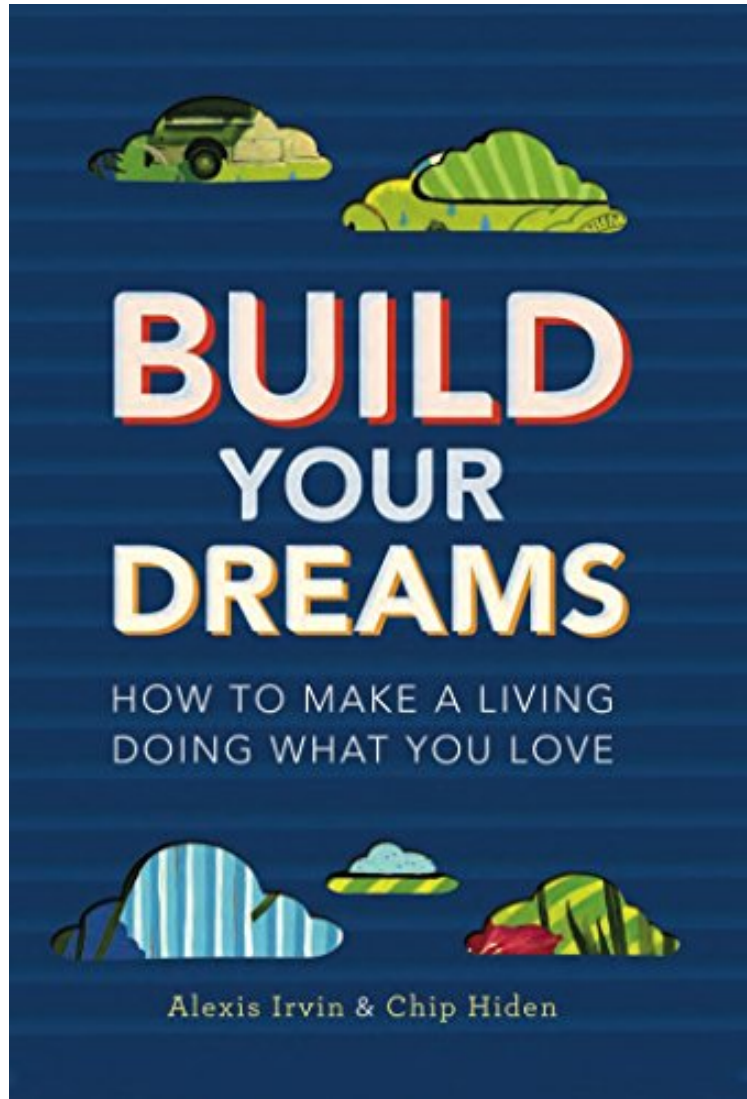


(Free pdf) Build Your Dreams: How To Make a Living Doing What You Love

## Build Your Dreams: How To Make a Living Doing What You Love

*Chip Hiden, Alexis Irvin*

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**Chip Hiden, Alexis Irvin : Build Your Dreams: How To Make a Living Doing What You Love** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Build Your Dreams: How To Make a Living Doing What You Love:

0 of 0 people found the following review helpful. A fresh approach to career planning By Anne S. Headley First, I want to acknowledge my connection to the authors and their project. As one of the talking heads in their documentary, The Dream Share Project, I was aware that they were culling stories of unique people doing fascinating things. And I loved these stories and how they are presented in the doc. But I had no idea they were also developing a methodology for how to turn others into the fascinating people they were meant to be. This book opened my eyes. Irvin and Hiden have

moved past their youthful zeal for cross-country travel, diet of ramen noodles when necessary, and a flipcam. In this book, you will find step-by-step exercises in goal setting, time management, getting rid of pests who distract you, and staying in touch with what you love or used to love. For example, there's a wonderful 25-day plan for fundraising via those crowdsourcing websites. Each day offers a new opportunity for getting your story out there, and the authors have generously shared the strategies that they used to raise money to complete their documentary. (At least, I'm guessing that's where they got the strategies.) It is clear to me as a career counselor that young people just go about things differently. They don't want to job hunt as their parents, grandparents and professors did. Irvin and Hiden, being card-carrying college graduates in their 20s, have done a lively job of converting their own angst to joy. This is a lesson you are going to want to share with the young people in your life or in your classroom.

2 of 2 people found the following review helpful. Pursue Your Passion By Katy I first borrowed this book from the library and loved it so much, I had to buy it. This is the ONLY "business" book I have found that truly helped me discover my passion. It is filled with exercises to help you find and build your dream - another reason I bought the book - so I could write my ideas right in the book as I went along. For those pursuing a creative dream, a great companion book to this is "Steal Like an Artist" by Austin Kleon.

2 of 2 people found the following review helpful. Practical Inspiration By CTI really enjoyed this book and couldn't recommend it more highly for anyone looking to pursue their dreams, especially recent grads starting their careers. I bought two copies and gave one to a coworker looking for a career change. He finished it in one night and passed it on to another team member; both now making plans to pursue making a living from their passions.

The Dream Share Project, a documentary and career workshop created by Chip Hiden and Alexis Irvin, has inspired thousands of college students across the U.S. In *Build Your Dreams*, Chip and Alexis transform their program into the ultimate career guide for a generation of rebels; seeking passionate work. Through essays, anecdotes, exercises, tasks, and illustrations, *Build Your Dreams* offers a unique 5-stage framework (using the acronym DREAM) for 20-somethings to make a living doing what they love:

- Discovery: This stage helps the reader unearth their passions and explores eight ways to test-drive a dream.
- Research: Teaches how to break a big vision down into actionable and measurable mini-goals.
- Embark: Offers guidance on financing a dream by providing Millennial-friendly expense-slashing techniques, easy-to-use budgeting templates, and fund-raising strategies.
- Adapt: Utilizing anecdotes and exercises, this stage helps the reader surmount potential pitfalls on the path to their dream.
- Maintain: Focuses on teaching the reader how to make their dream profitable.

Interactive, achievable, and enlightening, *Build Your Dreams* is the ultimate career guide for 80 million young people born between 1982 and 2001 who are poised to transform their passions into a fulfilling career and lifestyle.

From Publishers Weekly Designed as a companion piece to Irvin and Hiden's inspirational documentary film, *The Dream Share Project*, this refreshingly brief, exercise-focused guide is geared toward helping dreamers turn their creative aptitudes and fantasies into meaningful, sustainable work. The book is divided into chapters outlining how to identify core values, how to pursue them, and financial and practical concerns along the way. The visualization strategies, idea maps, and meditation exercises will be familiar to frequent readers of creativity-focused self-help titles, and some of the case studies are merely shopworn business book retreads. However, the book's unflinching practicality is a rarity in the genre: the duo readily and duly acknowledges the necessity of powering through the less-exciting, early stages of achieving one's goals, and they provide quite a bit of advice on how to deal with poor employment prospects, seemingly endless internships, and repeat rejection. The book is decidedly millennial in its outlook on the working world; every moment of giddy optimism is matched by a reminder of the inevitability of stumbling blocks and failure. But for dreamers hoping to keep their heads in the clouds and their feet on the ground, this is a great starting point.

Agent: Steve Harris and Michele Martin, CSG Literary Partners. (July) The book's unflinching practicality is a rarity in the genre: the duo readily and duly acknowledges the necessity of powering through the less-exciting, early stages of achieving one's goals, and they provide quite a bit of advice on how to deal with poor employment prospects, seemingly endless internships, and repeat rejection. The book is decidedly millennial in its outlook on the working world; every moment of giddy optimism is matched by a reminder of the inevitability of stumbling blocks and failure. But for dreamers hoping to keep their heads in the clouds and their feet on the ground, this is a great starting point.

Publishers Weekly If the pursuit of dreams interests your graduate, then mark your calendar and buy this book. It's an enlightening combination of encouragement and practical advice, with chapters on discovering dreams, setting goals, building budgets and handling failure. Not a bad selection for someone just setting out these days.

St. Paul Pioneer Press "In their book *Build Your Dreams*, recent grad team Irvin and Hiden have provided a useful action plan for finding meaningful work. I loved all of the exercises designed to put structure around abstract concepts. I know my work - and my life - will be vastly improved by implementing some of these practical suggestions!" Alexandra Levit, author of *New Job, New You: A Guide to Reinventing Yourself in a Bright New Career*. *Build Your Dreams* is the essential guide to help you identify your passions and turn your dreams into a reality. This book is packed with practical techniques, engaging exercises and inspiring stories to help you overcome the mental, emotional, and financial roadblocks that stand in the way of your dreams. Alexis and

Chip's book is a must for anyone who wants to turn their passion into their profession. Christine Hassler, Author of *20 Something, 20 Everything* and *The 20 Something Manifesto*, Life Coach, Speaker *Build Your Dreams* is an amazing guide for anyone who imagines doing work that is gratifying yet isn't sure what to do to fulfill their aspiration. It's comprehensive, easy-to-read and incredibly practical, filled with tools and solid advice. Alexis Irvin and Chip Hiden wrote this for people in the beginning of their careers, however I intend to recommend this book to all of my clients regardless of which stage of their career they are in!" Julie Jansen, author of *I Don't Know What I Want, But I Know It's Not This: A Step-by-Step Guide for Finding Gratifying Work* "A must-read for anyone searching for their calling. *Build Your Dreams* gives you every tool you need to transform your passion into your profession. It is an invaluable and life-changing guide, equal parts inspiration and practicality for any age." Kathy Eldon, founder of the Creative Visions Foundation