



# REFLECTIONS



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## DREAMING BIG HOMEWORK FOR EPISODE TWELVE

In Episode 12 of the Dauntless podcast, we heard from professional ballerina and successful singer/songwriter Shannon Rugani- also known as Empress. She said that her number one piece of advice is to always ask yourself if you're dreaming big enough.

Empress clearly has shown that she's always dreaming big. She sets incredibly large goals for herself, and then just crushes them. But she doesn't stop there; she is always reaching for bigger and different goals. This mentality is vital to peak performance and the CRUSH Method.

In CRUSH, the H stands for Habit- which means that the process of setting goals- and then achieving them- is so ingrained in you that it becomes a habit...a way of life. You are constantly up-leveling with each new target. In this way, it becomes a CRUSH Cycle.

So, let's focus on how you can look at if you're dreaming big enough, and how you can set audacious goals for yourself that build on each other.

### **How to create a roadmap to achieve the greatness you deserve.**

First, identify your goals in each of the areas below. If you need help, please refer back to Episode 1's homework, in which you worked on SMART goals. You can find that worksheet [here](#).

Don't get stuck on a particular goal. Skip it if you need to. Think fast and write fast. The point here is just to go with your instincts and get it out.

### **What are my overall life goals?**

**Family:** \_\_\_\_\_  
\_\_\_\_\_

**Career:** \_\_\_\_\_  
\_\_\_\_\_

**Financial:** \_\_\_\_\_  
\_\_\_\_\_

**Personal:** \_\_\_\_\_  
\_\_\_\_\_

**Health:** \_\_\_\_\_  
\_\_\_\_\_

**Spiritual:** \_\_\_\_\_  
\_\_\_\_\_

**Other:** \_\_\_\_\_  
\_\_\_\_\_

Now, take another look at each goal, and develop these dreams into **SMART** Long Term Goals. This is where you should take more time on each and really think them through.

**Ensure each one is: SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, TIMELY**

**Family:** \_\_\_\_\_  
\_\_\_\_\_

**Career:** \_\_\_\_\_  
\_\_\_\_\_

**Financial:** \_\_\_\_\_  
\_\_\_\_\_

**Personal:** \_\_\_\_\_  
\_\_\_\_\_

**Health:** \_\_\_\_\_  
\_\_\_\_\_

**Spiritual:** \_\_\_\_\_  
\_\_\_\_\_

**Other:** \_\_\_\_\_  
\_\_\_\_\_

## **DREAM BIGGER!**

Ok great! Now that you got those out and on paper, it's time to take it to the next level. Go back to each goal that you wrote out, and now identify how you can make it bigger. How can you raise the stakes? How can you make it more scary? More audacious? More challenging?

For example, say one of your goals is to get a promotion at work. Awesome! But how can you make that goal even bigger? Maybe instead of a one-level up promotion, you can go after two-levels up? Why not? What's stopping you?

So now, write out a **BIGGER** version of each goal:

**Family:** \_\_\_\_\_  
\_\_\_\_\_

**Career:** \_\_\_\_\_  
\_\_\_\_\_

**Financial:** \_\_\_\_\_  
\_\_\_\_\_

**Personal:** \_\_\_\_\_  
\_\_\_\_\_

**Health:** \_\_\_\_\_  
\_\_\_\_\_

**Spiritual:** \_\_\_\_\_

\_\_\_\_\_

**Other:** \_\_\_\_\_

\_\_\_\_\_

Alright! Now it's out there in the world! Print those babies off. Cut them out. Write them out in colorful markers if you want to. Either way- put your goals in a visible place, where you'll see them every day. Commit. Take action. Hold yourself accountable. Dream big, my friends. And then- dream bigger!