



good
Butter
best

Session 1: Growth Cycle of a Dream

Genesis 37:18-33

A “dream beyond self” is defined by people who were able to look beyond their own imperfections, pains, and problems to see a nonexistent world brought into reality—dreams so big they outlasted the dreamer. In this session, we will look at the growth cycle of a dream and answer the question, “Can big dreams become reality? If so, is it automatic or process?”

1. What is your personal definition of the word *dream*?
2. What dreamers inspire you?
3. What is *your* dream? Family, career, school?

Dreams are not automatic. Dreams run in cycles and the growth cycle of a dream is:

Thought➡Decision➡Believe➡Action➡Reality

The process from a thought to reality lies in this simple definition: When an idea of what *can be* turns into a compulsion of what *must be*, you have birthed a dream, which then becomes your reality.

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Key Scripture:

Proverbs 23:7

Opening Remarks:

Thoughts are the fundamental level of a dream's origin. Everything begins with a simple thought. "I think ..." "I think I can." "What do you think about it?" If thoughts are so important, where do they originate? How many thoughts does a person have in a day? What thoughts should be kept and what thoughts should be spoken? All of these questions affect a person's goals and desires because, as Solomon wisely said, thoughts are the essence of what a person will become.

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Questions:

1. Describe yourself in three words. Are these thoughts a part of the 80 percent negative or 20 percent positive?
2. Consider the concept of managed intake. What are some things you need to toss out of your life in order to focus on the important things?
3. Think also about a winning mindset. What do you see yourself winning at?

Concluding Remarks:

It's important to restructure your thought life in order to produce new, positive thoughts and to become a positive person with fresh outlooks. Therefore, place high value on new ideas and thoughts.

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Session 3: Good Decisions

Key Scripture:

Joshua 24:15

Opening Remarks:

The good. The bad. The indecisive. The good is when you own your decision and live with the outcome. The bad is when you make the decision, but instead of owning it, you play the blame game: "It's not my fault!" Indecision is the worst because in pursuing impossible perfection, you become paralyzed.

Watch Session 3 Video

Questions:

1. What is the biggest in-or-out decision you've ever made?
2. Who is your: (1) mentor (2) encourager (3) confronter (4) intercessor and (5) partner that you connect with in life?
3. The step between prudence and fear is short and steep. Prudence climbs in the car and snaps on the safety belt; fear won't even get in the car. Prudence washes with soap and disinfectant; fear avoids human contact. Is there an area in your life where you need to be more prudent?

Concluding Remarks:

Making decisions is one of the most difficult yet rewarding things people can do. Every journey requires decisions. So here's a question for you: Are you in or out? It's time to decide. And when you do, own it.

NOTES:

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Session 4: Belief = Actions

Luke 13:6-9

Belief is always tested. It's one thing to talk about your dreams and beliefs; it's another to do something about them. The only real measure of belief is action.

1. Do you believe so strongly in what you're doing that you're willing to draw a line in the sand?
2. What does a line in the sand look like for you?
3. How much time do you spend on what matters the most?

Five frogs were sitting on a log. Four decided to jump off. How many were left? Answer: five. Why? Because there's a difference between deciding to do something and actually doing it. Those who deliver results live on their performance, not their potential.

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Session 5: New Reality

Key Scripture:

Psalm 147:3

Opening Remarks:

What do you do when you've thought, decided, believed, and acted and now reality shows up and changes everything? In this session we will walk through the three-phase model to process change: (1) ending (2) neutral zone (3) new beginnings.

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Questions:

1. Have you ever been slapped in the face by a wave of reality? Tell your story.
2. What strategies did you find that helped you change from a “river rider” to a “mountain climber”?
3. What are some of the most important lessons you’ve learned about change?

Concluding Remarks:

Whether you're winning or losing, do it with grace and humility. Everyone has setbacks. Push the reset button and start climbing. Everything God placed inside of you is still there. You have what it takes to rebuild, so don't give up. Don't let hope die. Keep dreaming and remembering why you do what you do.

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Session 6: Hot Potato

Key Scripture:

Proverbs 7:6, 9; 8:9; 9:25; 9:26; 14:1-2

Opening Remarks:

No one has ever progressed to their present position in life without someone else paving the way for them. You aren't responsible for knowing everything, but you are responsible for sharing everything you know. There are people around you desiring to "do" life with you, glean from you, and emulate you. So pour into them and reproduce yourself.

Watch Session 6 Video

Questions:

1. Describe one person in your life who paved a way for you.
2. What person are you paving the way for?
3. What transition do you need to make to change from a road traveler to a road builder?

Concluding Remarks:

There's always another mountain to climb, pages to be turned, chapters to be written, and lives to be touched. Live life to the fullest. Let your life be full of passion. Carpe Diem—seize the day! Maintain your integrity. And don't forget to enjoy the journey.

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