

**"Dreams are your portal to endless possibilities."
-Kristy Jackson**

The Dreamer's Guide to Disruption

**5 DAILY REMINDERS TO
GO FOR THE BOLD**

by James & Kristy Jackson



*Signature
Series*

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Printed in the United States

DK Solutions, LLC
St. Louis, Mo 63118

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What the heck is a disruptor and how do I become one?

Disruption is a challenging word, a word enabling us to look at familiar environments and question their relevance for now and the future. Change is inevitable. Knowing this, how do you prepare to initiate and lead, rather than accept and follow?

Disruptors are those who initiate and lead change. In this booklet, we have included practical ways to create a disruption mindset through the lens of a dreamer who sees endless possibilities of what could be.

Daring

Mind MAP

Do *it* Afraid

Experience New People and Places

Be Spontaneous

Seek Adventure

What have you NEVER Done?

Accept a personal or professional challenge.

Work Space

Make a list of things that you have NEVER done. Choose 3 items from that list to do this month.

Capable of devising ways and means for various situations

Resourceful

Mind MAP

Ask Good Questions
Crowdsource
Connect with Experts
Build Relationships
Read Books & Blogs
Listen to Podcasts
Ask for Help

Work Space

Think of an idea or project that you need help with. Invite someone to help you brainstorm. Go share your new idea/solution with someone else. Offer your idea or project to collaborate with someone who needs it.

2

*The circumstances, objects, or
conditions by which
one is surrounded*

Environment

Mind MAP

Change How You Think
Create Space for Peace
Go Where You've Never Been
Level Up Your Network
Value Relaxation and Play
What Don't You See?

Work Space

Visualize a new environment that empowers you to be your best self. What does it look, feel, sound, and smell like? What do you hear, say and do here?

3

*Awareness or expression of gratitude,
admiration or approval*

Appreciation

Mind MAP

4

Gratitude

Value Others

Mindfulness

Faith

Trust & Honor

Humility

Giving

Respect

Work Space

Create a gratitude calendar. Write down what you are grateful for each day.

Create a list of 5 random acts of kindness that you will commit to doing. Here are a few to get you started:

Pay for someone's coffee ahead of you.

Send a handwritten thank you to someone.

Donate time to community service.

*The general desire or willingness
of someone to do something.*

Motivation

Mind MAP

5

What's Your Why?
Do What Matters to You
Empowerment
Passion & Purpose
Celebrate Wins
Not Always Easy to Find
Set Goals

Work Space

Reflect on what motivates you? Write or record your response in a safe space to keep.

Now take inventory...time, money, freedom.
Create a list of rewards in each area to pull from when you need a motivation boost.

DREAMERS CAN BE DISRUPTORS TOO!



James & Kristy Jackson
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Bio

James and Kristy Jackson, ED. S. are serial entrepreneurs, and co-founders Social Synergy Project which facilitates training programs and offers business resources for underrepresented entrepreneurs. Social Synergy has provided support to 600+ youth and adult entrepreneurs in an effort to close the diversity gap in the STL Startup ecosystem.

Delux Magazine recognized Kristy as one of STL's 50 Most Intriguing women and one of their top 100 influencers and advocates in the STL business community. James mentors creatives and artists as the CEO of Gatormedia. Both were recently recognized by Small Business Monthly Magazine as most admired CEO's.

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