



DREAMS 2 REALITY
A C A D E M Y

APPLY CPR TO BRING YOUR DREAMS TO LIFE
Cameron Parker Resources

Welcome to the 'Dreams To Reality Academy'.

You will now enter a completely different Space to what you are used to, taking your life to the next level if you let it. Sounds cliché, right? I guess, but the truth is, you are now part of a community, a team, or as I prefer a family, a family of like-minded people who support, motivate and push each other to move forward, ultimately achieving the mission of 'Dreams To Reality'.

Watch Video #1 - Are You Ready?

Are you ready to finally get direction in your life? The best way to achieve this is through 'Goal-Setting'. What if I told you 'Goal-Setting' can help you achieve your dreams, make things easier and improve your grades, taking that E grade to a C grade or that B grade to an A grade?

If goal-setting can do that for you, would you take it more seriously?

You wouldn't be here if you weren't serious.

Watch Video #2 - Why Goal - Setting Is Vital

NOW we move on to one of my favourite parts of 'Goal-Setting', this is called...



THE BIG DREAM

The first activity is designed to get your brain working, forcing you to think differently. This is an opportunity to DREAM BIG and have fun!

Watch Video #3 - The Big Dream

Once we have 'The BIG DREAM' complete, then it makes the daily struggles we face in school a little easier.

Therefore I need you to think 10 years from now, how old will you be, between 23 -28 maybe? I need you to answer the questions below, writing down whatever comes to mind; write down more than one thing for each question if you can, don't hold back, we can always change it later.

What do I want to do?
What do I want to be?
What do I want to see?
What do I want to have?
What do I want to share?

Go to page 15 to begin the activity, firstly check out the example:



Business owner

Marriage

Own house

Travel the World

Happy relationship

Do well in School

Degree in Law

Look how I want

Money in the bank

Own a Range Rover

University

Pass driving test



I am judged for DREAMING BIG; the majority of people don't understand it, they get offended when you think so BIG and they think so small. It is common I guess, but great things can be achieved when you create the right goals. So...

What Makes a Goal Realistic?

I hear all the time, "we must set realistic goal," in some cases this can work but in the next video I discuss what makes a goal realistic or unrealistic and how approaching 'Goal-Setting' with flexibility is important.

Watch Video #4 - Unrealistic & Flexible

I want to share with you a line from one of my favourite artists J. Cole, he said:

"Keep working...your life can change in one year and even if it is dark out the sun is shining somewhere".

I think those words are so powerful, but before we get into the yearly goals it is important to become aware of the 'DREAM Formula' when creating our goals over the next year.

Watch Video #5 - Dream Formula

D - etailed - Your yearly goals need to be detailed; the more information you provide, the better, this can include facts.

R - ewarding - It feels incredible when ticking off goals; pick your goals that will make you feel like this. If they don't, re-evaluate and make sure you incorporate all the other aspects of this formula for it to really work.

E - nd Game - Every goal should have a deadline in place; what term or week will you start working towards this goal, or when does it need to be completed by?

A - uthentic - Your goals need to be your goals, not someone else's, when they are your goals it's less likely you will quit when times get tough.

M - otivation - Your goals must provide motivation; they should drive you, excite you and push you even when you don't feel like working hard. Review them on a daily basis if you have to.

YEARLY GOALS

Time to get a little more focused on our goals; therefore we need to become more specific, and begin to break down our BIG DREAM!

Watch Video #6 - Yearly Goals

Don't forget to apply the 'DREAM Formula'. It is okay to set very difficult goals, you can also set easier goals too. Easier goals can result in small wins, when done correctly they can build the momentum, resulting in achieving the other goals we have.

Therefore I recommend setting goals to support the other goals we have. Confused? Let me show you an example:

Goal 1) Take my D grade to a B in English.

Goal 2) Attend 95% of the after school revision clubs in English.

See how that works? Feel free to use the questions below as guidelines when creating your yearly goals, also allow 'The BIG DREAM' to influence you.

What do I want to do?
What do I want to be?
What do I want to see?
What do I want to have?
What do I want to share?

I have provided you with some examples below and showed you what your 'Yearly Goals' table may look like:

- To get fit and healthy, lose 1 stone!
 - Apply For Apprenticeships!
 - Start Attending Revision Club!
- w• Figure out 3 different careers I may want to do when I am older. Research all 3!
 - Get a part-time job!
 - Take my C grade in Maths to a B!
- Research Universities I may want to study at and courses!

GOAL	WHY	HOW	PRIORITY	ACHIEVED
Research and pick 5 Universities I would like to study at but they need to specialise in the course I want to study.	I have always wanted to go to University, getting a degree means something to me and it betters my chances of getting a job. Plus if I have a clearer vision of my future, it will help me stay focused in school because I need it.	Figure out which courses interest me and what I can see myself doing in the future. Then pick a University that specialises in my favourite course, get a feeling for the place. I will need to do this outside of school time, and take a couple hours every week researching.	GOLD	

Watch Video #7 - Prioritisation of Goals

Go to page 16 to begin creating your yearly goals



TERMPLY TERMINATOR

Now the easier part; this is where we turn your goals into reality and break your yearly goals down into termly ones.

Watch Video #8 - Termly Terminator

We take it one term at a time. You need to acknowledge your yearly goals when building the Termly Terminator.

Therefore the Termly Terminator should be a breakdown of your yearly goals. For example; you may have a major yearly goal, the only way to achieve that is through chunking it down into small achievable steps.

Those steps or goals if you prefer, should then be entered into your 'Termly Terminator'.

Below is an example of what the Termly Terminator should look like for you; the prioritization of these goals are vital, therefore take some extra time out to get this right.

Go to page 18 to begin creating your
Termly Terminator

WHEN ARE YOUR EXAMS?

For successful preparation, we need to know exactly when your exams are to ensure every goal is achieved.

Watch Video #9 - When Are Your Exams

Go to page 19 to begin entering your exam dates.

SUBJECT PRIORTISATION

It's no secret, revision can become overwhelming. Therefore it is essential to prioritise your subjects. Discover why...

Watch Video #10 - Subject Prioritisation

Go to page 19 to begin prioritising your subjects

WEEKLY SUCCESS

This is my favourite section; this is what separates the people who are serious about their lives, not just curious. This takes a huge amount of consistency, the process is not hard, and all you have to do is continuously follow our steps.

[Watch Video #11 - Weekly Success](#)

WEEKLY GOALS

[Watch Video #12 - Weekly Goals](#)

Below are some examples of weekly goals...

GOALS	ACHIEVED
Attend 3 revision clubs after school	
Research one University I might want to go to	
Every night after school revisit my notes I made in class for 20 minutes	
Ask for help on my Geography Coursework	

WEEKLY REVISION PLAN

After your weekly goals are completed; we need to now set your 'Weekly Revision Plan', this will be essential for chunking down your large revision goals into small achievable steps.

Watch Video #13 - Weekly Revision Plan

Below is an example of weekly goals...

DAY	REVISION CLUB	TARGET HOURS REVISION	SUBJECT REVISING
Monday	Maths ✓	2	<ul style="list-style-type: none"> • Maths • Geography • Science
Tuesday	Science ✗	1	<ul style="list-style-type: none"> • Maths • English • Science
Wednesday	English ✗	2	<ul style="list-style-type: none"> • English • Geography • PE

SUNDAY SUCCESS SESSION

Watch Video #14 - Sunday Success Session

There you have it; on Sundays, you need to create your weekly goals, weekly revision plan and your Monday Daily Champion Challenge.

DAILY CHAMPION CHALLENGE

Watch Video #15 - Daily Champion Introduction

Watch Video #16 - Daily Champion Challenge

Below are some examples of daily champion challenge...

Monday

3 KEY GOALS

- 1) Go to Maths revision club
- 2) Go to bed at a sensible time, 22:00
- 3) Ask for help in Geography home work

Did you score

Tuesday

3 KEY GOALS

- 1) Revise 20 minutes after school for my selected subjects
- 2) Try my best in netball training
- 3) Get positive behavioral points

Did you score

There are a total of 15 points up for grabs in the 'Daily Champion Challenge', time to make it happen and turn those Dreams Into Reality.

DAILY CHALLENGE RECAP

Hope you have a better understanding of the 'Daily Champion Challenge'.
Just to recap...

Watch Video #17 - Daily Challenge Recap

SMELL THE ROSES

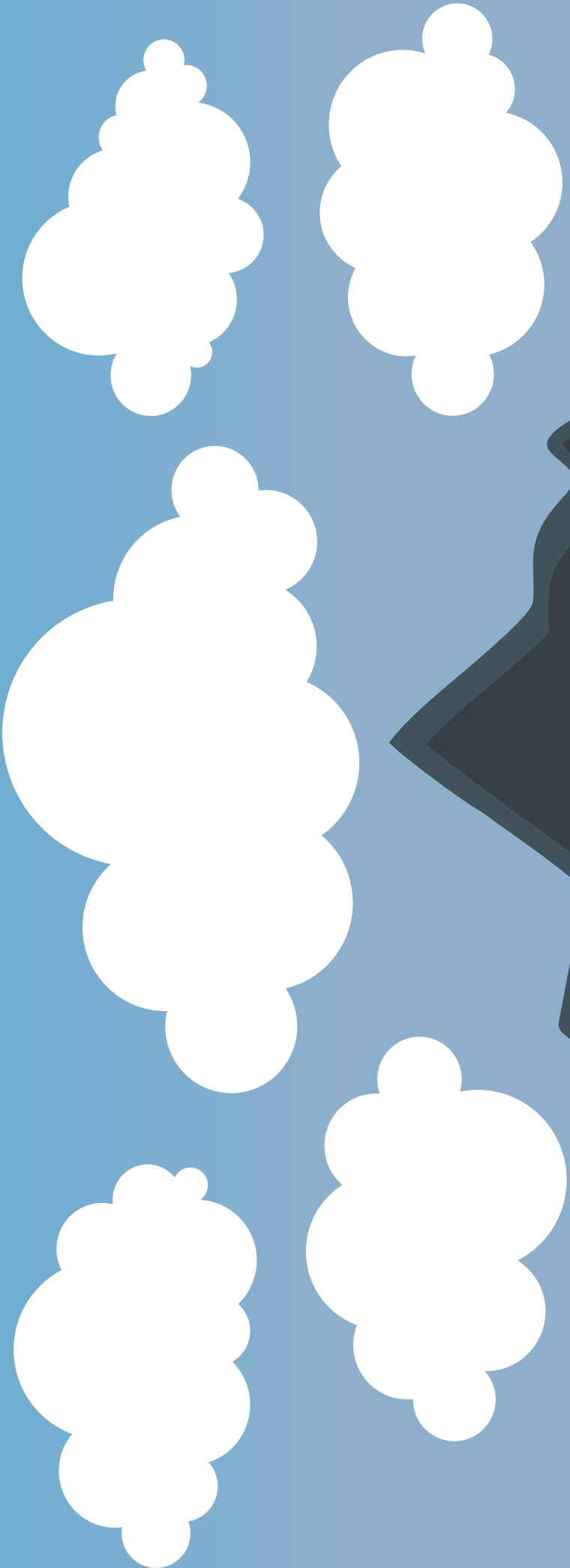
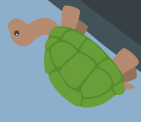
When I say 'Smell The Roses', I am basically saying "evaluate how things went". Watch the video and begin this activity at the end of your first term.

Watch Video #18 - Smell The Roses

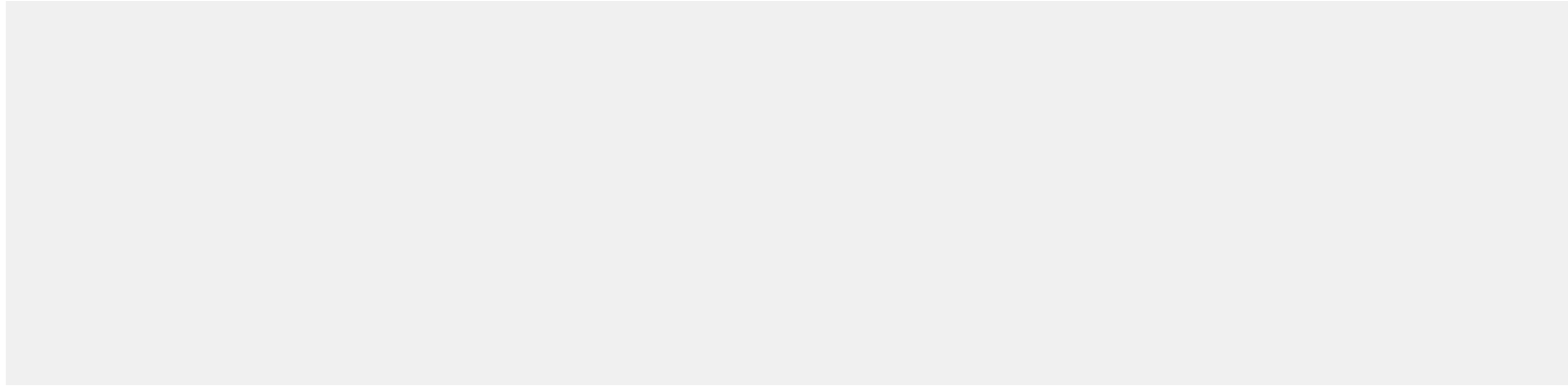
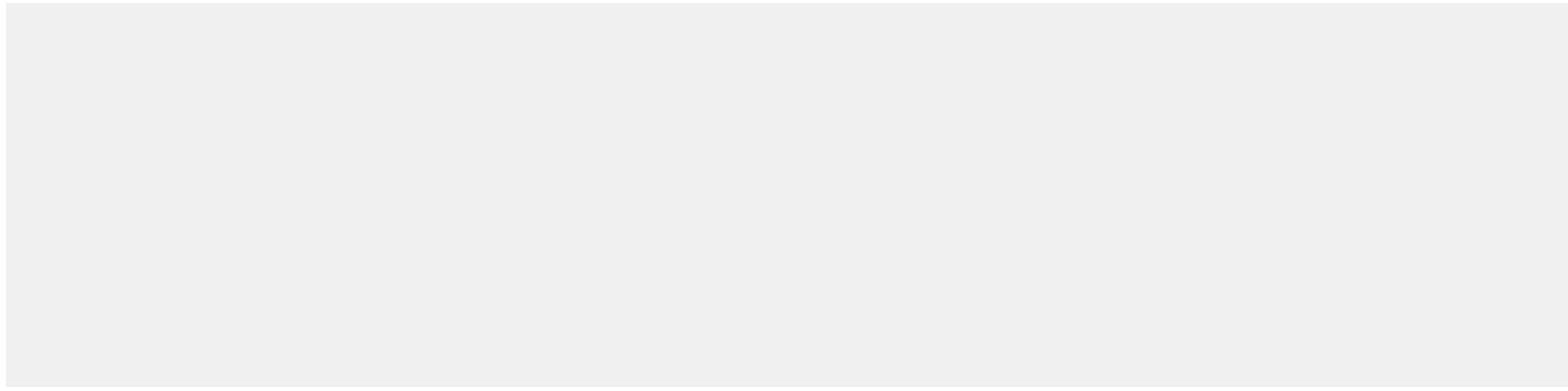
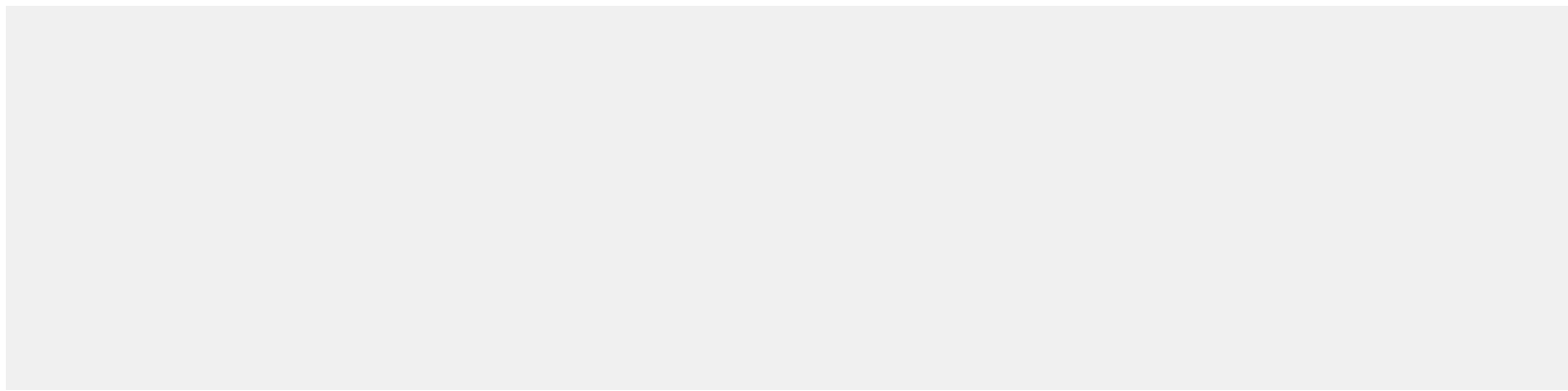
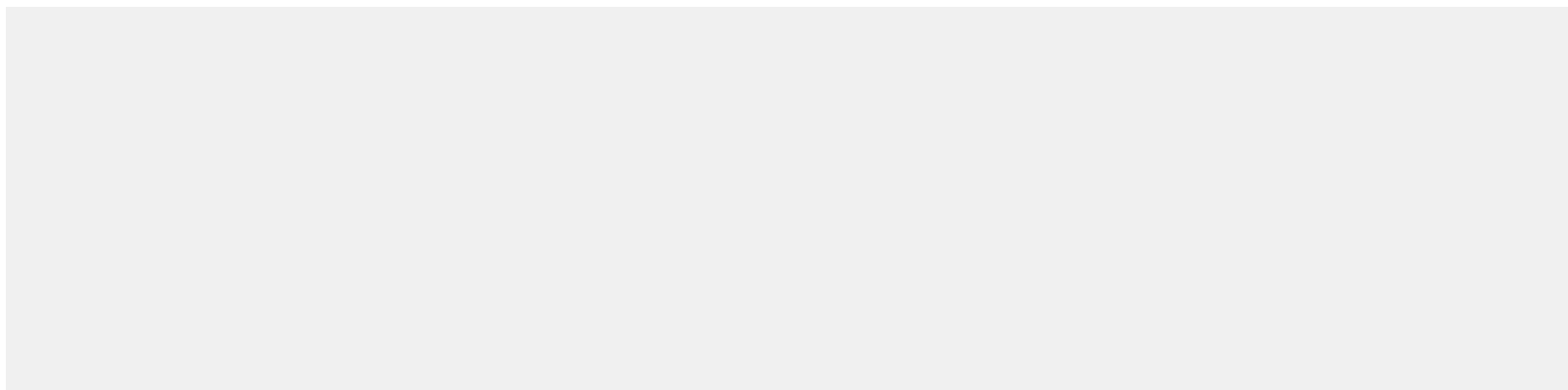
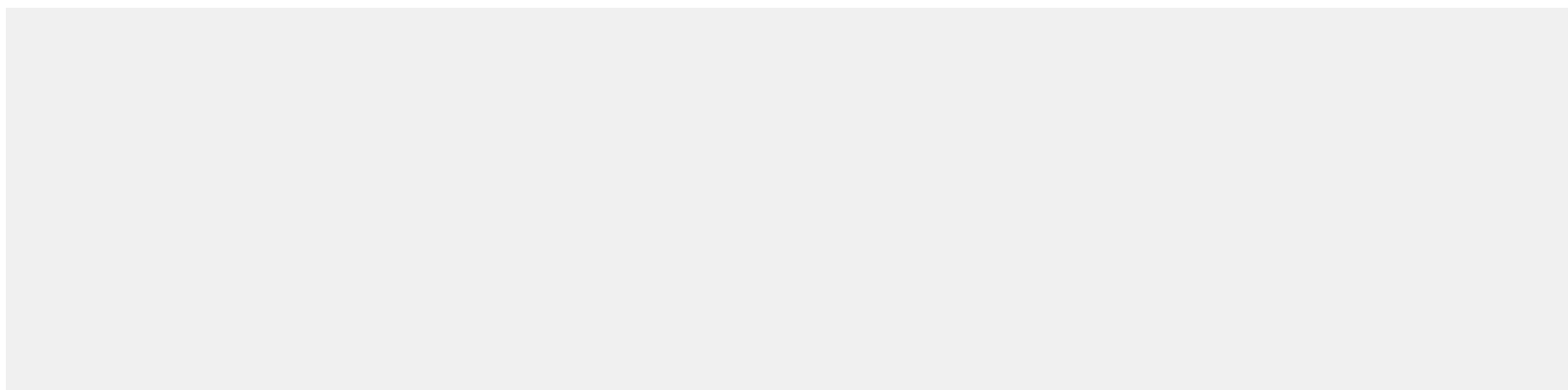
Time to begin your dreams to reality journey

REALITY

DREAMS



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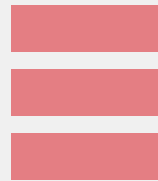


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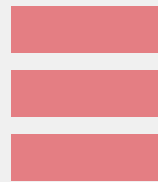


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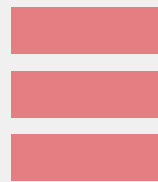


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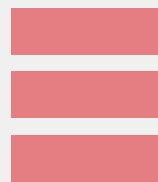


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WEEKLY GOALS

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DAY	REVISION CLUB	TARGET HOURS REVISION	SUBJECT REVISION

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