

DREAM IT, DO IT, LIVE IT!

9 EASY STEPS TO MAKING
THINGS HAPPEN FOR YOU



RICHARD NEWTON
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Dream It, Do It, Live It

**9 Easy Steps to Making Things
Happen for You**

Richard Newton and Ciprian Adrian Rusen



Illustrations by Laura Dumitru

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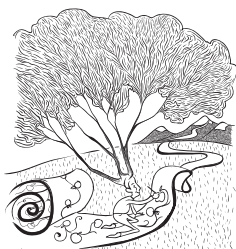
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*To those who dare to follow their dreams, no
matter how hard they are.*

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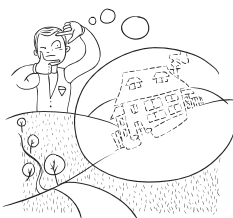
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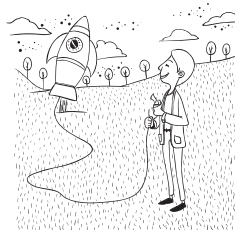
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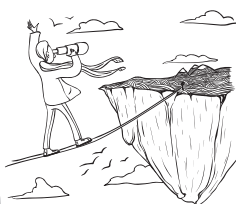


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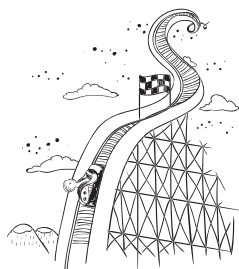
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**WELCOME TO
DREAM IT,
DO IT,
LIVE IT!**





Why Read this Book: What's It about and How will It Help You?

Here is a simple model for achieving dreams. Maybe you have a dream, but do not know how to achieve it, or maybe you want help or just a bit of structure to start living your dream. Either way, this book is for you.

The approach in this book works. It is based on well tested principles and approaches used all over the world by project managers and other professionals whose job it is to make things happen. We have taken the most useful tools, advice and experiences and distilled them into a concise, practical guide for everyone. There is some explicit theory in this book, but much more is hidden below the surface.

The book is a tool. It can be referred to repeatedly as you make your way towards your dreams. We like the fact you dream, but we want to take you further – from dreaming it, through doing it, to living it.

The approach in this book has been used in real life. The book includes real-life examples and dreams of people who have applied the steps as they are described. Four normal people had the courage to share their dreams with us, apply our recommendations and share their learning and experience. Their personal adventures are one of the most useful parts of the book.

The advice is easy to understand and apply. This is not a long book, but it includes the most important principles you need, the most important questions to ask yourself, and the most important steps to follow in an easy to use format.

Reading this Book

This book is written as a guide for anyone who dreams and really wants their dreams to become reality. It is a workbook



that will act as your mentor as you go through the process of achieving your dream. The guidance is based on the 9 step approach we have designed based on our experiences, to help everyone achieve their dreams.

Each of the 9 steps has a chapter which we suggest you read through and then work on your dream. There is an important word in the last sentence – *work*. Because this book does not pretend there is some magic that can make you achieve your dreams by belief alone. Achieving your dream takes effort, but it is the sort of effort that everyone can do if they go about it in the right way. This book shows you the right way. It is realistic, achievable and friendly.

Of course, you can read the book end-to-end in one sitting. It's not an overly long book. However, we suggest you don't think of it like a novel to be experienced, but treat it as a tool. And like a tool, you should read it as you progress and when you need to use it. If you are the sort of person who likes to be really thorough, and wants to get the most from this book, we suggest you do the following:

1. Go through the book quickly once – scanning all the chapters so you understand the sequence of events we are going to take you through.
2. Work with the book on your dream. Take each chapter, one at a time, and only move onto the next chapter when you know you have completed the work required. There is a section in each chapter called "How will I know I've done well", which is there to help you understand when it is time to move onto the next chapter.
3. Use the book again and again as a reference source when you work on other dreams in future. At the end of each chapter is a very short section titled "Questions to ask yourself". These questions provide a way of checking you understand the advice in the chapter. They are also a quick reference to use once you are



familiar with the book, that you can come back to again and again.

The chapters are in a deliberate order starting with working out what your dream really is, all the way through to what to do once you have achieved it.

The chapters have two main parts. The first part is our advice: what we suggest you do at each stage of your dream. After this are the case studies. These are the stories of four real people, following their actual dreams, using the approach that we describe in this book. We worked with them whilst we wrote the book. We think of these people as our heroes. We introduce our heroes in the next section of this book. To give you a flavour of the dreams:

- One concerns getting a doctoral degree which involves a research project, getting people involved, finding funding and many other challenges.
- The next concerns someone who wants to become a singer, for the best of all reasons: she loves singing!
- The final dream brings two people together who want to start their own business.

These are the real dreams of real people. People like us, people like you, people who had a dream, and who have achieved it.

Each of these case studies is based on at least one interview we held with each of our heroes, for each stage of our approach. These are really worth reading. They not only bring the approach to life, but each of our heroes has built on and extended our approach and provide their own ideas and advice for achieving dreams.

Your very first step is to get familiar with our heroes, and then read the first chapter – Dream. At this stage you need



nothing else other than a willingness to read those few pages. When you have done that, you will have already started on the journey to achieving your dream.

A Little Bit About Us

We both are successful people who have achieved dreams. We've made lots of mistakes and we've learnt from them. We've achieved things we are proud of and we've raised the bar for ourselves. And we know lots of other successful people who have inspired and influenced us in writing this book. We don't claim to be gurus or visionaries, but we do claim that we know how to get things done. It's not magic, it's not rocket science, but it is powerful. We share it with you in this book.

The book is based on our own experiences, achieving our personal dreams as well as managing challenging projects for multinational companies. We both dreamt of becoming published authors – and we both are. We have climbed steep mountains, travelled to exotic places, started a successful consultancy company, broken a world record and much, much more. Our successful business projects were worth millions of dollars. Some had high probabilities of failure and impacted the lives of many people. We were lucky enough to do well as project managers and deliver the results expected of us. But this is not only about the big stuff. We've also achieved little dreams that matter to no-one else other than to ourselves. They are just as important.

We have each, independently, written and published books before, but it's the first time we have written a book quite like this. We've done our best to make it as useful and fun to read as possible. We were lucky to meet some great people along the way, some of whom agreed to be guests in our book and



share their dreams with us and with you. Others made awesome illustrations which make the book look and feel warm and friendly. We're happy with the end result. We hope it helps you. Enjoy!

Your friendly guides to achieving your dreams,

Richard Newton



Ciprian Adrian Rusen



MEET OUR HEROES





Alex is a very ambitious undergraduate student, in his final year of medicinal studies. He loves to dream big and the dream he chose to share with us is very ambitious: he wants to get a doctoral degree which involves coordinating a complex research project, getting lots of people involved, receiving private or public funding and many other challenges worthy of an experienced project manager. The only downside is that that he is not a project manager and he doesn't have any project management studies. He is only a medical student. Will he be able to pull it off? To find out, read his story, chapter by chapter. His adventure is full of surprises, ups and downs and lessons that are useful to everyone with an ambitious dream to make real.



Olive has spent most of her career working in the world of newspapers and online magazines. She loved the thrill of being among the first to cover the latest breaking news and the variety of each day spent in the office. And yet, there's one thing that bothers her: apart from taking care of her career, she did not spend any valuable time working on the more personal dreams of hers. Those things that won't bring her a great deal of financial gain or any special social status, but would make her feel happier and more whole as a human being. She decided to do something about it and shares her first adventure with us in making an old and personal dream come true: that of becoming a bar singer.



Anna has had several successful careers. She originally studied languages, and then trained as an animator. She worked on animations for several years, on the production of a range of TV series and advertisements, with a specialization in natural history animation. Then she retrained to follow one of the passions in her life – herbal medicine. After qualifying as a medical herbalist Anna set up a practice in the UK, which she still runs successfully treating patients with a range of conditions. Outside of work, Anna has a wide

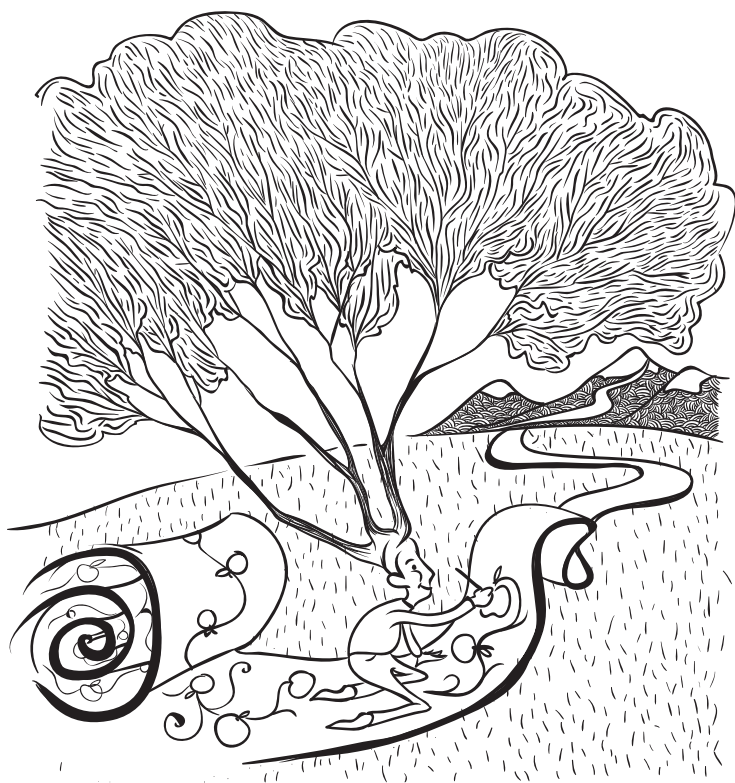
variety of pastimes including travel, mountaineering, wood and stone carving, as well as many design interests. She is a published author and a mother. She started her design business with Amelia about a year ago, and it is the story of this nascent business she shared with us.



Amelia is an artist and art teacher. She originally trained as a textile designer. Amelia designs, creates and works on her art in multiple forms and media, taking inspiration from a wide variety of sources. She has travelled widely, observing and exploring different artistic heritages. She is an inspirational art teacher who has started many of her students on successful artistic careers. Her works have been enjoyed for a long time by family and friends, and were the original trigger for the design business which she set up with Anna about a year ago, having dreamt of making wider use of her creative skills. Outside of work, Amelia loves skiing and running. She is also known to her family and friends as a great cook. Anna and Amelia are sisters-in-law.

1

DREAM





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*All our dreams can come true – if
we have the courage to pursue
them.*

Walt Disney



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