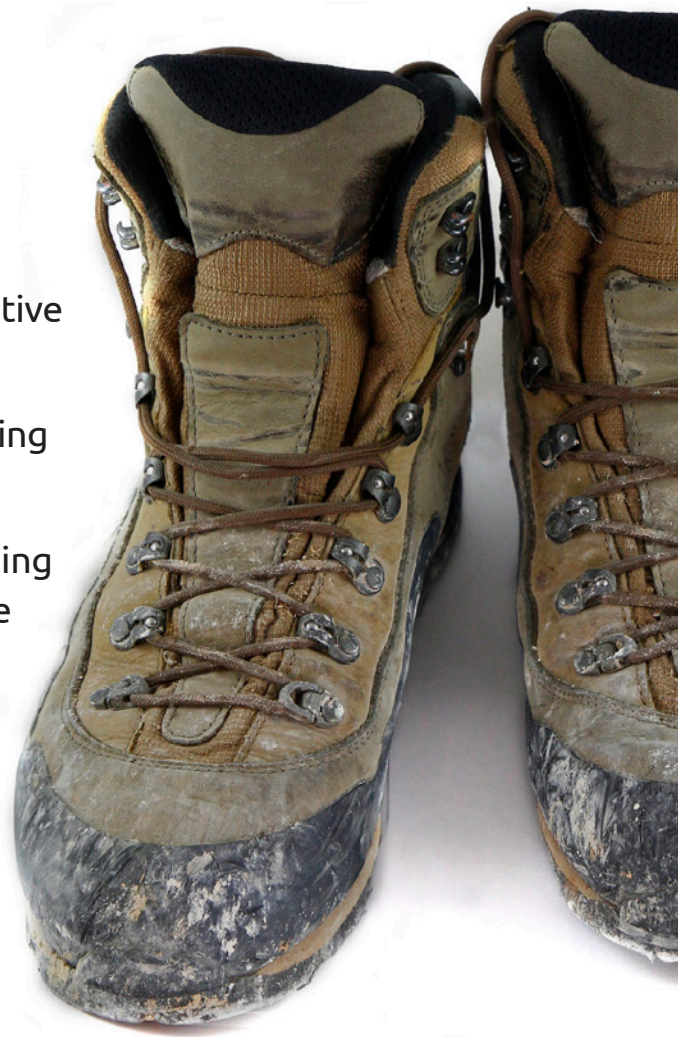
Keeping the Family Farm in the Family – Part 6

From Dream to Memory of the Future – Asking

Using the business plan he articulated during the Workshop as a starting point, the young man in our story created a schedule for visiting every bank in his region once a month to update them on his progress and see how close he was to getting the loan he needed to keep the family farm in the family. He asked neighbors to pitch in and help – promising to repay the help later.

ACTION

- ▶ Action is the difference between positive thinking and wishful thinking.
- ▶ Positive thinking is expecting something and working to make it happen.
- ▶ Wishful thinking is hoping for something and waiting for someone else to make it happen.
- ▶ Procrastination is pushing the work of today off into tomorrow with the consequence that you are always living under the shadow of yesterday.
- ▶ Action is the hacksaw that cuts through the prison bars of fear.
- ▶ Action is the earthly manifestation of inner commitment.
- ▶ Critical Mass Goal Achievement (CMGA): Commit to 2 actions, no matter how small, each and every day.
- ▶ Creating a prototype is one of the most important actions you can take to move toward your dream.



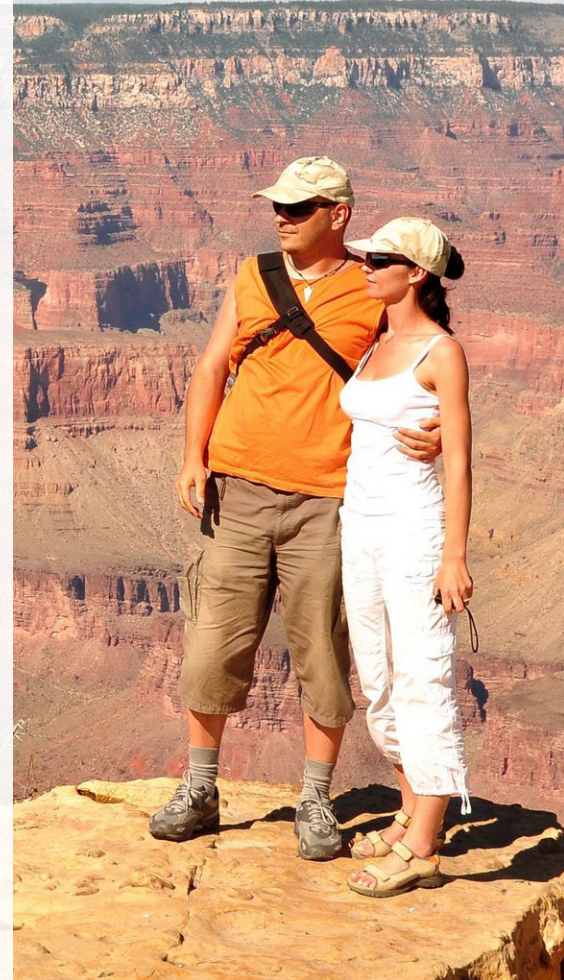
Keeping the Family Farm in the Family – Part 7

From Dream to Memory of the Future – Action

The young man in our story made an ironclad commitment that he would do at least two things every day that were intended to help him keep the family farm in the family. He documented those two things in a small journal. As these small actions piled up, they became an overwhelming commitment to succeed in transforming his Memory of the Future into his permanent reality.

ACCOUNTABILITY

- ▶ How will you measure your progress toward the achievement of this Memory of the Future?
- ▶ Will you make the commitment to track your progress in the 360-day Goal Tracking Journal?
- ▶ Do you have an accountability buddy or PledgePartner with whom you have a compact for mutual accountability?
- ▶ Do you have a spouse, friend, or coworker helping to hold you accountable?
- ▶ Who is relying upon you to complete this memory of the future? How will you reward yourself when it is completed?
- ▶ How will this achievement build a platform for even bigger dreams in the future?



Keeping the Family Farm in the Family – Part 8

From Dream to Memory of the Future – Accountability

Our young farmer tracked the two actions he'd promised to take every day, he entered into an Accountability Buddy contract with a fellow farmer, and submitted a monthly report to his banker documenting progress he was making to be able to finance the purchase.



ADAPTING

- ▶ Because the world will change... you will change... and the dream will change.
- ▶ No plan survives contact with the real world.
- ▶ Don't chase what you don't really want.
- ▶ Don't want what you know you can't have.
- ▶ Sometimes adapting means growing the dream.
- ▶ What seems like the big dream of today ends up being the stepping stone toward something far bigger than you could have imagined.

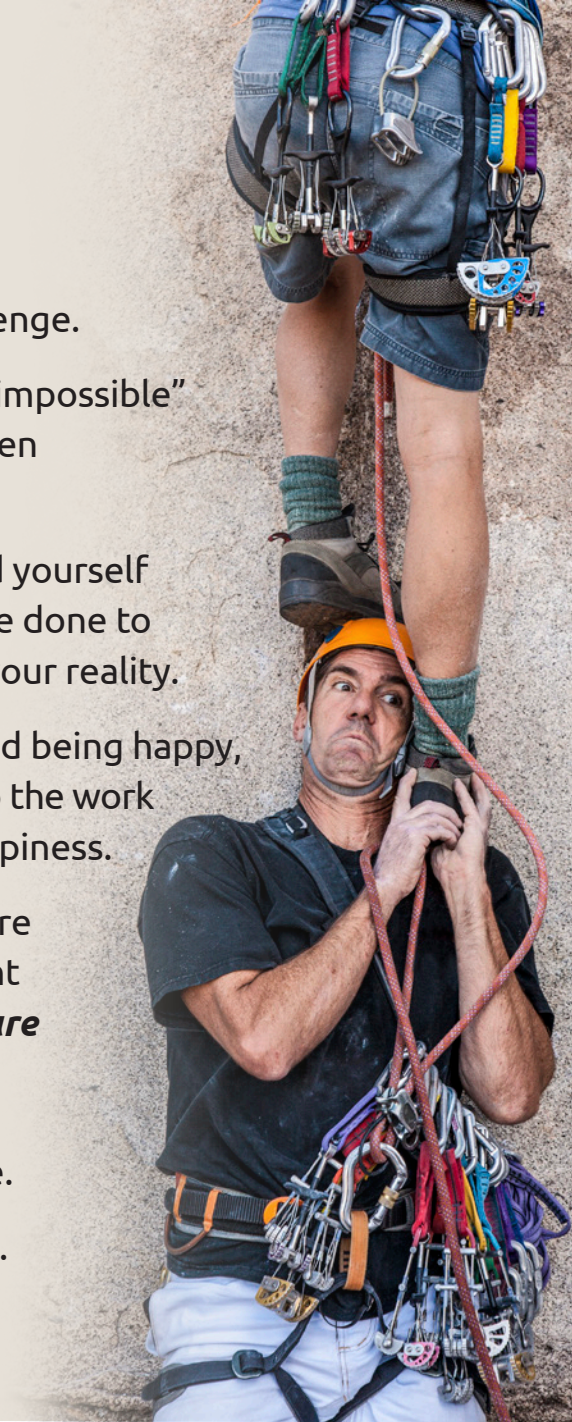
Keeping the Family Farm in the Family – Part 9

From Dream to Memory of the Future – Adapting

The young man in our story adapted as he went along. He sold 40 acres to a neighboring farmer so he could keep the other 960 acres in the family. He leased used farm equipment instead of buying it new. He cancelled a planned vacation and worked overtime at his other job.

ADAMANT

- ▶ The bigger the dream, the greater the challenge.
- ▶ Every great accomplishment was once the “impossible” dream of a dreamer who refused to quit when things got tough.
- ▶ Recruit your PledgePartner to help you hold yourself accountable for doing the work that must be done to transform your Memory of the Future into your reality.
- ▶ Learn the difference between having fun and being happy, and be determined to forsake the fun and do the work that lays the foundation for your future happiness.
- ▶ “Brick walls are not there to stop you they are there to make you prove how much you want something.” – Randy Pausch: *The Last Lecture*
- ▶ Don’t just ask – keep asking.
- ▶ Practice Prosilience – Prospective Resilience.
- ▶ Think Big, Start Small, Start Now, Don’t Quit.



Keeping the Family Farm in the Family – Part 10

From Dream to Memory of the Future – Adamant

The young man in our story never gave up and never gave in. About a year after he’d drawn his Memory of the Future on a Dream-Spark T-shirt, he walked out of the bank having just signed the loan documents to keep the family farm in the family.

WHAT IS YOUR MEMORY of the FUTURE?

- ▶ Why do you **Aspire** to achieve your Memory of the Future?
- ▶ Is it **Authentically** yours or meant to impress others?
- ▶ Are you giving your Memory of the Future of the **Attention** it deserves?
- ▶ Have you **Articulated** your vision in ways that illuminate and inspire those whose help you will need?
- ▶ What is the **Affirmation** you use to counter your own self-doubt and the negativity of others?
- ▶ Whose help will you need and how will you go about **Asking** for that help?
- ▶ What **Action** will you take right now to start building your momentum?
- ▶ How will you hold yourself **Accountable** for doing your work and meeting your deadlines?
- ▶ How will you **Adapt** to changing circumstances?
- ▶ Will you **Adamantly** work on your Memory of the Future until it has become your reality of the present?

TBSSNDQEM!

Think Big, Start Small, Start Now, Don't Quit, Expect Miracles!

Questions? Contact Michelle Arduser at Values Coach:

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