

SCARED TO DREAM?

A 30-40 MINUTE HONESTY SESSION

What would you want if nothing had to be realistic yet?

“Ahead of me is...uncertainty.
Ahead of me is my future.
Into the fog I go...”

- Shal

NAME

DATE



HOW POSSIBLE DOES THE FUTURE YOU REALLY WANT FEEL RIGHT NOW?

Do not answer based on what should be possible. Choose the number that reflects your honest sense right now.

CIRCLE ONE. TRUST YOUR FIRST ANSWER.

1	2	3	4	5	6	7	8	9	10
ALMOST IMPOSSIBLE									COMPLETELY POSSIBLE

Record the number. Then leave it alone.

Do not try to improve it. Do not decide what you want the ending number to be. This is simply where you are beginning.

MY STARTING NUMBER: _____



IT'S HARD TO THINK OUTSIDE THE BOX FROM INSIDE THE BOX.

Most of us imagine the future while standing inside the life we already built. We use today's responsibilities, routines, confidence, and constraints to decide what tomorrow is allowed to become.

THIS EXERCISE HAS ONE JOB:

Expand your thinking before you evaluate it. Let yourself smile again, feel possibility again, and remember how to want something before asking whether it is practical.

THE RULES

- **DO NOT ASK HOW - YET.**
Possibility comes before practicality.
- **WRITE THE FIRST TRUE THING.**
Do not edit for approval or impressiveness.
- **LET CONTRADICTIONS STAY.**
Your dream does not have to make sense together.
- **MAKE ROOM FOR DELIGHT.**
If it makes you smile, it belongs on the page.

**You may leave surprised, energized, and looking forward
to whatever comes next.**



CLEAR YOUR HEAD FOR A MOMENT

Your mood, obligations, and sense of what is reasonable will try to edit your answers before you write them. This reset helps you get honest first.

1

BREATHE

Set the workbook down. Close your eyes. Take a slow, deep breath in and exhale fully. Repeat three times.

2

SMILE

Keep your eyes closed and smile as big as you can for ten seconds. No one is looking. Even if they are, it is okay to be a little silly.

3

REMEMBER

Recall one of the happiest moments of your life. It could be a season, an event, a vacation, the birth of a child, your wedding, or any memory that still brings you joy.

4

STEP BACK INSIDE

Stay there for thirty seconds. See what you saw. Hear the sounds. Notice the smells. Feel the joy in your body. Let yourself really experience it.

5 OPEN YOUR EYES. STAND OR SIT TALL. SAY THIS OUT LOUD:

I have spent years solving hard problems, carrying real responsibilities, and showing up for other people. For the next few minutes, I do not have to be practical. I do not have to explain myself. My only job is to tell the truth about what I want.

Do not just read it. Say it. Mean it. Then turn the page.

REMEMBER HOW YOU DREAMED

Before responsibility trained you to defend every desire, you knew how to imagine. Answer quickly. These are sparks, not decisions.

1 What did five-year-old, ten-year-old, or twenty-five-year-old you imagine becoming, doing, owning, or experiencing?

2 What did you stop letting yourself want once your life started working?

3 If no one could be disappointed in you, what would you allow yourself to want?

4 When have you felt most alive, free, fascinated, or completely absorbed?

5 What would you attempt if failure only produced information?

Keep whatever made you smile. Leave the rest.

What do you build, create, own, earn, save, invest, give, experience, drive, or explore? Where do you live and travel? How is your family living? Who do you serve? What fills your time? Who have you become?

BIGGER. BOLDER. CRAZIER.

Look at what you wrote. It is probably still being edited by the responsible adult you have become. Add the things you deleted before they reached the page. The goal is not consistency. The goal is possibility.

NASA astronaut. Antarctica. Five churches. Twenty cars.
A company with my kids. A private jet. A quiet house on 100 acres.
Summers abroad. Do it. Just do it.

TEN OUTRAGEOUS INGREDIENTS

01

02

03

04

05

06

07

08

09

10

There is a method to this madness.

STEP INSIDE THE DREAM

FOR TWO MINUTES, LET IT BE REAL

Close your eyes. Do not plan the dream. Live inside it. See what you see. Hear the sounds. Notice who is with you. Feel what it is like when the impossible life becomes normal.

WHAT DID YOU SEE?

WHAT DID YOU FEEL?

WHAT WAS HARDEST TO LEAVE?

NOW PRETEND YOU CAN LIVE FOREVER.

If you had unlimited healthy years, how long would it take you to achieve all or most of this dream? You cannot answer 'never.' Give yourself a number.

_____ **YEARS**

SOMEONE SUCCESSFUL YOU KNOW

Name the most successful person you personally know. Do not choose someone famous unless you truly know them. Assume they want your exact dream and are completely committed to it.

THEIR NAME

How long would it take them to achieve all or most of your dream?

YEARS

1

Why did you give them that amount of time?

2

What talents, gifts, habits, relationships, or resources do they have that you do not?

3

Which of their advantages have you already built through your own career, life, and experience?

SOMEONE THE WORLD KNOWS

Name a world-famous successful person you admire. Assume they want your exact dream and are completely committed to it. Do not make the dream smaller or change it to fit them.

THEIR NAME

How long would it take them to achieve all or most of your dream?

YEARS

1

Why did you give them that amount of time?

2

What talents, gifts, habits, relationships, or resources do they have that you do not?

3

Which of their advantages have you already built through your own career, life, and experience?

DON'T READ AHEAD.

The next two pages only work if you complete them in order. Answer every question on the next page before you turn it.

NO SCROLLING. NO PEEKING.

**Not even a quick look.
Let the exercise do its job.**

It'll be worth it.

WHEN YOU'RE READY, TURN THE PAGE.

COMPLETE THIS PAGE BEFORE TURNING

PUT THE THREE ANSWERS TOGETHER

Copy the three estimates exactly as you wrote them. Do not revise the dream. Do not revise the numbers. Just put them side by side.

YOU

YEARS

SOMEONE YOU KNOW

YEARS

SOMEONE THE WORLD KNOWS

YEARS

WHAT DO YOU NOTICE?

Did the amount of time change? What changed in your reasoning when a different person's name was attached to the exact same dream? Write what you notice without trying to explain it away.

Finish your answer before you turn the page.

DO NOT PEEK. THE NEXT PAGE MATTERS.

THE THING THAT NEVER CHANGED



THE DREAM NEVER CHANGED. ONLY THE DREAMER DID.

The size of the dream stayed the same. The money, knowledge, relationships, work, and resources it required stayed the same. The only thing that changed was the person you imagined pursuing it.

Maybe the dream was never too big. Maybe you have been imagining yourself too small inside it.

YOUR PROFESSIONAL ADVANTAGE

Look again at the advantages you gave them. Which ones have you already built through your career, life, relationships, and experience?

What if everything you've done until now was preparation?

MODERN TOOLS CAN EXTEND THAT ADVANTAGE

AI can help close gaps in research, planning, analysis, design, communication, creation, and execution. It can help you find experts, test ideas, build prototypes, and do work that once required a team.

AI cannot supply your courage, commitment, judgment, or willingness to begin. That part is still yours.

**If your estimates did not change, do not manufacture a gap.
You may already see yourself as capable of carrying the dream.**



HOW POSSIBLE DOES THE FUTURE YOU REALLY WANT FEEL RIGHT NOW?

Before looking back at your first answer, choose the number that reflects your honest sense right now.

1 2 3 4 5 6 7 8 9 10

ALMOST IMPOSSIBLE COMPLETELY POSSIBLE

NOW COMPARE YOUR TWO ANSWERS.

START: _____ END: _____ CHANGE: _____

WHAT CHANGED IN HOW POSSIBLE THE FUTURE FEELS, IF ANYTHING?

THE HONESTY SESSION IS COMPLETE.

Do not make the dream realistic.

Do not turn it into a plan.

Do not explain it to someone who will shrink it.

Let it remain big, strange, exciting, and yours.

If you smiled, surprised yourself, or remembered how to want without first asking whether it was practical, this exercise worked.

For now, I only ask that you bet on you.



PROTECT THE DREAM. KEEP MOVING.

You did not choose a path today. You reclaimed permission to imagine one. Preserve what you wrote before practicality rushes back in.

1

SAVE IT BEFORE YOU EDIT IT

Date it. Photograph or scan it. Put it somewhere you can find again. Do not rewrite or shrink the dream today.

2

IF YOU WANT TO SHARE ONE THING

What surprised you most about what you wrote? Reply to the email that sent you this workbook. I read every response.

3 NEXT: EXERCISE 2 - REALITY

FEAR WILL SHOW UP. BRING AN UMBRELLA.

When you know it's raining, you don't need a meteorological report explaining why. You grab an umbrella and head out the door. Fear works the same way. We aren't trying to stop it. Exercise 2 will help you prepare for it and keep moving.

KEEP THIS WORKBOOK. THE DREAM YOU JUST IMAGINED IS COMING WITH YOU.

JOIN THE LAUNCH LIST FOR EXERCISE 2

SCAREDTOLAUNCH.COM

hello@scaredtolaunch.com

@scaredtolaunch

Share what changed, ask a question, or join the Launch List for the next move.

I haven't made it. I'm making it - and you're invited. - Shal



SCAN TO JOIN