

DREAMNOW

Dream It. Love It. Change it. Act it.™
(a guide to change the world)



DREAM IT. LOVE IT. CHANGE IT. ACT IT.

You have just made a decision. You have made a decision to be part of an ever-growing movement of individuals- individuals who are united by their desire to change the world. Congratulations! Ninety percent of the people have not come as far as you have today in picking up this guide and taking that first step in becoming involved and in making a difference.

I want you to know that no matter how overwhelming it may seem right now to change the world, your community or an individual, it really is as simple as picking up this guide. With the help of DreamNow, **you will be able to change your community** and the world.

Why can I tell you with such confidence that you can do this? That you can raise the funds, get the media's attention and change your community? I can tell you because I have used the same tools, steps, and information, that you will get today, to change your own community and get involved on a massive scale.

A few years ago, I was a regular guy in high school. I went from school to home, watched TV, hung out with friends, listened to music and then went to bed and got up in the morning and did the same thing. My life was always the same, unexciting, uneventful and centered on one person- myself. I was not concerned with others around me and community, to me, meant no more than my close friends and family.

One day, I made a decision, just like you have today, to start getting involved. In only a year, I went from being completely uninvolved in community events to a position of being in the top 2% of community leaders in my age group. I went from watching TV, to planning a national children's rights campaign and speaking to hundreds of people urging them to become involved and take action. And this wasn't just a passing fad-- **it turned into a mission- I could not stop.** This same decision has now taken me around the world speaking and working with dozens of high-powered organizations. Today, through DreamNow, I have spoken and mentored hundreds of youth, travelled around the world, worked on high-level UN documents and in the same year worked in the foothills of the Himalayas. I have learned to dream, to find what I love and how to change my community. And most importantly, I learned that taking action is a step anyone can take.

With the help of the DreamNow's *Guide-2-Action*, you will be able to make that change in your community. The DreamNow guides are a result of combining the opinions and solutions of **hundreds of youths from around the world.** And these solutions and

answers will be there for you- at the tip of your fingers- whenever you need it. These are no ordinary ideas of youths - **these are youth who are taking action right now and have decided to share this valuable knowledge with you.** Not only will you have this valuable guide, but by visiting our website and becoming a member of DreamNow's extensive online community- you will have access to mentors and others who are just like you and are not afraid to take action.

I am promising you that if you stand behind the decision you have made today, to get involved and to get involved with the DreamNow Community, you *will* see remarkable differences in yourself, your community and our world.

Are you ready? Are you ready to find out how to do it? How to change the world? Get involved? Let's begin by learning how to **dream larger** than ever before...

Sincerely,

A handwritten signature in black ink, appearing to read 'Dev Aujla', with a stylized flourish at the end.

Dev Aujla
Founder and Executive Director



“If you can dream it, you can do it.”
- Walt Disney

Dreams are reality. And reality is up to you.

Free yourself from anything in your mind that is holding you back. Let it go -- and Dream.

Dream of what you want to accomplish in one year, in two years, in five years. What will you have around you? What will your community be like? Who will you talk to on a daily basis? What will people in your community know you for?

Take 5 Minutes right now and write it down. Throw all logic out the window and think as big and large as you possibly can. Get a pen and write. Whatever ideas come to your head just write.

My Wildest, Largest Dreams

1) _____
2) _____
3) _____

Dreaming is one of the most powerful tools in your arsenal of skills. Most people will forget to do this or they try, but when one person tells them it will not work, they give up. This is where we, as youth, have an advantage, because the older you get the further you get from that youthful energy and skill of being able to dream, act and make those very dreams a reality.

It is a fact that you don't end up in places by accident. No one ever accidentally became the best soccer player in the world. If it were that easy there would be a lot more people at the top of their game. You have to know where you are going in order to achieve your goals whether it is becoming the greatest acrobat or successfully changing your community. This is the power of dreaming. Dreaming allows you to know where you want to go so you can ensure you end up there.

So go ahead *right now* and Dream of something wonderful. Set out your vision. Know where you want to go because the sooner you can let loose and Dream large, the closer you will be to making that reality happen. Trust me--the world will be a better place because of it. So go ahead and- *DreamNow*.

Now that you know your destination- your dream, you will need to figure out how to get there. There is only one thing that celebrities, sports stars and all successful people use to reach their dreams and destinations and you can learn to use it to. You have to learn how to.....





**“Nothing can stop me-I get in the zone and nothing else matters”
- Steve Nash**

What exactly is passion? Why does it keep coming up and why is it so important? It is really quite simple. Passion is what motivates you, what drives you, what you could not live without or simply put- what you enjoy doing. How important is having a passion in your community work? Passion is the solitary key that allows your dream to explode into reality.

In countless workshops, we have always asked youth what they believe passion to be. Amazingly, they always come up with the same responses:

- Its the eye of the tiger
- The fire in your heart
- Its true motivation.
- It is that feeling- that event in your life that makes you happy
It is above all what you would spend all your time doing
- Its what you wake up thinking about.



Maybe all these youth have something here- hundreds can't be wrong. Passion is motivating; it makes you happy, it makes you work harder. Passion is so important, in fact, that you can see it everywhere. Corporations, artists and athletes all have it. You just have to listen to what they say. Athletes call it being “in the zone” or having the “eye of the tiger”. Companies always sell it to us like Microsoft’s new campaign “*Your potential our passion*”. Can it be any more obvious? Celebrities are always quoted as saying they were in the “right place, at the right time”. Well even this, believe it or not, screams pure passion because, you can bet that they worked harder than anyone else to find out where and when to show up. That kind of determination can only come from one thing- passion. You, too, can find passion and incorporate it into your life and you, too, will have that same drive, motivation and work ethic to accomplish and do anything.

List two places where you have see passion at work

1. _____
2. _____

So how do you find this miracle cure for motivation? Surprisingly enough, it just takes a few moments of thought. Take a few minutes, grab a pen and write down five things you love to do- anything absolutely anything.

A few of you may already know exactly what it is that makes you wake up in the morning or what you would spend your whole day doing if you could. And if you do-- congratulations, -- you are one step closer. For the rest of us that aren't so lucky to know right away, here are a few questions to get you thinking.

What do you like to do? What are your hobbies? If you won the lottery and no longer needed money, what would you be doing? What would you be doing the next day? Can you visualize the freedom and excitement about living your dreams?

My top five passions

1. _____
2. _____
3. _____
4. _____
5. _____

By learning what it is you are passionate about and what you enjoy doing, you too will always be able to use the same energy that celebrities, athletes and successful people around the world use to get involved, make decisions and make dreams become reality.



“I’m going to make a change- for once in my life. Its gonna feel really good. Make a difference. Gonna make it right”

- Michael Jackson

What angers you in your community? Is there a local problem that is not being addressed? Are your neighbors and friends standing by while your community is changing? Do you feel like you need to do something to take action. This is the time to decide what you want to do. What needs to be changed to make this world a better place? What is your contribution going to be?

This stage is very closely related to the first step of Dreaming-- so think back. Look at your previous notes. What was different in the community you dreamed of? What issues would you need to address to ensure your dream becomes a reality? Write it down.

Write down all the issues that you care about.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Change does not necessary have to be starting a major project. Take Erika Laver for example- she was looking to get involved and cared about the growing number of street people in her community that she saw everyday coming home from school. She came to DreamNow and realized that she had to do something but didn’t want to start a project on her own. On the advice of her DreamNow mentor she began to research local organizations and began volunteering her time to provide blankets and shelter for individuals on the street. Today, not only has she provided shelter for hundreds but also she is organizing the next big project for the organization to reach out to even more individuals....

Deciding what issue you want to take action on *does not* mean you have to know everything about that topic. Just like Erika you can just pick something that you are interested in and begin to research it and go from there. In fact go ahead and choose a topic you know nothing about – do some research and you may come across something that you truly feel strongly about. Become an expert in something new and we will teach you how to command attention from the media, get your voice heard and make a difference.



**“If I can’t dance. I don’t want to be part of your revolution”
-Emma Goldman**

The *most important* step in changing your community is to act. Acting on your idea may intimidate most people but this is where DreamNow fits into your plan. We are here to ensure that you can do it and make sure that you have everything you need to take action. Action is what separates the dreamers from the revolutionaries, the passive from the active and the ones that sit back and complain and the ones that simply do it.

Taking action no matter how small is important and that’s why when you get involved with DreamNow, we emphasize finding the level of involvement that is just right for you. Your level of action has to fit into your life, your time, and your commitment because you can make the biggest difference by maximizing your own potential no matter if it is volunteering with an organization or starting your own project.

So now it’s your turn. Its your turn to get involved to take your dreams, what you love, what you want to change and act on it. The next step is simple. Take all the things that you have written down during the last few minutes and fill out the Idea form which is also attached to the email and send it back to us and get ready to begin your journey.

Congratulations and Welcome to the DreamNow Team.

About DreamNow

DreamNow is a registered not for profit organization which is based in Canada but works around the world teaching youth to take action in their local communities.

DreamNow provides training, multi media resources and an online community which will educate youth on implementing projects that contribute to the betterment of their community.

DreamNow achieves this through three stages:

Ideas:

We work with ideas- ideas that come from large global gatherings to small groups of friends- ideas of individuals. They are social ideas, community ideas- ideas that have the potential to reshape the way we think, the way we live and the way we interact with our environments.

DreamNow: DreamNow is community. Together we spark conversations, foster inner motivation, create mentorship opportunities, provide action plans and resources so that our ideas can take off. We provide the follow up—the next step, for conferences around the world, for gatherings in small communities and for individuals who are ready to make a change.

Results: Results to us means one thing. It means answering thousands of problems with thousands of small community projects run by thousands of youth around the world. We are creating a generation of socially conscious youth who are not just sharing ideas, but are taking action.

For more information on DreamNow please visit our website at www.dreamnow.org or contact us at info@dreamnow.ca.

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