



**The Little Guide
To Figuring
Out Your Dream**

This will help you start

The Little Guide To Figuring Out Your Dream

By Kimanzi T. Constable

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Greetings! My name is Kimanzi!

If you haven't heard or read my story somewhere, you can read the full story below.

I just wanted to say HI and tell you I wrote this guide because figuring out my dream was something I really struggled with.

Even after I thought I had it figured out, I had to be honest and admit I hadn't figured it out yet.

So I'm here to ask you not to get discouraged if you can't figure it out right away, you will figure it out and you'll crush it!

In order for you to get the most from this guide, you have to be honest with yourself, you have to be willing to put in some serious thought, and you have to be flexible.

If you need any additional assistance, please don't hesitate to email me at Kimanzi@talesofwork.com

Sometimes It Just Takes 12 Years

Are you a morning person? Most people aren't but I had no choice but to be. For years 12 years I got up at midnight to deliver bread.

When I was 19 years old it was great but as I got older and had a family, getting three hours a sleep a night wasn't cutting it.

Here's the problem with that though: I didn't have a college degree or any special skills, so I asked myself repeatedly, what could I do?

I dealt with it for as long as I could until three years ago, which was when I said enough is enough. For about two weeks I told everyone who would listen that I was changing my life and chasing my dreams.

After those two weeks, the doubt and fears started to creep back in and I started to justify things to myself. I told myself I was living a good enough life.

It wasn't until an entire year later that things at my job forced me to take action. During a rough patch where I was worried about losing this job, I fell back in love with something that I had lost, a love of writing.

I wrote about everything that was going on, the good and the bad and all the emotions that were running through my head. After about two weeks of writing away, I looked down to a full notebook.

It was in that two-week period that I ran across the incredibly inspiring story of Amanda Hocking. When I saw what she did, I started to believe I could turn my collection of thoughts into an eBook and self-publish.

I didn't have enough money to pay for all of this because I was living paycheck to paycheck, so I worked as much overtime as possible to pay for my dream. The day that I hit that goal amount, I cried. My dream would finally become a reality.

I knew in order for this to be successful I would have to tap into social media, up to that point I completely resisted. So I signed up for every social media account possible and started promoting hard.

The way I marketed my first book could best be described as spamming, I tried to cram the book down people's throats, and it was not well received.

The day the book came out I expected to see at least 100 sales from friends and families, they had all promised. So when I logged onto Amazon, I was shocked to see a big fat ZERO!

As the day went on I kept logging back onto Amazon and seeing the same result, no sales. I got depressed and bitter and started calling people out on social media, I lost all my friends and followers that day.

After watching my dream crash and burn, I didn't even touch a laptop for two weeks. It took my wife and some good friends to show me that I had gone about this all-wrong.

I was so focused on leaving this job that I hated that I lost sight of my true calling: helping people stop settling, stop making excuses, so that they can live the life of their dreams.

During those two weeks a 19-year guy contacted me and said he could identify with my story and wanted my help.

Even though I didn't have any schooling or training, I helped him figure out what his dream job was and create a plan to make it a reality. He got that job and is still going strong today.

After helping that young man, I found my calling, I found my dream. From that point on I told myself that if my book didn't sell a single copy, I would still help people in anyway I could.

Once I stopped focusing on the money, I focused on the message and truly became a writer. I wrote blog posts that were dedicated to helping people. People started to respond to the writing and started to share my content.

As word started to spread here and there, a few people bought my book. Those people shared the book and more people bought it. It was three months later when I logged back onto Amazon and got the shock of my life when I saw that I had sold thousands of copies.

As they say, the rest is history. I self-published a second book, this time I used some actual strategy and focused on the message. To date both books have sold over 80,000 copies.

The books got so much exposure that I was offered several publishing contracts. My first published book hit the bookstores May 1, 2013.

The picture below was the first time I saw my first traditionally published book on the bookshelves at Barnes and Noble.



As if all of this wasn't enough, I got invited to speak at some conferences but I was terrified of speaking in public. My wife and those good friends convinced me that this was another way to spread the message, so I went to Huntington, West Virginia.

After that first conference I realized speaking was right for me, so I went after it. I have since spoken at events in 11 states and six countries. I spoke in Israel this past February and was in tears!

What started off as frustration has turned into a message and now a movement that I have taken all over the world. So what's the moral of this story? You can live the life of your dreams!

This can be your story too!

Three years ago I reached that enough is enough moment and knew I had to change my life. For two weeks I told anyone who would listen that I was changing my life, my dream was to...

I didn't really know what my dream was but I knew I wanted to find out what it was and live it. After a couple



Of days of thinking, I was watching a reality show about event planners and was immediately intrigued.

They had the clipboards, they had the Bluetooth's, they were bossing everyone around, and it looked very appealing to me. So that day on the couch, I determined my dream was to be an event planner, yeah!

I got a chance to put this to the test right away because my sister was getting married and she asked me to plan the wedding (I know you're cringing right now).

It took three whole days into this experience for me to realize being an event planner wasn't my dream.

No one listened or respected me as the event planner and I had no clue what I was doing. This wasn't my dream but not because of the failure, it wasn't my dream because I hadn't taken the time to figure out what my dream really was.

Does this sound familiar?

Fast forward a year and I was convinced my dream was to be an author. I had always loved to write and had an idea for a book, so I wrote the book and self-published it. Finally, my dream was coming together.

The book only sold five copies in the first three months (three of those were to friends). It took that book flopping and that 19-year-old guy to help me really figure out what my dream is.

While writing is part of that dream, speaking, teaching, coaching and consulting are part of that dream, all of that feeds into my dream:

My dream is to help people stop settling, stop making excuses so that they can live the life of their dreams. So all of the things I do are working towards and with that dream. The thing is that it took a while and figuring some things out about myself for me to truly realize my dream.

Lesson #1: Your dream may not be simple, you may have to dig deeper.

One of the most frequently asked questions I get is about help figuring out what someone's dream is. You may even be in the same position or are at a point where you're confused; you thought you knew what your dream was but now have questions.

It starts with figuring out YOU

Dreams are very personally and advice from others can only get you so close, it's all about you and figuring out some things about yourself. Answering a few questions can definitely point you in the right direction:

What did you dream about being when you were younger?

What are some things people always ask you for help or advice with?

What are you good at? Is there something that comes easy for you?

When you close your eyes and block everything out and think about your dream, what do you see?

If money were no object, what would you see yourself doing?

Exercise #1: Take out a piece of paper or iPad or whatever note taking thing you use. Answer these questions honestly; this will be your first step in narrowing down your dream.

Exercise #2: Show this list of questions and answers to someone close to you, someone you really trust. Getting their initial input can be really valuable.

These are a few questions that can help point you in the right direction, if you are struggling, take some time to go through them and really think through your answers.

Lesson #2: Research will help you get closer to figuring things out. Ask, study, think, pray, meditate and do it all over again. The goal is to get some clarity.

Hey, I told you this wouldn't be easy 😊

You probably aren't going to figure it out overnight

I know how frustrating it can be to be stuck in certain situations, just wanting to escape; I was in one for 12 years! The truth is that you could be making a major life change that not only affects you but your family as well.

With a change and decision this big, you probably don't want to rush it. The important thing is that you realize that you want and deserve more for and from your life and that you're taking action steps towards that goal.

Give yourself some time to think things through and make sure you're on the right path. Talk through some of the things you're thinking about with those that are close to you. If you have a significant other, then definitely talk through every part of this process with them.

Lesson #3: You have to be patient. We usually want things right now but your dreams require a lot of patience!

When you talk through this with the supportive (notice I didn't say anybody, stay away from negative people) people in your life, you can get clarity and a fresh perspective. Don't hold it all inside, reach out for support and you'll be surprised.

We're getting closer! Let's recap:

If you want to live the life of your dreams, you have to know what that dream is. For years I wanted to make a change, and truly live but I had no clue what that meant.

Even after I thought I had it figured out, it required a little trial and error to get really clear about my dream.



I hear it all the time and I get it, this “live your dream” stuff can be confusing but once you realize the full scope of what this all means, life will never be the same. Seriously!

If you are struggling with what your dream is or struggling with making sure something is really your dream, you've come to the right place.

It might take some trial and error

When I first decided to take the plunge, I thought my dream was to be an event planner, after trying it out, I realized that wasn't it. I went on to try a few more things and came up empty.

I pray you don't have to try 10 things and come up short but if you do, don't let it frustrate you into quitting. Sometimes things just work out that way but they work out that way for a reason.

As mentioned, figuring out your dreams starts with figuring out yourself. If you go through some trial and error, it might help you figure out some things about yourself that you didn't know.

View everything you go through as a learning experience, learn the lesson, deal with what you have to deal with, and then move forward!

Exercise #3: List out a three times when you thought you had your dream figured out and were wrong. Then list out what you learned from each of those experiences.

You'll be surprised how much wiser you are by going through these experiences. They suck when you're going through them but can be invaluable!

It's more complex than you think

So I told you a little about a 19-year-old kid. He had emailed me and said he read one of my blog posts and was inspired to quit his job.

After I got done talking him off the ledge, we decided to put our heads together and figure out what his dream was and how to make that a reality.

Even though I had no clue what I was doing, I wanted to help. We talked through what he really wanted to do and figured out some options. He did end up finding work that he loves and is still going strong.

After it was all said and done, I realized that I actually helped him and saw my dream fully. It wasn't just things that I did, it was all those things working to help people and add value to their lives.

Lesson #4: Your dream involves your whole life. It's not just the job you have or where you live, it's every part of your life put together in a mixture of things that fit well together. If you're trying to hard to make something fit, then it's probably not a part of your dream.

You may think that you know what your dream is but I want to challenge you to go deeper. What is the full scope of your dream? As Dan Miller would say, what is your vocation?

If you're having problems getting all the pieces of your dream fitting, then look at the whole puzzle, you just might be missing something.

Ok, we've talked about a few things but now it's time to take action:

Do something about your dream

I hope that I've cleared up some questions or confusion. My greater hope and prayer is that things become clear so that you can take action.

I'm super committed to seeing people everywhere live the life of their dreams. I was just talking to a friend today and was deeply inspired to keep spreading this message.

He was talking about where he was at and it was a very similar place I was at, I could feel his pain.

I was able to give him some counsel and direction and I'm super excited to see what he does next, I know he will break free!

I know you can and will break free, you have to, and you are designed for something greater than yourself.

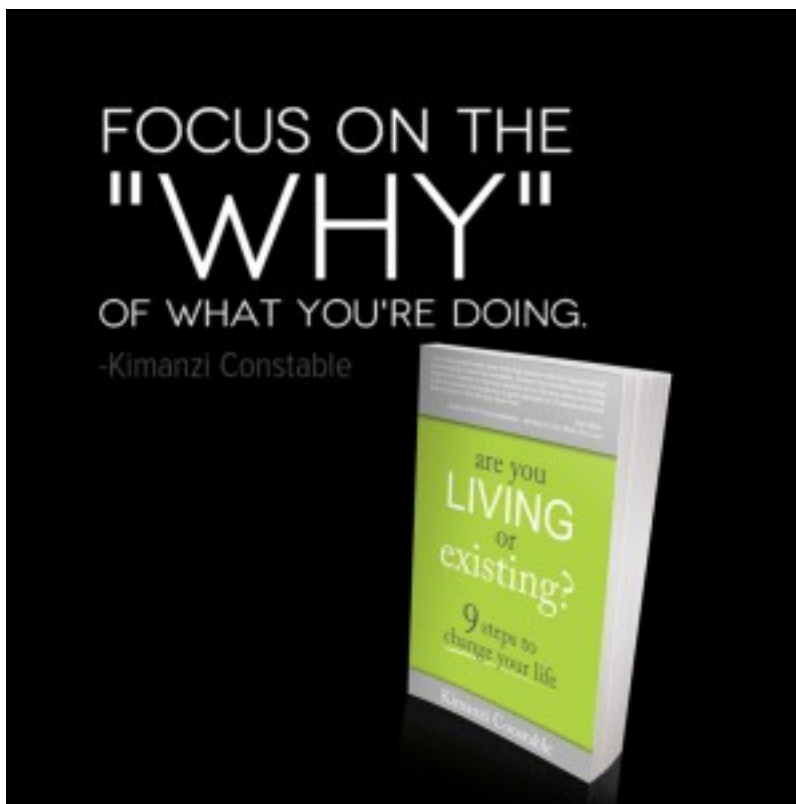
Wherever you are in the journey, stay encouraged, stay inspired and keep pushing forward. Let this be the year that you finally make significant progress on your dreams.

At the end of the day, it all comes down to answering one question to bring your dream together

Have you ever read or seen something amazing and thought, “I’m definitely going to do that?”

MY question to you would be: Why did you want to do it?

As I started to chase my dreams and transition to [truly living](#) I read every blog my eyes could handle. I listened to every podcast I could find about self-improvement on iTunes.



I devoured content and was inspired every ten minutes; it was a blessing and a curse!

As I started to take action and apply what I was learning something happened: it didn't work!

What was going on? I studied, I came up with a plan and the people I learned from were really successful, so what went wrong?

Why is the engine that drives any car

I missed something very crucial; I couldn't answer WHY I was doing what I was doing. I would write a certain way or even use a certain tool because that's what I saw the big shots doing.

I would use social media this way; I would promote my books that way. I started this service or created that product, all because of what others had done with success.

The reason I didn't have success and why you won't either is because I hadn't thought of "why" behind why I should use that tool or why I should do things that certain way.

If I had thought of why I wanted to do this or that, I could have saved myself a lot of valuable time and resources.

Different situations require different actions

Great content and instruction is amazing and inspiring but not all of it is meant for you. You are unique and your dreams are unique, what worked for someone else might not work for you.

Sure you can force it and maybe see a few results but more than anything you're taking time away from a different solution that could work much better for you.

Take great instruction you get and use the process but personalize the implementation.

The simple test with big results

If you see a new idea or something you want to try, perform the simple why test. Before you use that idea, just ask yourself why does it make sense for your situation?

Ask yourself why you think it would work and why it applies to your uniqueness. If you can answer why specifically, then you won't waste your time or take away from a better solution.

It's easy to get fired up from amazing content and it's much easier to just want to copy someone else.

It all comes down to your why

If you are going to figure out and live the life of your dreams, you have to figure out your why behind what you're doing.

You want to do this or that, why?

My dream was/is to write and speak and my why is to help people stop settling and claim that life they truly deserve.

Do you see how that works?

The why fuels the actual method behind it. Now, don't think that your why has to be this big, life saving thing, it can be a lot simpler, just know why you want to do what you want to do.

Once you've gone through all the exercises and applied the lessons, applying the why test will be the finally phase in making sure you truly know what your dream is.

There's no shame in starting again

I want to leave you with one last parting thought. If you go through all of this, and think you know what your dream is but realize you were wrong, there's no shame in going back to the drawing board.

As mentioned, it may take several times to figure out what your dream truly is, the goal is to be crystal clear.

I want to strongly encourage you to not give up, it can and will be frustrating but I promise you it will be worth it.

Live your life on your terms

For the longest time I was stressed about leaving the security of my day job and steady paycheck to the uncertainty of having my dream support my family.

There were a ton of times I was tempted to settle and just stay in my day job even though I knew it was time to move on. I was terrified and I didn't have the courage to admit it to myself.

I was on vacation this past week. I took my wife and kids to a place north of where I live called Wisconsin Dells. It's a small town that's filled with nothing but waterparks and amusement parks, all kinds of fun 24.7.

I went down the slides and roller coasters with the kids, every time I went down one, they were pulling me to another one. It was awesome!

During breaks though I got some much-needed time to catch up on reading. I'm proud to report to you that over the week, I read six books! I learned so much. I just love books!

Sitting there in the little beach area it just hit me like a ton of bricks, was this what I was so afraid of?

Sitting there it hit me what has truly happened by leaving that day job and a life that wasn't "truly living," I'm now living my life on my terms, not the systems.

Now I can't take credit for that word "systems," I read it in the Icarus Deception by Seth Godin.

After reading the book and taking a look at what was going on, the meaning became crystal clear. Living your life on your terms can be described in one word: **FREEDOM!**

Freedom to get up and go on vacation at the last minute and know you're still ok financially. Freedom to do what is most important to you and your family and not what's most important to someone else, that happens to think they own your time.

I was terrified and you might be too but now that I have made the move I can tell you it's 100% worth it. I'm not sitting here telling you everything has gone smoothly without any bumps in the road, they have been there. What I'm saying without a doubt is that it's worth it once you get here.

Are you living your life on your terms?

When you're not, you're constantly stressed and worried that you didn't do this right or take care of that.

This boss or person in charge is going to yell at you or worse, fire you for a number of reasons; some of them might not even be your fault.

All of our dreams are different because they have to be specific and personal to us but the end result is and should be the same: freedom.

I know it can be frustrating reading something like this because you might be years away from living that life of freedom but don't get discouraged.

Really understand what I'm saying and let it motivate you to push even hard, to do whatever it takes to make this kind of life your reality.

If you are on the fence of still believe in the old school theory of security, let this post be the extra nudge you need to get off the fence and start running the other way.

The one takeaway from this post is that you can and should live the life of your dreams, a life of freedom and value. A life that you're living on your own terms, not anyone else's.

Are you currently living your life on your terms? If not, what are you doing about it?

So that's it, you've come to the end of **The Little Guide To Figuring Out Your Dreams.**

I hope you've enjoyed it; I hope it has cleared some things up and pointed you in the right direction.

If you need additional assistance or want some more in depth training/coaching, email me at Kimanzi@talesofwork.com

I coach people everyday and will do whatever it takes to help you live your life on your terms.

See Ya!

