

GROWTH GUIDE

*KNOW YOURSELF BETTER TO
GROW TOWARDS YOUR GOALS*



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INTRODUCTION

**A DREAMER IS A VISIONARY LEADER
COMMITTED TO THE PROCESS OF ACHIEVING
BIG GOALS.**

Dreamers experience *self-doubt, over-thinking, analysis paralysis, uncertainty, and procrastination*. all because **FEAR**.

This guide will help you become aware of your current position, so you can be strategic and intentional about what you do to grow towards your goals.

In this this workbook you will:

1. *Define Success*
2. *Define your Dream Lifestyle*
3. *Discover the 5 traps you need to avoid to grow*

Be **honest** and **specific** as you go through this workbook so you can take effective action.

Trevón Gross Jr.

WHAT IS SUCCESS TO YOU?

How do you define success? This definition should be purpose-driven not position-based.

For me, I define and measure success by the number of people I help grow and impact.

Write your definition of success below. Be specific with your answer.

WHAT IS YOUR DREAM?

What is your biggest goal?

Define your Dream like a word in the dictionary.

For me, My goal is to help 100,000 dreamers achieve their personal or professional goals.

Write down your personal or professional goal. Be specific.

CYD VISION

**Develop 100,000 Visionary Leaders That Have
An Impact On Communities & Culture**



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WHAT IS YOUR DREAM LIFESTYLE?

**How do you want to live your life?
Your life is more than just achieving a goal.
Your Lifestyle should be purposeful.**

*For me, I want to add significance every day of
my life and feel fulfilled.*

Write down your dream lifestyle. Be as specific as
possible.

CYD MISSION

**WE EXIST TO COACH DREAMERS TO
ACHIEVE BIG GOALS FOR A LIFE OF IMPACT**

WHAT IS YOUR BIGGEST OBSTACLE?

**What's stopping you from being successful?
For every success, there is an obstacle.**

Write down what stops you from achieving the
success you desire. Be honest and be specific.

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5 TRAPS TO AVOID

FOR EFFECTIVE PERSONAL GROWTH

Personal growth is the key to your success.

You have to change in order to reach the level of success necessary.

If you want something you never had, you will need to do things you have never done.

There are 5 personal growth traps that can keep you from your goals.

These are traps that I found myself in and got myself out of and *I am sharing them with you so you **learn from my experience without going through the pain.***

Could any of these be holding you back from the success that you know in your heart you are capable of?

Let's find out together.

Trevón Gross Jr.



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The COMFORT Trap

The comfort trap is evident when there are beneficial tasks and/or responsibilities that you **do not do** because "*you don't feel like it*" or "*it's not a big deal*". Let me tell you with love, your complacency is disobedience in God's eyes. It's time to make a decision to grow.

WHAT AREA(S) IN YOUR LIFE ARE YOU COMFORTABLE IN?
WHAT CHANGES CAN YOU MAKE?

The CONSISTENCY Trap

The consistency trap is evident **when you are bored doing things consistently resulting in a lack of growth.** This applies to every area of your life individually. Life should be lived not just experienced. It's time to get excited to live.

WHAT AREA(S) IN YOUR LIFE ARE YOU BORED WITH?

The CONFIDENCE Trap

The confidence trap is evident when ***there is not enough or too much confidence; resulting in a lack of personal growth.*** *The absence of confidence is the birth place of dependency. Too much confidence can lead to prideful mistakes. It's time to get your confidence in order.*

WHAT AREA(S) IN YOUR LIFE IS THERE NOT ENOUGH CONFIDENCE AND/OR TOO MUCH CONFIDENCE?



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The COMMUNITY Trap

The community trap is evident ***when you are contact with people pulling you away from your success or have you in neutral.*** Your friends should motivate you and push you toward success with *encouragement* and *accountability*.

**NAME THE PEOPLE THAT SUPPORT YOU AND
THE PEOPLE THAT DO NOT SERVE YOU.**



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The COMPARISON Trap

The comparison trap is ***when you are paying attention to other people's lifestyles; resulting in a lack of personal growth.*** Every one has a process in order to be successful. It is always best to focus on your process.

WHO ARE YOU COMPARING YOURSELF TO THAT IS NOT HELPING YOU? WHAT CHANGES NEED TO BE MADE?



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DREAMER REFLECTION

After reflecting on the different traps.

Write down **3 action steps** that you will take today.



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Hey Dreamer,

I created the Growth Guide because *I wanted you to start the process to personal growth.*

With this completed guide, ***step one is done because now you are aware of where you are.***

The next steps to growth to achieve your goals are up to you! I pray I earned your trust because I do want you to win in your life.

My purpose is to help you become the best version of yourself and step into your calling.

See below how we can do that together on the next page.

TREVÓN GROSS JR.

LET'S GROW TOGETHER

DREAM LIFESTYLE PODCAST

LEADERSHIP PODCAST ABOUT
GOALS, MINDSET, AND SELF-LEADERSHIP
EVERY FIRST AND THIRD MONDAY



**THE
BUILDER'S CIRCLE**
ARE YOU READY TO BUILD YOUR DREAM LIFE?



IT ALL STARTS WITH A
FREE DISCOVERY CALL

HAVE QUESTIONS?
EMAIL INFO@CRAFTYOURDREAM.ORG

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