DARE YOURSELF TO DREAM II

WOMEN'S EMPOWERMENT CONFERENCE

MARCH 7, 2015

PRESENTED BY: GI HOLDER INITIATIVES, INC.

Agenda

10:30 a.m.: *Welcome Address* **Ms. Georgiana Holder**-President of GI Holder Initiatives, Inc.

BELIEVE

11:00 a.m.:.- The Dream Makers Chat

Ms. Cheyenne Ross– Blogger and Student Ms. Aisha Hinton– Registered Nurse

11:40 am:- Dare to Dream Panel

Ms. Amy Ross– Financial Executive Ms. Heather Hughes- Celebrity Image Stylist

Break

VISION & COMMITMENT

12:30pm:- *My 2015 Vision and Growth Plan* 2:30pm:- *Closing Reception and Networking*



WHATEVER YOU CAN DO, OR DREAM YOU CAN, BEGIN IT!

BOLDNESS HAS GENIUS, POWER AND MAGIC IN IT.

- GOETHE



According to Denis Waitley, Personal Development is the belief that <u>you are worth</u> the effort, time, energy needed to develop yourself. Believe me <u>you are worth it</u>! I am so glad you are here today.

-Georgiana Holder

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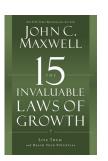
A HEART OF GRATITUDE

List 3 things that happened to you since January 1, 2015.

- 1. 2.
- 3.

Capture Your Notes Here

Quotes by John Maxwell



People say there are two great days in a person's life: the day you were born and the day you discover why. I encourage you to seek what you were put on this earth to do. Then pursue it with all your effort.

You are worth investing in.

Listen to your heart. Pay attention to what you love doing. Nobody ever got ready by waiting. You only get ready by <u>starting!</u>

A minute of thought is worth more than an hour of talk. ready by <u>starting!</u>

Motivation gets you going, but Discipline keeps you growing.

If you put a small value on yourself, rest assured the world will not raise the price. Remember, in the end, it isn't what you are that holds you back,; it's what you think you're not.

Vision Board

A **Vision Board** is a powerful visualization tool that you can use as inspiration for your journey toward accomplishing your dreams.

You'll need:

- a posterboard,
- a stack of old magazines
- scissors
- markers
- glue, tape, thumbtacks or pins
- a photo of yourself (optional)



<u>Step 1</u>: Take a moment to reflect on your big goals and dreams. What do you want your ideal life to look like?

<u>Step 2:</u> Cut out images and words from magazines that represent the life you want to live.

<u>Step 3:</u> Freely, paste the images and words on your board. You can also use your markers to write your personal mantra or favorite quotes onto your board.

<u>Step 4:</u> Review and reflect on your vision board and answer the questions below.

Reflective Questions

- 1. What have I learned about myself from looking at my Vision Board?
- 2. Am I ready to live my dreams?
- 3. Does anything on my Vision Board surprise me?

- 4. What's working and not working in my life?
- 5. What will I do differently?
- 6. What do I need to let go of to get what I want?
- 7. Who do I need to be to achieve my dreams?

8. Based on my Vision Board, what quality will I commit to developing this year?

Assignment

Take a Picture

⇒ Take a <u>picture</u> of your completed <u>vision board</u> and email it to us along with your commitment statement.
Email: dareyourselftodream@gmail.com

Remember -Consistency is the key!

- ⇒ Keep filling your Gratitude Jar
- ⇒ **Read or listen to something positive everyday. Great sources:** The Bible, YouVersion.com, Think and Grow Rich by Napoleon Hill, www.goodnewsnetwork.org , odb.org, DaniJohnson.com
- ⇒ Listen to these great motivators on YouTube Myles Monroe, John Maxwell, Joyce Meyers, Zig Ziglar, Les Brown. Call into Les Brown's Motivational call every Monday at 8pm- dial 712-432-7606 x623383

<u>Share</u>

 \Rightarrow Share what you learned today with someone else. Pass it on!



All things are possible!

SAVE THE DATE

SATURDAY, JUNE 6, 2015



VOLUNTEER

We need you!

Sign up to Volunteer with the Dare to Dream Staff.

CONTACT US

Dare Yourself to Dream Conferences

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- www.giholder.com