



## Five Step D.R.E.A.M. Process with Questions

- 1) **D** – Develop positive relationships – Meeting with a non-judgmental approach making strong connections with empathy and concern.
  - What evidence do you see of positive relationships?
- 2) **R** - Realize strengths and potential – Working out of strengths and developing a self-directed accountability system based on high expectations and rigor
  - Focusing on my strength/s what actions can I take to develop my potential?
- 3) **E** - Encourage effort- increase achievement through meaningful effort that includes review, relatedness, integration, and strong connections to the real world.
  - Work through the **Goal Setting with C.R.O.S.S.ROADS™ process.**
- 4) **A** - Acquire the Dream! Defining the dream through exploration
  - What resources are available that may be used to help define my dream? i.e. people, books, etc.
  - Select from **Self Reflection Writing Stems**
- 5) **M** - Make It Happen! Goal Setting with **C.R.O.S.S.ROADS™** Steps 4 and 5
  - What feedback is available from those who helped me?
  - How do I know my efforts have been successful?
  - How will I know when I have achieved my goal?