

WORKBOOK

How to Create the Business and Life of Your Dreams!

Presented by Dexter and Pamela Montgomery of [My Biz Dream Team](#)



Workbook: How to Create the Business and Life of Your Dreams!

“If you do what you love, you’ll never work a day in your life.”

– Marc Anthony

If that sounds like the stuff of Facebook memes, it is, and it no doubt graces many office walls and whiteboards, as well. But while doing what you love sounds wonderful and romantic, getting there can be very daunting.

Maybe you grew up in a home where you watched your parents dutifully put in their shifts at “the plant.” They worked Monday through Friday from 7am to 4pm, just so they could enjoy the weekend off and maybe two weeks at the campground each summer.

Or perhaps you went off to college and studied law or sales or biology, and now you feel trapped in a job you do not love. You would like to change course, but what if you make the wrong choice? What else are you even qualified to do? And what about those student loans?

Here is another dilemma for those who feel as if they are “working for the weekend” and not pursuing their passions: How can you even know what you want to be when you grow up?

Sound familiar?

The truth is, there are millions of people out there who trudge off to work every day, wishing they were anywhere else, and hoping one day to find what really inspires them. If that is you, then rest assured, you are not alone.

But know this, too: There is still time to discover your passion and start doing the work you love.

Your Own Personal Passion Project

Start with a little brainstorming.

Unlike boring corporate brainstorming, though, we are not going to use a whiteboard (unless you want to) and we are not going to be solving a big sticky problem.

Instead, set aside an hour or so of uninterrupted time. Head out to the park or a coffee shop and take along your favorite notebook and pens. Find a quiet corner, and just let your mind wander. Do a little daydreaming.

Workbook: How to Create the Business and Life of Your Dreams!

Imagine that money is not a concern. You have enough to manage your day-to-day needs, with some left over for fun. You have the freedom to do anything you like with your days.

In your notebook, make a list of all the things you would do with your time if you could spend it any way you liked.

Would you shop?

Would you paint glorious watercolors?

Would you go back to college and earn a degree in computer science?

Travel the world?

Rescue animals?

Work with abused women?

Plant a garden?

If you get stuck, think about what you do on weekends and holidays. Nearly everyone looks forward to relaxing and enjoying their favorite activities after the workweek is done. What are the activities you most enjoy?

The purpose of this exercise is not to make a realistic list of business opportunities, but rather to make a list of possibilities, so do not censor yourself. Write down whatever pops into your head without considering if you can make money with it, whether you will love it forever, or even if you have the skills or talent for it.

That is, after all, what brainstorming is all about. Unfiltered ideas. We will sort them out later.

IF I COULD SPEND MY TIME ANY WAY I LIKED, I WOULD . . .

Keep a Journal

Maybe you already do this, but I want to challenge you for the next 30 days to keep a daily, purposeful journal. Here is how that works.

First, set aside time each day for journaling. This can be first thing in the morning (great for planning), last thing before you go to bed (perfect for gratitude), or even right after lunch. It does not matter so much what time, but that you make an unbreakable appointment with yourself, and that you commit to doing the work—even when it feels hard or uncomfortable.

Next, rather than just random thoughts and events, try answering specific questions each day. This type of journaling helps you maintain focus and will allow you to look back later and know exactly what works, what does not, and where you might want to focus your energy.

Some questions to ask each day include:

1. What was the best thing that happened to me today?
2. How did I make someone else's day better?
3. How could today have been better?
4. What is the one important thing I want to get done today?
5. What is one thing I did today just for me?
6. Who made me smile today?
7. What has been my biggest achievement this week?
8. Fast forward to next year. What has changed about your life or your business?

You do not have to answer each question every day, and there may be others you would like to add to your list. Have fun with it and use your journal as a source of inspiration and reflection. Look forward to what you hope to achieve, and backwards at how far you have come.

Taking note of recurring themes in your journal is a powerful way to discover your true passion. If the best thing that happens to you every day is that you served a beautiful dinner to your family, then being a mom and a great cook is one of your passions.

Workbook: How to Create the Business and Life of Your Dreams!

On the other hand, if your day could have been better if you did not have to struggle with your accounting software, clearly bookkeeping is not something you want to pursue.

Another thing to include in your journal is gratitude. Every day, you are surrounded with reasons to be grateful. It did not rain until after your son's last baseball game of the season. You remembered at the last minute to take your new sweater out of the dryer and avoided disaster. That cold you felt coming on yesterday passed you by after all.

By noting the small (and large) things you are grateful for, it will help keep your attitude positive, and when you are happy, you are more open to discovering your life's passions.

One last point about journaling—embrace your creative side. Many people love to journal on a computer. The computer makes writing fast and it is with you everywhere. But it also tends to be cold and impersonal.

Rather than using a bland old Word or text document for your daily journaling, consider creating a pretty paper journal instead. Buy pens in many colors, and fill your journal with not just words, but pictures and doodles and anything else that makes you happy. Collect fun stickers to add to your pages, use sticky notes for important points, and even tuck a photo or two into your updates to remind you of what you have achieved.

Remember, your journal is for your eyes only, and you will be more likely to use it if it is as colorful and unique as you are.

Exercise: My Daily Journal Questions

In the space below, brainstorm the questions you will be the topic of your journal. Use the examples above or write some that have special meaning to you.

MY DAILY JOURNAL QUESTIONS BRAINSTORM

Exercise: Create a Journaling Space

Journaling should be fun and inspiring, not dry and boring. It is not a college essay, but rather a tool to help you discover your deeper truth.

Along with your notebook, collect your other journaling supplies and tuck them away in a beautiful bag you can easily pull out when it is journaling time. Be sure to include:

1. **Brightly colored pens**
2. **Sticky notes**
3. **Pencils**
4. **Stamps and stickers**
5. **Erasers**

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What Others Think

When it comes to finding your true purpose and passion, what others think might seem like the last thing you should consider. But the truth is, what others think of when they think of you can offer valuable insight into your unique genius. And once you find that, your passion will not be far behind.

So, think about the questions your friends and family and even Facebook acquaintances ask of you. Do they come to you for assistance with their family finances? Writing a resume? Organizing the kitchen?

Are you a sounding board for dating troubles? Called upon for career advice? Consulted when the family dog will not quit barking?

Whatever it is your friends and family rely on you for, they do not do it out of loyalty or because they do not want you to feel left out. They do it because they value your input and opinion. They know that you have not only a natural talent, but **a passion** for what you do.

Exercise: Discover Your Superpower

MY JOURNALING SPACE INCLUDES:

Not sure what others think? Ask them.

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But do not just ask them what they think you are good at. Ask them what your superpower is. Everyone has one, and when you discover yours, you will very often find it is closely related to your passion.

Superpowers can be anything. Maybe you are a good connector of people, with a knack for matching complementary businesses. Perhaps you are amazing at creating healthy meals even confirmed junk-food addicts love. Maybe you are simply a great listener who can help a friend through a crisis.

Ask your friends, family and colleagues what they feel your superpower is. The answer might just point you to your passion.

MY SUPERPOWERS ARE:

Looking Back

There is a viral video of a couple who—at the hands of a talented team of makeup artists—are made to look decades older than they are. As they “age” from 30 to 40 to 50 and beyond, they get a glimpse of each other as they might look in the future. For a moment, they get to experience what it might be like to grow old together, and what their life may have been like.

Imagine yourself at 90 years old, looking back on the life you have lived. Mementos of the past surround you. Photos line the walls, your shelves are filled with trinkets and souvenirs, and your heart is filled with memories of a life well lived.

Your children are accomplished, and their children are happy and healthy. Your great-grandchildren are just starting to experience life for themselves, and if you are very lucky, they love nothing more than to hear the stories of your life.

Exercise: Write Your Autobiography

Write your memoirs from the point of view of your older self. Do not worry about your creative writing ability, and do not stumble over spelling and grammar. Just spend some time imagining how you would like to feel at that age, as you look back on your life.

Pay special attention to the events that made you feel powerful and gave you the greatest sense of accomplishment.

Did you do anything that changed someone else’s life for the better?

Who did you have a positive impact on? How?

What was your favorite year? What happened?

What do your children say is the most important lesson they learned from you?

What is your favorite memory?

What do you look back on fondly?

What was your greatest accomplishment?

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If this feels too overwhelming for you, try breaking your life down into decades, and cover the most important points of each. You can always fill in more details later.

NOTES FOR MY AUTOBIOGRAPHY

Did you do anything that changed someone else's life for the better?

Who did you have a positive impact on?
How?

What was your favorite year? What happened?

What do your children say is the most important lesson they learned from you?

What is your favorite memory?

What do you look back on fondly?

What was your greatest accomplishment?

Get Out of Your Office

In “The Artist’s Way,” author Julia Cameron reminds us that creativity cannot survive in a vacuum. She recommends writers and others spend time in nature, visiting museums, and other activities that “refill the well.”

When it comes to discovering your life’s purpose, you will want to get out and try new things as well. Now is the time to try out all those things you have thought you might enjoy but never got around to doing.

Take a yoga class.

Train for a marathon.

Learn to design jewelry.

Only by trying out a variety of activities will you find those that bring you joy—and eliminate those you never want to do again.

Exercise: Plan for New Experiences

Start a list of things you would like to experience. This can be a living document that you continue to add to as innovative ideas come to you. It is also the document you will refer to as new opportunities present themselves.

But do not just list things. Decide. Then follow through by acting. Add at least one new experience to your calendar every month, then do what it takes to fulfill that obligation with yourself. You might just discover a favorite new hobby or meet your new business partner in that yoga class. But at the very least, you will be refilling your own well.

NEW EXPERIENCES I WANT TO HAVE

■	My Plan: Date Completed:

Chase Those Shiny Objects

Ask any business coach the secret to a better business, and they will tell you it is focus. To be distracted by other opportunities or ideas is to dilute the power of your core business.

While this can be true in many cases, it can also cause the purpose-seeking entrepreneur to freeze in her tracks, unwilling to move in any direction for fear of choosing the wrong one. Much like the college graduate who feels trapped in a job she hates, simply because that is what she knows, you will only end up hating your business and wishing for a day job again.

Rather than wearing blinders to keep you laser focused every moment, take some time to explore other possibilities. Look for complementary ideas that are a natural match for one another.

For example, one prolific and in-demand jewelry designer turned years of teaching and a passion for jewelry into a wildly popular training program for up-and-coming designers. Now she divides her time between creating stunning engagement rings and teaching others how to have a business they love.

Had she remained focused only on jewelry design, she would still be popular, and still doing what she loves, but the addition of the training course allowed her to find her true passion.

Do not be afraid to follow that winding path from time to time. You never know what you might discover around the next bend.

Exercise: Create a List of Future Projects

Productivity gurus call this a “someday” list. It is the projects and plans you want to do, but not right now. Much like your new experiences list, this is a living document where you will record every new project that crosses your mind.

Some will be good. Most will not. But that is okay. The point is to not close your mind to the possibilities.

MY SOMEDAY LIST



Exercise: Evaluate

One at a time, the various exercises in this guide will help you find those moments of true joy, where your mind and your spirit soar, and you begin to feel as if you are truly reaching for your life's purpose.

But when looked at as in totality, you will begin to see themes emerge that will point the way to what you really want to do with your life.

Look back over your journal, your autobiography, your brainstorming session, and your superpower list, and ask yourself:

What recurring theme pops up frequently? (Examples of themes might be technology, children, crafts, animals, or fitness.)

What superpowers do I have related to that theme?

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What is my favorite activity related to that theme?

How can I spend my days doing more of that, and less of the stuff I am not so fond of?

Next Steps

As you think about what do next, remember that creating the life of your dreams is not a destination. Rather it is a journey. A journey that will awaken aspects of your personality that may not have known existed.

Resource Guide

The Resource Guide lists the people, books, and products that make a difference in our business and our lives as entrepreneurs. These are a few of the resources that we use to build and grow our business. These resources can help you build your authority status.

Many of our recommendations are provided through an affiliate link. This means that we will be compensated and at least one of us has personally used each product, course, or training we recommend and that it has received our "My Biz Dream Team Seal of Approval." At no time, will you ever pay more, and many times we have negotiated a special pricing so that you receive additional benefits through our link at no additional cost.

Hosting Services

[Bluehost: Hosting your website](#)

[Blubrry: Hosting your podcast](#)

Books

Continual learning is the hallmark of a leader and entrepreneur. We are always looking for influential and inspirational books to expand our knowledge and awareness.

Kevin Kruse, [15 Secrets Successful People Know about Time Management](#)

Darren Hardy, [The Compound Effect: Jumpstart Your Income, Your Life, Your Success](#)

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Grant Cardone, [The 10X Rule: The Only Difference Between Success and Failure](#)

Daniel Goleman, [Emotional Intelligence: Why It Can Matter More Than IQ](#)

Daniel Goleman, [Focus: The Hidden Driver of Excellence](#)

Michael Hyatt, [Platform: Get Noticed in a Noisy World](#)

Training

Dexter and Pamela Montgomery: [The Strategic Pathway to Success Program](#) This comprehensive program helps new online entrepreneurs avoid the massive mistakes that keep them struggling.

Dexter and Pamela Montgomery: [Special Report and Training Guide: The Podcasting Power Playbook](#)

Dexter and Pamela Montgomery: [Special Report and Training Guide: Build My Business Dream Team](#)

Connie Ragen Green and Adrienne Dupree: [Top 20 WP Plugins](#) This course takes the mystery out of WordPress plugins. Learn about the ones you need to add to your website to save you time and earn you money.

Connie Ragen Green and Adrienne Dupree: [10K Laser Coaching](#) Be a fly on the wall as Connie and Adrienne conduct private coaching sessions of their clients. Learn from the students' successes and avoid their mistakes.

Connie Ragen Green: [The Genius Hour Interviews](#) Listen to over 12 hours of interviews that give you invaluable insight into the minds of successful entrepreneurs.

PLR (Private Label Rights) Content

This is material created by others that you can buy and use as your own. You have full ownership rights. We typically make a few edits to make it

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sound more like us and then re-brand as our own product. It is a quick and effortless way to get ideas and product for your clients. Below are the people and products that we find most useful and recommend to you.

Ron Douglas and Alice Seba: [Elite Writers Lab](#)

Alice Seba: [DIYPLR \(Free Social Media Tips\)](#)

Melissa Ingold and Nicole Dean: [Coach Glue – Grab Your Free Client Kit](#)

Follow Us

Subscribe to our podcast series on [iTunes: My Biz Dream Team: Opportunity Wednesday Training Series](#)

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Affiliate Disclaimer: Many of our recommendations are provided through an affiliate link. This means that we will be compensated and at least one of us has personally used each product, course, or training we recommend and that it has received our "My Biz Dream Team Seal of Approval." At no time, will you ever pay more, and many times we have negotiated a special pricing so that you receive additional benefits through our link at no additional cost.

About the Authors



We are Pamela Montgomery and Dexter Montgomery, authors, entrepreneurs, and speakers. We are a married couple and business partners.

Our focus is helping new online entrepreneurs **achieve uncommon results** in their businesses and in their lives. We work to help new entrepreneurs avoid the massive mistakes that keep you struggling and feeling overwhelmed. Through our weekly teleseminar training seminar series, [My Biz Dream Team: Opportunity Wednesday Training Series](#) we discuss topics relevant to the new entrepreneur as you build and grow your business.

We want to help you create the business and life of your dreams!

As online marketers for the past few years, we create information products, teach classes online, host a weekly teleseminar training series about online marketing, produce a podcast series, and mentor new entrepreneurs looking to get out of the rat-race.

Prior to starting our online business, we were a typical two-income couple living in the suburbs outside of Washington, D.C.

Dexter has over 30 years of experience in business and finance in the public and private sectors.

Pamela had over 30 years of experience as an attorney. During her career, she served six years on active duty as an officer in the U.S. Army Judge Advocate General's Corps. For 15 years, she was the chief spokesperson of a federal agency and responsible for the educational programming. She has

Workbook: How to Create the Business and Life of Your Dreams!

made hundreds of presentations as she traveled across the country representing the agency at numerous meetings, seminars, and conferences. I (Pamela) just love to teach!

We were each working 65-70 hours a week in office jobs and wanted to find a way out of the rat race. By owning an online marketing business focused on helping other entrepreneurs and investing in real estate, I (Pamela) could retire from my office job.

Now we are just that much closer to fully living the life of our dreams. Pamela is now able to work from home or anywhere in the world.

We both love to travel and explore new and interesting places. Now we have more time for travel and to work with the non-profit organizations that we support.

Our Motto: Do What You Do Best, and Let Your Team do the Rest

We would love to talk to you about the issues that you face as a new entrepreneur. You can use the information below to contact us.

dexter@mybizdreamteam.com
pamela@mybizdreamteam.com

Or you can follow us on social media or respond to one of our emails. We would love to hear from you!

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