

◆ **TO GET STARTED WITH YOUR OWN IDEA PARTY, YOU FIRST NEED TO KNOW EXACTLY WHAT'S HOLDING YOU BACK. WRITE YOUR GOAL IN THE CENTER OF THE CIRCLE BELOW.**

Maybe it's "Train guide dogs for the blind." Or "Set up an art studio in the garage." Or "Study yoga in India." Now consider your goal and listen to all the "but" excuses your brain frantically lobs in your path. But I have no idea where to train dogs! *But the garage gets terrible light!* *But I don't know anyone who's ever been to India!* Write these excuses outside the circle. These are the obstacles standing between you and your dream—and an idea party will help you knock them down, one by one. Here's how:

