**PATH OF DREAMS GUIDE**

The Path of Dreams is a board game that inspires and supports you to realize one of your goals.

The game has:

* a board where you formulate your dreams and
* cards that help you formulate and achieve your goal
* a token to keep you inspired in your journey
* and the Book of Dreams

There are 3 types of cards:

* ***Major Arcana Cards -*** Dream, Personal Manifesto and Goal cards where you outline your goal. You write on them and put them on the board!
* ***Minor Arcana Cards*** - a set of complimentary cards for each Major Arcana card which help you outline your goal and streamline your energy to superpower your goal
* ***Step Cards -*** on those cards you write down each step you take towards your goal to mark the path towards your goal, You write on them and put them on the board!
* ***Evaluation card -*** you write on it at the end of the process to help you honor your path, You write on it and put it on the board!

There is a **Book of Dreams** along with the game which outlines everything that works when it comes to realizing goals and making dreams come true.

 **The game has 2 main phases:**

**DREAM CREATION** - in this first phase you will formulate your dream.

You use the board, the Major Arcana cards and the Minor Arcana cards formulate your goal in a way that inspires you. The Minor Arcana cards contain guiding questions and instructions which help you craft your goal. The Major Arcana Cards is where you write the aspects of your goal.

**PATH TOWARDS THE DREAM** - in this second phase you will walk the path towards your goal.

Now that you have set your goal, each week make a step towards the goal and write it down in the step card and place it on the board.

**STEPS FOR CREATION OF THE GOAL AND WALKING THE PATH:**

**Step 1: Dream Card - Vision**

Start with the Dream Card - Vision. It is the context in which you will set your goal. Think of it this way - your dream is a timelifess vision of your ideal career or life. In order to make it come true, you need to tune into it and achieve a goal which will bring you closer to that vision. The secret is to tune in + move one step forward. Afterwards everything unfolds.

**Step 2: Personal Manifesto Card - Purpose**

Continue with the Personal Manifesto card. It is the statement of who you are - in your life and on the path towards your dreams. These are the values, personal rules and beliefs you need to remember when you lack energy, motivation or you have distractions.

You have 4 complimentary cards to help you create your personal manifesto. Each one represents a key aspect of the manifesto and gives you guidance. You can take words directly from the cards or use your own words.

**Step 3: Goal Card - Project**

Continue with the Goal card. In this step you move from the general vision - the Dream, to a specific goal related to this dream. This game is designed for career goals, akthog the algorithm works in any area of life. Here are some suggestions and of course you are welcome to come up with your own ideas:

* Career change (change of industry, role, organitoons, culture)
* Growth (develop a skill, mindset, mastery);
* Mindset and hearset (confidence, assertiveness,healthy belief about success);
* Financial wellbeing
* Discovery and realization of your calling
* New opportunities

You have 4 complimentary cards to help you set your goal as your project. Use them as guidelines to set your goal.

**Steps 4,5,6,7,8, 9- Steps Cards**

Once you have defined the vision, your manifesto and the goal like a project, it's time for the most important part - **weekly steps!**

At least once a week, take a step toward your goal. It is important for each step you take to put one step card on the board - this is what keeps you motivated and visualizes your progress. Write down in a few words or a sentence what the step is. You can also draw a symbol and just put it on the board.

**STEP 10 - The Evaluation Card**

Once you've taken the 6 steps towards your goal, it's time to see what you've accomplished, what the lessons are. It is important to see and appreciate what has been achieved so far, no matter what it looks like from the outside. Often the greatest treasures are the lessons along the way.

**GOAL SETTING SECRETS AND GUIDELINES FOR MAKING DREAMS COME TRUE**

Dreaming is an art. Are there rules for dreams and goals? When a dream is born, there are no rules. But there are some very useful guidelines for setting and achieving goals, outlined below:

**1. Unwavering faith**

Focus on strengthening your faith, and remember that it is beyond the mind. The source of faith and confidence is elsewhere - in the heart. How can what "doesn't work" work? Focus on your dream not on what is now. Tune into the reality of your dream - even in the hardest moment, know it will come true.

**2. Happiness**

If a person expects to be happy after the fulfillment of their dream, it is more likely that it will not come true. They have a much better chance if they are grateful and full of joy along the way and find something to admire every day. Making a dream come true is much easier when we are happy in the present. We challenge you to experiment and check the results yourself.

**3. Emotion**

In order for the dream to happen, experience the emotion as if this dream is already a reality. Hold that feeling and come back to it every time you need it. Always be connected to the feeling of a dream come true - even if it doesn't happen easily in the beginning, the practice of this principle creates miracles. Bur be careful your emotions should not be like an ocean during hurricane, but more like a calm lake.

**4. Detachment**

Here is a paradox - the more unattached we are to the result, the better our chances of success. Free yourself from thinking about the possible and impossible developments of events and let yourself be surprised. The samurai used to perform the “death meditation” visualizing and almost experiencing their death. After such meditation they would enter battle calm and have much greater chances of winning.

**5. Precision**

Language is magic! It is extremely important how we arrange and choose the words to formulate our dream. Formulate the ultimate goal, not the path to it (For example: “I travel the world”, not “I want more money.” Money in this case is a means, and the goal is important here). Let it be in the present tense and positive form (For example: "I have a satisfying job" instead of "I do not want this job").