dream BIG
have faith
hope
believe
possibilities
be positive
overcome
win
succeed
conquer
HOLD ON
TO YOUR DREAMS
Jermaine
Sanwoolu

HOLD ONTO YOUR DREAMS

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D.R.E.A.M - **Wake Up Get Up & Live IT**

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DEDICATION

This book is dedicated to everyone who has a dream.

INTRODUCTION

HOLD ON TO YOUR DREAMS

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In times of hopelessness - when people lose faith, when the horizon of victory is blurred by waves of mishap and failure, when it seems as if you've been defeated and there is nothing left worth fighting for, you must HOLD ON.

This is a book is about your dream. I mean that desire of doing, having, becoming, or achieving what you want to see come to reality. The goal of this book is to inspire and motivate you to keep taking steps that lead you closer to your destiny.

That's why at the end of each chapter, I have put a section for what I call **Dream Acts**.

I make a decision to

_____

I will take action towards

_____

This is the place to write down the decisions you make and the actions you choose to take to ensure that your dream becomes a reality.

Read on.

CHAPTER 1
DREAM SEED GROW IT

"A dream seed is a strong desire in your heart crying out for expression."

HOLD ON to your Dreams

Have you every desired to be someone, do something, or go somewhere so much that you desperately wanted to see it happen? HOLD ON to that desire. That's your dream in the making. Dreams are products of deep desires.

Dreams never come all cleaned up and packaged right. They come as seeds. A dream seed is a strong desire in your heart crying out for expression.

> "However vague they are, dreams have a way of concealing themselves and leave us no peace until they are translated into reality, like seeds germinating underground, sure to sprout in their search for the sunlight." - Lin Yutang

Give your dream a chance at life. You never know how big it will grow or how great its impact will be.

Value the little and you will experience the great things of life. Every treasure is hidden. Every invention comes in the form of an idea. Everything starts small, then grows.

Be able to identify your dream seeds. Those little ideas in your head are meant to provide bread for you. They are meant to be translated into tangible products to be consumed not only by you, but by the world.

Every farmer has had a seed in hand, but only a few have seen a great harvest on their land. If you are not planting, you are not going to be eating anytime soon. In itself, a seed has no power, but it possesses great potential. The seed is empowered by the value the seed owner places on it.

Value your dream seeds and watch them appreciate in value. Watch them grow and explosively disperse into the world and multiply. It is easy to see the number of seeds in a fruit, but it takes a true dreamer—one who sees potential in every idea—to see the number of fruit trees. When you have a dream seed in your heart, think in multiples.

Many people wait for big ideas and ignore the little ones. It has been discovered that more millionaires are made doing basic things than one-off flashes of genius.

Little things make a big difference. See the forest in the seed and the future in your dream seed.

When you have a dream seed, don't be bothered about where or what you are now. Think of what you are going to be. Like a seed, you are always growing. You carry within you the power to become.

Dream Acts

I make a decision to

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CHAPTER 2
DESIRE YOUR DREAMS LOVE IT

Take *pleasure* in your dream.
Give your *heart* to creating
the dream you desire.

HOLD ON to your Dreams

Dreams are a product of deep desires. What you desire is what you aspire to. It's what inspires you deep within. Everyone has a dream. That's our nature—to aspire, to look forward to that bright sunny day. We dream to live a better life, to become more than what we are today.

To live your dream, you must give of yourself to it. You must give it the necessary time and attention it demands.

How badly do you want to see your dream come true? Do you love your dream with all your heart? As Jesus Christ said, "For where your heart is, your treasure will be also." Take pleasure in your dream. Give your heart to creating the dream you desire.

Love it and give it your all. Never let go, for love is what dreams are made of - passionate, expressive love. Fall in love with your dreams and they will fall in place for you.

Passion is what drives dreams. Without passion, you and your dream will go nowhere.

Passion is contagious. How excited you are about your dream will determine how it is perceived by others. It will also

determine how your dream permeates the hearts of others, prompting them to push and act in favour of your dream. Passion is contagious. The heart of your dream will never be passed on to others without passion.

Passion breaks every ceiling. It is your sailing power. It takes you to uncharted territory. It gives you the "go" that leads to growth. If you are not passionately going, you are not purposefully growing. People who lack passion lack purpose.

Passion fills dreams with life. It sustains the dreamer's drive. It is the steam that powers the engine of your life - of your dream.

How badly do your want your dreams to come true?

How far are you willing to go?

How high are you willing to climb?

How deep are you willing to swim?

Dream Acts

I make a decision to

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I will take action towards

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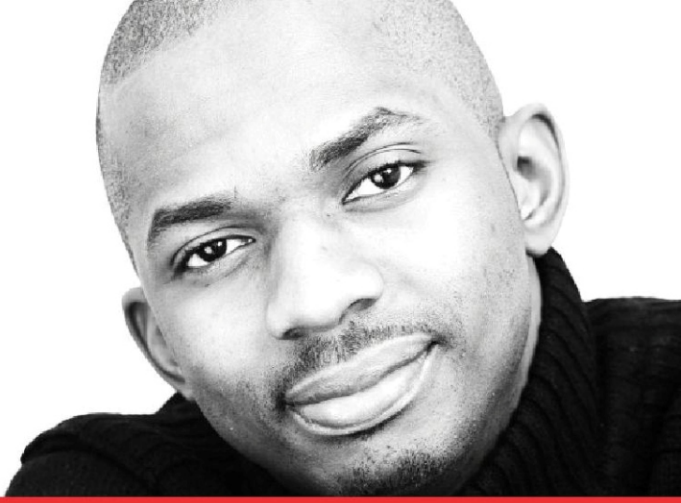

CHAPTER 3
DESIGN YOUR DREAM
CREATE IT

"Many people *conceive* dreams, but only a few *create* them"

HOLD ON to your Dreams

Reality is created by dreamers. Nothing in the world today would be here without a dream. Someone conceived and gave their all to create it.

> "Man, alone, has the power to transform his thoughts into physical reality; man, alone, can dream and make his dreams come true."
> - Napoleon Hill

What would the world look like without dreams? Imagine what your world would be if you worked to create your dream. It would be a dream world. You have the creative potential to design your dreams with your thoughts, to create a world in which your thoughts transform into reality. Dreams are the place of promise and possibility.

Imagine what the world would be with your dream! You never can tell what impact your dream would have on the life of another or on humanity as a whole. Yes, your dream! No dream is ever too small or obscure. No dream is ever too big or impossible. Dreams come true every day. HOLD ON to yours. Your best is yet to come.

Many people conceive dreams, but only a few create them. That's because between conception and creation, you

need determination—yes, determined actions. Your dreams come true when you act to turn them into realities. Your dream will never come true until you wake up and go to work.

At one time or another, everyone has a dream, but only a few have the confidence to place the order that serves their dreams into reality.

What does it mean to design your dream? Break up the word. What do you see? DE-SIGN. SIGN your dream. It is your signature. It is that which sets you apart. It is your logo, your identity, your brand. It is what you will be remembered for.

When you design your dream, think of your legacy.
Your dream is who you are. Pour into it as much of you as possible. Express yourself and don't hold back. You can know a person by their dreams.
The best dreams are designed by passionate people who pour themselves into a dream to meet other people's needs.

Many dreamers dream selfishly—so have good intentions. When you seek to help others, people will help you actualize your dreams. Always look for the best possible solutions out of the list of options to meet the need.

People don't just buy what you sell them. First they buy into you and then into your dream.

Be creative, and create new solutions. Be transformative, and transform the ordinary into the extraordinary. Creatively transforming your world is a function of the quality of the thoughts in your mind.

Your thoughts are the most powerful assets you have. What you think is what you are.

If you think big and think bold, you'll create a bang. The heights your dream will reach are determined by the depth of your thought. Think and rethink your ideas, evaluating them all the way through. A deep thought process is vital to creating your dream product. Just as an architect has a vision of what he want to design, so you design your dream from the bottom up and inside out.

Dream Acts

I make a decision to

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CHAPTER 4
DEVELOP YOUR DREAM
CONSTRUCT IT

"To develop your dream, you must *develop yourself*"

Nothing is ever in its final state. Every idea has the potential to expand. Perfection is merely an illusion of the "now" that would be joked at in the future. The "now" is subject to our know-how. What we create today is dependent on the level of knowledge we have at present. With the increase in information and knowledge in today's world, people are thinking and innovating, creating and recreating. Don't get left out. Join this bandwagon. What started yesterday as a small idea is a billion-pound enterprise today. Getting different results between yesterday and today depends on what you do in between.

To develop your dream, you must develop yourself. To develop means to take from one state to another. It is a process of transforming what is into what should be. It is the process of working on the "now" to deliver the future. When you develop, you increase your scope of influence and hope of success.

Your dream is only as big as you are. You need to grow yourself, grow your intellectual faculties, and develop the most invaluable part of you—your mind. As you think, so you

are. You only create what you imagine. What you envision is a result of what you have invested in yourself. You are your dream.

Feed that dream seed what it needs.

Your development is a product of what you invest in yourself. So what are you investing? Right now you might be saying to yourself, "I have to invest to develop my dream, but I have no money." You must realize that money is just one part of birthing your dreams. Now ask yourself what skills, talents, or abilities you have. List them—those are your investments!

Once you come to terms with the fact that you have something to invest, it's time for you to take some basic steps.

Create a development plan. Break it down into stages relating to the level of growth you would like to see.

Invest in your dream. You need to invest your time, abilities, and resources into your dream. What you invest today will determine what you harvest tomorrow.

I said earlier that dreams come as seeds—just ideas—but they need to be watered to grow and develop into what they

will ultimately become. What dream seeds have you planted and how well are you watering them? What are you doing today to get you closer to your dream? What aspect of your dream needs some investment of your time, skill, and resources?

Growth is meant to be a natural, progressive phenomenon of life, but I have realized that growth does not just happen. You need to plan to grow. Retrogression, or negative growth leading to ultimate death, is the result of unplanned growth. You must choose the direction you desire to develop and grow. You must determine to develop your dreams so you can arrive at the place where your potential is maximized and your dreams are fulfilled.

Develop your dream. Don't envelop it.

Dream Acts

I make a decision to

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I will take action towards

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CHAPTER 5
DEFEND YOUR DREAM HOLD ON TO IT

"HOLD ON to your dreams.
If your dreams die,
your destiny could be denied."

To HOLD ON to your dreams means you guard them with all your might. Your dream is a prized possession. Possess it. Be possessed by it. Own it, and let it own you. Defend it, for it is a pointer to your destiny. Your destiny is embedded in your dreams. Your dreams also drive you towards your destiny. Without a dream, you will never get there.

Dreams motivate you and put you on the path. Never let go of your dreams!

> "Cherish your visions and you dreams, as they are the children of your soul; the blueprints of your ultimate achievements." - Napoleon Hill

Preserve Your Dream

When living your dreams, you are aware that you need to make the right decisions, make prophetic declarations and proclamations, go in the right direction and have a high level of determination to live them out.

Here are some types of people and situations you may encounter on your path to living your dream. This will help you identify them and know how to respond. Do not become weary. They are there for a purpose. They are the Dream

Distractions and Dream Destroyers.

Dream Distractions

These are things that distract you from living your dream. These things seek to derail you. They are like detours on your path to lead you in the wrong direction. The distractions to your destiny play on your natural desires. They use what you like to stop you from getting what you need. These distractions are influences that rob you of time, money, and other resources. They make you take your eyes from Jesus, the author of your dreams. They could be ungodly relationships, bad habits, time-wasting, anxiety, worry, or financial concerns. They are things that appear relevant and may seem important but are merely distractions. Do not be distracted. Stay focused on your call and live your dream.

Dream Destroyers

Dream Destroyers may seek to destroy the purpose of God in your life, but the Bible says that all things work together for our good—for the good of those who are called according to God's purpose. Even Jesus Christ had people who wanted to destroy his dream.

Some people just never want you to be all God has called you to be. They speak negative and discouraging words to you, words that put you down instead of pull you up.

Dream Destroyers are everywhere. Just look at the story of Joseph and the coat of many colours. Joseph had a dream, but the Bible tells us his brothers saw the hand of God of his life and were envious. They were moved with evil intentions to destroy his dream, capturing him and selling him to slave traders. But they didn't know they were only setting him up for his glorious end. At the end of the story, Joseph is second in command over Egypt and his brothers have to come to him for food.

That's how it is—that is the promise of a child of God. Evil intentions always play out as good inventions for our elevation. Even Jesus had Destiny Destroyers. These were the people who cried out, "Crucify him! Destroy him!" Some even paid money to see that all didn't go well with him. Others received bribes to betray him. They all did it for evil motives, but God had a glorious plan, as Jesus was elevated. He understood something we must always

understand—don't blame or condemn these people for their actions. It is our adversary, the devil, that inspires and motivates hatred and destruction in them. Jesus prayed for these apparent Dream Destroyers. He said, "Father, forgive them for they know not what they are doing." Even Joseph still went ahead and helped his brothers, for "what the enemy meant for evil, God used for good." The enemy's intentions always play out as good inventions for our elevation, for we are children of the Most High God.

Dream Directors

These are signs you will see along the way that point you in the right direction. They are like signposts, saying, "Go this way. Take the next turn." They could come as people, words spoken, events that occur, or favours you may receive. They always lead you in the right direction. On your path, learn to read the signs. Read between the lines. Be sensitive to God's leading and the guiding signs given by the events, people, and occurrences around you.

Dream Drivers

These are people God brings along your path to help you

drive your dreams. God-given dreams still need others to get involved.

Dream Drivers could be your pastors who give spiritual direction or your mentors who help you develop specific skills that empower you and enhance your ability to fulfil your dreams. Dream Drivers are powerful engines that move the vehicle of your dream towards your destiny.

Dream Drivers may be like-minded peers or friends. Take the example of David of the Bible. He had Jonathan, whose heart was knit with his. Their purposes were interwoven. Like Jonathan, some friends are there to move you forward. They are brought along your way to brighten your countenance when you are down. They are like a refreshing cup of cold water on a hot, sunny day. These might be friends who will be there until the end. Or they might be friends who are there only for a specific season in your life. You meet them and you bond and they support you.

Dream Drivers could also be those in the team you lead. Moses was given a dream by God, and he had his brother Aaron there to drive his dream. Jesus, our Lord and Saviour, had the twelve disciples to help him actualize his dream and

his destiny. Even Judas, who betrayed him, still helped Jesus actualize his dream by driving him to the cross. Judas had wrong motives, so be careful and mindful of the friends you keep, but just like Jesus, all this will work together for your good. Everyone in your life (even those who hate and despise you) has been put there for a purpose.

Dream Drivers are destiny helpers. Appreciate them and value your relationship with them.

Dream Acts

I make a decision to

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I will take action towards

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CHAPTER 6
DECLARE YOUR DREAM
SPEAK ABOUT IT

"Your success is just a *conversation* away"

What is a dream if it can't be communicated? A dream not shared will end up as shreds. Declaring your dream helps to define it. As you declare your dream, it becomes clearer. Most times, we are so scared of people killing our dreams that we never give those dreams life by speaking and declaring them. That's what I call the "silent killer." Words are life, and they give life, so declare your dream.

Communication is critical. Many people have fantastic dreams but are too afraid to share them.

If no one knows your dream, no one will buy into it. Your success is just a conversation away. You can only connect your dreams with people and not protect your dreams from people. People have publishing power. They have a way of carrying your dream further than you ever imagined. They need to read your dream when it's written, hear your dream when it's spoken, and see it when you paint the picture, so declare your dream. Communication is the tool that passes your message across.

Every dreamer is a messenger—one who has gone into

the future in his imagination and tries to communicate the experience in reality to the world. Your message is the usefulness of your dream. If you were to sum up the message of the dream in a sentence, what would it be? Your ability to articulate your dream in plain terms determines who buys into it or not, who believes in you or not. Your message is the vision you articulate. Sell your vision to people and they will buy it. It is your sales pitch - your selling power - that draws the buying power out of people. How you communicate your dream is as important as the message your dream carries.

Declare your dream with passion.

Declare your dream with purpose.

Declare your dream with pictures.

Declare your dream with power-packed words.

Dream Acts

I make a decision to

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I will take action towards

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CHAPTER 7
DELIVER YOUR DREAM
ACT ON IT

"To dream is to *do*"

Determination is what I like to call determined action. When living your dream, you must be determined. If you are going to see it come to pass, do not be discouraged by whatever setbacks you may encounter. Do not be discouraged by the challenges you face. You must stay focused. Give it all you've got.

Feed and water the dream seeds in your heart until they grow out into your reality. If you feed your dreams with belief, optimism, and hope, you are bound to see them come true. Never stop dreaming. Never stop believing. Without a dream, you lose your steam. Without steam, you will get nowhere in life.

Don't let anything take the place your dream has in your heart. People may tell you that you can't, you won't, and that your dreams are just lofty ideas and you should wake up and face reality.

This is the one reality that must consume your mind: I must deliver my dream. Against all odds, you must push to see it come to pass.

The delivery of your dream is dependent on the determination in your push.

Birth pains are associated with delivery or birthing

anything into life. No matter how hard it may seem at times, push, pray, and believe that ultimately your reality will be what you've envisioned. No dream seed in this world ever dies. Only dreamers do—dreamers who fail to push. But if you choose to push back the barriers, you will live to see and enjoy all the benefits and fulfilment of seeing your dream come true. The push is nothing compared to the rush of emotion you will experience when you see, feel, and taste victory.

So push! Keep pushing until something happens.

Persist despite obstacles.

Be unrelenting.

Stay positive.

HOLD ON.

Dream Acts

I make a decision to

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I will take action towards

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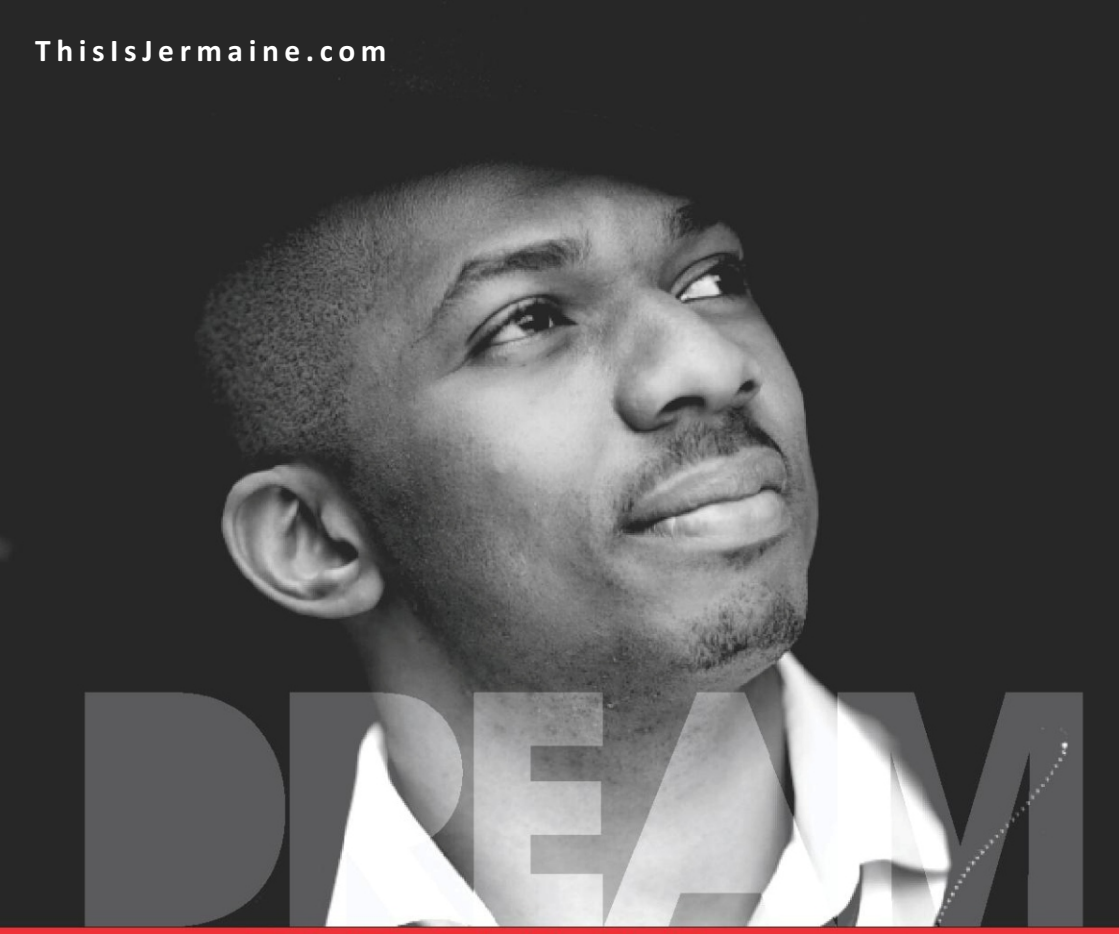

DREAM

WAKE UP
GET UP
& LIVE IT

HOLD ON
to your Dreams

You've learned all this. Now it is time to Wake Up, Get Up, and Live Your Dream. Bring to life this revelation of what you can become. HOLD ON to it. You are just a few steps from making your D.R.E.A.M a reality.

The acronym D.R.E.A.M. will help you remember some key points put forth in this book.

D **Dream Determined**

R **Dream Reaching Out**

E **Dream Exceptionally**

A **Dream with Attitude**

M **Dream Moving/More**

Dream Determined: You must make up your mind and be determined. Simply put, determination is strength of mind. It is your willpower. It is what gives words real meaning. Determination says, "I will get there. No matter what it takes." No matter the risk involved, you must be determined to engage your energies to the fulfilment of your dream. Be determined. Be daring. Determination-like courage is what dreamers have at their core, no matter their age. Determination is more than just an emotion. It is determined

action. It is the resolve, the tenacity you show, and the willpower you possess.

Dream Reaching (Out): Reach out for your dream. Don't stop until you lay hold of it. If a dream is within your reach, it's not worth dreaming. A dream must be close enough to your heart that you can feel it and so far that you have to strive and reach for it. It should inspire you to aspire. But as you reach for your dreams, never forget to reach out to people. The best dreams bring out the best in others. They are valued because they add value. They are befitting because they benefit the populace.

Dream Exceptionally: Most people play it safe with their dreams. They dream ordinary dreams. You must dream exceptional dreams. You must dream dreams no one has dreamed before, dreams of doing what no one has done and going where no one has gone before. That is when you will be called a world changer, a dreamer who makes a difference. Think exceedingly above what you see. Never be limited by what exists. Tap into the invisible and imagine the impossible. Dream with an Attitude: Have a good attitude, not a bad one.

Have a winning attitude. Attitude is not everything, but it makes a great difference in everything. Everything you do must be done with the right attitude. As you plan and think of your dreams, let your attitude be right. Let the sum total of your words, actions, emotions, and thoughts be positive. Having the right attitude can determine whether you succeed or fail.

Dream Moving/More: Your dreams come true when you act to turn them into realities. Dreams are never fulfilled all at once. Dreams are characterized by motion, a flow of action, and a harmony of emotion towards a clear direction. If you are dreaming and not moving, you are merely asleep. So wake up and move in the direction of your dreams. Move! Just get up and move! In any direction except backward. In moving, you find new meaning. Your dream finds expression in motion.

Dream Acts

I make a decision to

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I will take action towards

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Is It Your Destiny?

What happens if your dreams are not the dreams you are destined to fulfil? What if your dreams are not God's plan for your life? Won't it be running a race in circles that leads nowhere?

My response to that question is, what if your dream is the design for your life? What if you do get to the finishing line of life and realize that you never ran your course because of doubt and fear and now you are filled with regret?

Focus on the "what ifs" in life, not the "what if nots." Think of the possibility. Think positively.

That being said, not all dreams will make you sail on the seas of life. Some will take you down and cause you to drown.

I have dreamed many dreams, desired to be many things, but I realized I was created and designed for a purpose. When I work in line with my dreams, I live a fulfilled life. However, after becoming a Christian, I had to let go of my self-centred dreams and focus on what God—my Maker—designed me to be.

I knew it was him who made me to do his will and to do this according to his good pleasure. He said he would give me the desire, the dreams of my heart. That's because he put

those dreams there. I had to settle in my heart that I lived not for myself, but for God. Then I came to a place where God's desires for my life were also my desires.

It is a simple truth. Do what you have been designed to do. Follow your Maker's instructions. If you do, all will eventually come out well. I am glad I had an introduction to my Maker. Have you?

Here are a few things to check when a desire or dream comes into your heart.

Is that dream yours? Is it a reflection of who you are? Is it true to you? Is it in line with your values and not just copied or borrowed?

Does your dream utilize your experience, expertise, and bring to life your gifts, talents, and potential?

Does it give? Is it bettering others, not just yourself?

Is money a by-product or reward, not the key motivation?

Do you find peace and security in your dream, no matter the storm?

Do you feel the more you try to run away from your dream, the closer to your heart it seems to press?

Will it bring glory to your Maker to see that you are functioning in your ultimate capacity as designed and

predetermined?

The answer to all these should be a resounding yes. In this book, I have given you a jumpstart so that you can run every race before you with clarity and conviction.

So HOLD ON to your dreams until they shine forth in your reality. NEVER GIVE UP!

Dream Acts

I make a decision to

I will take action towards

ABOUT THE AUTHOR

Jermaine Sanwoolu is a passionate about inspiring peoples towards purposeful pursuits. He Member of the Chartered Institute of Public Relations UK (MCIPR), the prestigious John Maxwell Team. He is also an international award-winning Motivator, Musician & Management/Leadership Consultant. He is the CEO of DiasporaPR.com. He is a celebrity photographer & the publisher of DiasporaLifeStyleMagazine.com

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HOLD ON TO YOUR DREAMS

NEVER GIVE UP

This is a book is about your dream. That desire of doing, having, becoming, or achieving what you want to see come to reality. Get ready to be inspired and motivated to take steps that will lead you closer to your destiny.

ITS TIME TO MAKE YOUR DREAM YOUR REALITY

D Dream **Determined**

R Dream **Reaching Out**

E Dream **Exceptionally**

A Dream **with Attitude**

M Dream **Moving/More**

Wake Up Get Up & Live Your DREAM

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