

Dare To Dream, Stop Procrastination &
Be The Master Of Your Life

START
SMALL
DREAM
BIG



ANTONY C.

BOOK PREVIEW EDITION

START SMALL, DREAM BIG

START SMALL DREAM BIG

The passport that stops
procrastination and starts
something big a step at a time.

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Start Small, Dream Big: Dare To Dream, Stop Procrastination & Be The
Master Of Your Life

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“Dedicated to those who wants to make a difference”

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INTRODUCTION

“*Start Small, Dream Big*” is not just a book title, but a movement. It is a way of thinking for those who are brave enough to take the first step forward.

When it comes to starting something new and growing it into something big. We often convince ourselves it is impossible before we even try.

- “*It is too hard.*”
- “*It is impossible.*”
- “*I am not good enough.*”

Dare to dream is not just a tagline, but an attitude that is going to take you on a journey where it will transform your mind, help you to break free from the chains of mediocrity, and be the master of your life.

Not sure if you know this, but you are special, and you are a champion at the time of your birth. The chances of you being born as a human as estimated by scientists is at least 1 in 400 trillion. That is a number with 14 zeros.

Exaggerated?

Not really, in fact, the number might be even more depending on where and when you are born. The point is, you are special. You have the innate

ability to make the impossible possible and the hidden potential to realize your dreams, but the missing piece is "*how*".

With this book, you will learn the reasons why some people can achieve their dreams while many others don't. A book created for you who are on a journey to realize your big dreams and live life with no regrets. What you are reading is a book that is the roadmap that helps you transform big dreams into reality.

And before you know it, you've already taken your first small step toward realizing your dream.

As you read the first word of this book, your journey towards your big dream has already started.

All big dreams start small, and it is a combined effort of small steps that help you reach your big dream. That's why this book is titled "*Start Small, Dream Big*".

The truth is, big dreams aren't all that hard to achieve, it starts by taking one small step at a time.

By reading this book, you can expect a change in the way you think, the way you act, and the things you can accomplish.

It is not about, "*A cup half full, or a cup half empty.*"

It is about, *“How to make the cup full again by changing the cup altogether.”*

A book written for visionaries and anyone who has a big dream, your first step is to think out of the box to achieve the impossible.

Let's go on a journey by starting small and dreaming big, and here we'll create miracles that you never know you can achieve.

PS. Ready to chase your big dream? Use the hashtag #startsmalldreambig and let us get this movement started!

“I took the one less traveled by, and that has made all the difference.”

By Robert Frost

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PART I

GETTING STARTED

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CHAPTER 1

NOT ALL FEAR ARE CREATED EQUAL

Getting started with something new is always scary. When you are faced with a situation where you are unfamiliar, there is this unknown factor that makes you feel very uncomfortable.

It is normal for anyone to be scared of trying out something new when starting a new project, a new journey, or a new goal.

As humans, we like to be in our comfort zone. When there are changes that may lead you to get out of your comfort zone, you feel fearful.

FEAR of the unknown, the strange, and the foreign is the leading cause of inaction.

For you to change from a state of inaction to a state of action, the first thing you will need to understand is the meaning of “*FEAR*”.

Understanding Fear

Fear is neither good nor bad, and without fear, we will probably be extinct years ago. Throughout centuries our basic human instinct to sense fear has protected our species from extinction.

Fear is one of the only few reasons why we are still alive today.

In the stone age, fear educated us not to approach wild beasts without a weapon, and to live together as a group to increase our chances of survival in the wild.

In the modern age, fear has educated us to avoid dark alleys at night, and go home early before nightfall, and this is especially true if we are living in an area with high crime rates.

Fear has been and always has been there for us to keep us safe, and we should respect these feelings which keep us safe.

But not all fears are created the same.

Some fears should be overcome, these are the fears that lead to inaction and prevent us from evolving, and stop us from getting things done.

When we want to start something new, we must first overcome these feelings of fear, and the key to overcoming it is to understand the true meaning of "*FEAR*" itself.

"Each of us must confront our own fears, must come face to face with them. How we handle our fears will determine where we go with the rest of our lives. To experience adventure or to be limited by the fear of it."

By Judy Blume

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CHAPTER 2

FEAR IS THE ENEMY OF BIG DREAMS

Let's take a look at how fear is defined and understood in general.

Fear as defined by the Oxford Dictionary:

Verb, *“be afraid of (someone or something) as likely to be dangerous, painful, or harmful.”*

Noun, *“an unpleasant emotion caused by the threat of danger, pain, or harm.”*

While it is true that our sense of fear is caused by the unknown probability of something that can become dangerous. Things that can cause us pain, or are generally harmful to our well-being.

Fear is always related to *“unpleasant experiences”*.

And because of this unpleasant relationship of fear and the experience that often comes with it. People are more likely to choose to avoid fear than to understand it.

Ironically, avoiding fear is one of the main reasons why most people don't achieve their big dreams.

In reality, dreams can only be realized after you overcome your fear, and there is no shortcut around it. Thus, for you to achieve big dreams, you will need to first understand the true meaning of “*FEAR*” itself.

In this book, “*Start Small, Dream Big*”, the word “*FEAR*” is an acronym that stands for the 4 different reasons why people find it hard to start something new. The true reason why people procrastinate and dreams are rarely realized.

“*FEAR*” is the acronym for:

- **Fear of Failure**
- **Expect Perfection**
- **Avoid Change**
- **Rejection by Others**

These 4 different reasons are known as the “*Big Four Of Inaction*”, the 4 reasons why most people procrastinate, and avoid making any form of action even when actions are required.

We feel the most fearful when we are faced with the unknown.

Thus, to overcome the “*Big Four Of Inaction*” we need to understand each of them in detail.

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Only through a thorough understanding of “*FEAR*” can we find a solution and continue to pursue our big dream.

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CHAPTER 3

“FEAR” - FEAR OF FAILURE

Fear is real, especially if you are trying something new. Chances are, you will probably fail on your first few attempts. It may even take months or years before you start to see some results and taste the sweet nectar of success.

But the feeling of failure itself is unpleasant. The feeling of this unpleasantness is the most obvious when you are trying your best to do something, but fail in the attempt to do so.

The sense of failure feels real and even painful. This pain can even be felt even before you know what's the result of your attempt.

The anticipation of failure creates a sense of fear that is more than the actual pain that comes with the failure itself.

As you imagine all the worst scenarios that can happen to you, your anticipation of failure stops you from even trying.

This imaginary fear convinces you that the anticipated unpleasantness is not worth it, which stops you from thinking about the dream as a whole.

Somehow, you will form a misconception in your mind that failure is only possible if you start something new. And if you don't start anything new, you won't fail.

The fear of failure drives you to inaction as a way to protect yourself from experiencing the unpleasantness that comes with failure.

But unfortunately, the people who think this way are 100% wrong.

On the contrary, inaction has sealed your fate to fail at what you were trying to start.

Without trying to succeed, you will have 0% of success, and 100% of failure, which seals your fate in failing to realize your dreams.

“Not trying = 100% failure rate”

Even if the things you want to do have a low success rate, at least there is a certain percentage of success rate, which is far higher than a 0% success rate.

A 1% rate of success is indefinitely better than 0% of success. And increase your success rate by just another percent, you've just doubled your chances of success from 1% to 2%.

The fear of failure is often what prevents most people from taking action, and it is the main reason why people procrastinate and fail in realizing their dream. Fear of failure is the main reason why starting something new is the most difficult step to overcome.

CHAPTER 4

“FEAR” - EXPECT PERFECTION

The thought of expecting perfection can paralyze minds to inaction. This way of thinking forces you to seek ways to achieve perfection on your first try which is almost impossible.

- You may want to learn every skill in the book before you start trying.
- You may want to know every possible way it can go wrong and be ready for it.
- You may want to get the right connection before you start working on it.
- You may want to wait for the right time when all the stars align before you start.
- You may want to start when you are less occupied with what you are currently doing and have more free time so you can be more focused.

It is not wrong to get prepared, learn the right skills, learn from the right people, or wait for the right time to start something new.

But often, if you don't start doing, you don't know what you don't know.

Confused? Not sure what I mean?

- You won't know what exactly skills you are lacking, thus it is impossible to learn all the skills required.
- You won't know what will happen in the future, thus it is impossible to prepare for every way that can go wrong.
- You won't know who will be the right connection if you don't start connecting.
- You won't know when will be the right time since the right time can be 10 or even 50 years later.
- You won't be less occupied or have more free time. Everyone has 24 hours, not a second more not a second less. You can only choose to prioritize and do what is more important to you in the limited 24 hours day.

Perfection Is A Lie

In the real world, there is no such thing as being perfect in anything. Perfection is simply a word that prevents you from becoming better.

The word perfection is creating a limit for further improvement, stopping the future of evolution and the immense power of imagination.

Everyone and everything can improve, in some way or another.

Expecting perfection is a lie that is embraced by people who fear change and reject the possibility of improvement.

On the contrary, being agile and making adjustments while working on your big dream can help you get all the resources and know-how you will need.

Simply start a Minimum Viable Product (*MVP*), an idea that is evolving, a product in the making, and a dream in construction.

Essentially, perfecting your plan and making progress along the way.

In the progress of seeking perfection, you will experience these 3 phases.

Beginner ⇒ Proficient ⇒ Expert

Beginner. You have little to no experience in the area. You are good with rules, and confident that you know everything required to achieve your desired results. But as you start doing this, you don't know which actions will lead to your desired results, nor will you know which rules will be suitable for each scenario.

Proficient. You have some real-world experience tackling problems and resolving situations in the area. Rules are only your guide, you recognize what actions you will need to take to tackle each scenario. But as you are working on it, you find that there is so much more that you will need to learn and you realize what are things you don't know and need to know to become better.

Expert. You are the authority of the area and you are seen as the primary source of knowledge. You seek to understand the big picture and are not bound by the boundaries of the rules. When you are faced with a scenario, you recognize patterns and make decisions based on intuition based on your experience instead of deliberate analytical thinking. Your decision can be made in a split second and feels more like a gut feeling. When asked, you can explain the reason for your decision to a 10-year-old, as well as to an expert in your field.

Beginner To An Expert

The journey from a beginner to an expert is long and complex which takes time and practice.

You can never be an expert in your field reaching near perfection in your area of expertise without becoming proficient, nor can you expect to become proficient without first starting out being a beginner.

Success on the first try is not impossible but rarely does it happen, thus it is better to just enjoy the journey and improve along the way.

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CHAPTER 5

“FEAR” - AVOID CHANGE

Avoiding change is a natural instinct of humans. You feel safe when you are presented with something familiar to you. You feel most at ease when you are in a comfort zone.

But what is a “*Comfort Zone*”?

Per definition “*comfort zone is a behavioral state where you are in an emotionally neutral condition.*”

In the comfort zone, you are in a state of familiarity delivering a steady level of performance without the sense of risk.

While it is not wrong that you may want to stay in your comfort zone. After all, you need to relax once in a while and give yourself a break.

The problem starts when you become too comfortable in your comfort zone and avoid change. When this happens, you stop being motivated, you stop challenging yourself, you let opportunities slip by, and you stop to grow.

But unfortunately, the only way for you to grow in your expertise, learn new skills, or have the small possibility of realizing your dreams is to step out of your comfort zone.

When you take your first step out of your comfort zone, you may feel fearful, stressed, or anxious about making a change, but this is a necessary step for you to grow.

Though it is a small step, this is the step that differentiates between the “*dreamers*” and the “*doers*”.

The “*dreamers*” are often in a state of envy, rejecting changes, victimizing themselves, and blaming society, the people, and the government. They believe their inability to achieve their dreams is due to their “*bad luck*” and everyone but themselves are to be blamed.

The “*doers*” are often in a state of admiration, embracing changes, and pursuing hope and dreams. They do not believe in “*luck*” nor believe that the world is indebted to them. They believe that all possibilities including the possibility of realizing their dreams are created with hard work and dedication.

If you want to realize your dreams, you’ll need to overcome the mentality of avoiding change.

The reason why starting something new is hard is simply because when you are starting something new, you are in a state of change.

Starting something new requires your mental state to progress through 4 different zones.

1. Comfort Zone
2. Fear Zone
3. Learning Zone
4. Growth Zone

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Getting Out Of Comfort Zone

Everyone starts from their comfort zone. You may not be genuinely comfortable with where you are or what you are doing, but at the same time, you feel that change is not necessary. You have fully accepted the current condition or state that you are in. You somehow feel “*at home*”, as this is where you feel you truly belong.

Getting out of the comfort zone is hard, and almost impossible. Unless there is a push factor, or a strong motivation to change your current state, the average person will not want to leave their comfort zone.

In fact, only 1 in 10 people are willing to step away from their comfort zone into the fear zone.



Diving Into The Fear Zone

Reaching the fear zone, you will get to face a lot of challenges that create self-doubt, and probably due to the lack of experience you will feel a deep sense of loss, and without a clear road map, you will feel things are always out of your control.

The fear zone can be stressful and probably the worst zone you will ever experience. When you are making a change, you can be in the fear zone for days, weeks, or even months.

While you are in the fear zone, days feel like weeks, and weeks feel like months. With a strong urge to escape the fear zone, many aspiring visionaries who are chasing their dreams end up giving up their dreams and return to their comfort zone.

But the good news is, people who overcome the fear zone are often rewarded for their effort.

If you want to dream big, you must overcome the fear zone.

Raising To The Learning Zone

As you grow and adapt, your desperate feeling of wanting to escape the fear zone subside, instead, you long to understand more about your dream. Putting the past behind you, you've decided to move forward.

As you persevere long enough, you will enter the learning zone, where your self-doubt turns into self-motivation, gaining experience along the way, and start to see a clearer picture of what lies ahead.

The learning zone is where you can recognize what skills you lack, learning how to deal with challenges and problems along the way.

Growing in your learning zone, it eventually becomes your extended comfort zone, where you can feel a certain level of safety and feel more in control.

Elevate To The Growth Zone

As you reach a mental state of acceptance of the inflow of new knowledge and experience, you will reach the growth zone.

You gain the skills and experience required to be confident in what you do. You see the big picture and understand why each step needs to be taken to bring you forward. Instead of just knowing the “*how*”, you know the “*why*” and even explore ways to think out of the box to make it more efficient and perform better.

At the growth zone, you feel safe and in control, similar to what you felt in the past when you were in your comfort zone. But now you are growing in your area of expertise.

In the growth zone, you set goals, realize aspirations, and set dreams on what you want to achieve.

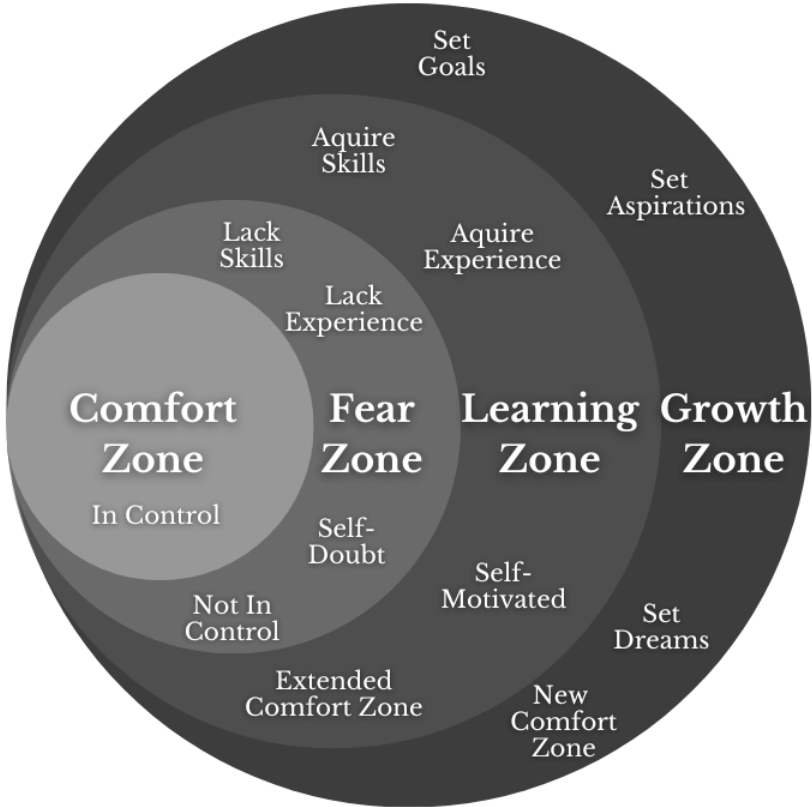
The Journey Of Change

Stepping out of your comfort zone can be scary, but it is an essential step if you want to start something new. Overcoming the fear zone is probably the hardest, and statistically, this is where most people fail.

Understanding what are the things you will be expecting to face when you leave your comfort zone can help you to increase your chances of overcoming your fear and getting out of the fear zone.

Leaving the comfort zone and accepting change is the only way to grow, build your capabilities, and reach your full potential.

Getting Out of Comfort Zone



A diagram representing the progression from comfort zone to fear zone, to learning zone, to growth zone.

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit at home and think about it. Go out and get busy.”

By Dale Carnegie

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CHAPTER 6

“FEAR” - REJECTION BY OTHERS

Humans are social creatures, we rely on social groups for survival. For the past generations we have evolved to live in a cooperative society, where our need for acceptance has become part of our basic need for survival.

People fear trying new things because of an unknown probability of failure.

Unless there is a high probability of success, people are reluctant to try new things. Because humankind is a social creature, we do not like to look silly in front of others.

We want to be respected, we want to be admired, and we want to look good in front of others.

The problem is, people incorrectly interpret failure as our self-worth.

The fear of losing one's self-worth and getting rejected leads to inaction, these reasons or excuses have prevented many people from trying new things altogether.

Although these are often excuses made to avoid trying something new, it is understandable. Even though failure can be painful, the fear of being rejected is so great that it makes failure unbearable.

While getting rejected by others due to failure seems like the culprit, the true reason for getting rejected is not because of failure.

You are being rejected because you are being different from others.

You are being rejected because you are the odd one out.

According to the Cambridge vocabulary “*odd one out*” means “*a person or thing that is different from or kept apart from others that form a group or set*”.

Being the odd one out is neither good nor bad, but simply being different from the rest. Thus, getting rejected by others because you are being the odd one out isn't always bad.

In truth, sometimes being the odd one out can be quite beneficial and even desirable.

- If everyone is jumping off a cliff without a parachute, will you be the odd one out and wear a parachute?
- If everyone is not donating to the charity, will you be the odd one out and donate to a good cause?
- If everyone is struggling to make ends meet, will you want to be the odd one out and live a comfortable life instead?

You will probably not be accepted by the group for not jumping off a cliff without a parachute, but you will probably live to tell the tale.

You will probably be called a hypocrite, an attention seeker, or a fake philanthropist, but your donation will probably have helped people who are sick, old, and needy.

You will probably be ostracized by some people for not being “*like them*”, and even call you “*wicked or evil*”, they will even say things like, “*wealth is the root of all evil*”. But you will probably live a happier life and will be in a position where you can extend your hands to help them get a job or financially.

I guess you’ve got my point.

Being rejected by others and being an odd one out is not always bad. Sometimes, it is better to be an odd one out, than to be part of a group.

Being in the “*in-group*” or following the “*latest trend*” doesn’t always have your best interest in mind.

Sometimes it is better to be an independent thinker and embrace the freedom of being the “*odd one out*”.

When the time comes, learn to be a contrarian at the right time and place.

Contrarians are unconventional people, counterintuitive thinkers who dare to withstand herding pressures or abuse from the masses.

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These are the people who usually succeed and go beyond being just average.

Getting rejected can build resilience and help you grow and learn from past setbacks for future success.

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“Starting something new is being a contrarian to your past self. You shouldn't be a contrarian for contrarian's sake. You need to decide if it is better to stay in the past or to move forwards and be in control of your future.”

By Antony C.

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So... are you enjoying what you've read?

The journey of self transformation is like setting sail into uncharted waters. With "Start Small, Dream Big," it can serve as a roadmap where each page becomes a compass that leads you towards the right direction of your dream.

In the initial chapters, we've discussed about F.E.A.R. and why you should be embracing "fear" instead of rejecting it. The key lies in knowing how to use "fear" to your advantage, as a tool that helps you overcome the barriers that stand between you and the life you've always envisioned.

As we move from "Getting Started" to "Taking Action" we will soon go Chapter by Chapter to unravel the threads of hope, secret of self-transformation and become the CEO of your life.

You've already taken the first step by reading this short sample chapter of the book, it's up to you to take the next step in completing this journey and make your dream a reality.

[See you in the next chapter...](#)

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