



READ ABOUT IT! WRITE ABOUT IT! AND DO SOMETHING!

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DEDICATION

For my mother, Marie Armstrong, who has always believed in my dreams.



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Daniel Armstrong®

BEHIND EVERY SUCCESS STORY IS A DREAMER

PATHWAYS TO YOUR DREAM

FOR YOUTH

1. Look Within: Identify What You Enjoy Doing
2. What's Your Dream?: Imagine Your Future...It All Begins with a Dream
3. Explore Life: Try New Activities and Explore New Interests
4. Learn About Your Dream: Read About It
5. Depend Upon Yourself: Accept Responsibility for Making Your Dream Come True
6. Mistakes Happen: Learn from Them
7. Earn the Trust of Others: Keep Your Word
8. Face the Challenge: Don't Quit
9. Think Positively: Focus on the Goal, Not the Obstacle
10. Help Others: How Can You Make the World a Better Place?
11. Value People: Treat All People with Respect
12. Make A Plan: What Are You Going to Do Today, Tomorrow, and Next Week?
13. Produce Excellence: Do Your Best...And Then a Little More
14. Big Dreams Start Small: Take Action — Today!
15. Be Creative: Find Solutions
16. Believe in Yourself: Think, "Yes I Can"
17. Be A Leader: Be An Example
18. Start a Business: Make Something, Do Something, Sell Something
19. It's Not a Birthday Party: Knowledge + Action = Your Dream

LIVE YOUR DREAMS

Living your dream can make your life fun and exciting. Living your dream can make you happy. Living your dream does not happen by chance or by luck. You have to take action to make your dream come true. Living your dream is like pursuing a great adventure, like climbing to the top of a mountain. It will be hard. Sometimes you may think you cannot get there. Sometimes you will fall down. Your dream can come true if you keep climbing and never give up. First you must decide what your dream is, and then you must get started.



Basketball players practicing in Nima



School Building in Accra, Ghana

This book will show you how to go after your dream. When you climb the mountain toward your dream, if you want to get to the top, you must start with the first step. This book will show you how to take those first steps toward your dream.

FIND A TREE

I once lived in the country of Ghana in West Africa. I lived in the capital city of Accra. Accra has lots of traffic and tall buildings. There are many people walking around. It is a busy place. People there often walk around with things on their heads, such as containers of water or large buckets of fruits and vegetables. When I was not working, I would visit a neighborhood



called Nima, which was in a very poor part of the city. There were many beautiful homes in Accra, but in Nima, people lived in homes that looked like shacks. Some people did not have running water in their homes. They had to walk to large tanks and then collect their water in buckets. Then they would carry the water back to their homes.

One day someone told me there was basketball court in Nima. I decided to visit it. When I arrived at the court, I found the baskets were very old and would shake after each shot. The ball that the players used was old and worn, but the players didn't seem to mind. They were happy to meet me, and after we played a game they

asked if I would teach them how to play. After that, I went to the court every day to coach and play. Small children would gather around to watch their new tall American friend teach the older boys and girls how to shoot and play defense.

After several weeks, I sat down with the players after practice and we talked for a while. I asked them about their lives. I also asked, "What are your dreams?" Many of them wanted to travel to America. Some dreamed of playing professional basketball. There was a set of twins named Jonas and Jonathan. They told me their dream was to teach one day in their own school. They asked me for the money to build it. "I



Jonas teaching

don't have it," I said, "but if that is your dream, you should find a tree and just start teaching beneath it." The next day, Jonas and Jonathan found a tree in Nima and began telling children that if they wanted to learn math and how to read, they should come to the school under the tree.

At first, just a few students came, but they enjoyed it so much that soon more students followed. Then more and more students started going to the school under the tree. Jonas and Jonathan were so happy. They were real teachers!

Word spread throughout Nima about the school under the tree. A businessman heard about it too. One day he visited and saw how the children were learning and enjoying themselves. He told Jonas and Jonathan, "I really like your school under the tree. The children are learning. This is great! How would you like to use one of my new buildings as your school-house?" Amazed, Jonas and Jonathan said, "Great!" Their dream had come true.

Yes, you can live your dream, but first you have to get started—even if that means starting out under a tree.

READ ABOUT IT!

Find a book or website and read about Ghana.

WRITE ABOUT IT!

What did you learn from the story about Jonas and Jonathan starting a school under a tree?

DO SOMETHING!

Ask your family members and friends what their dreams are.

Tell your classmates about your dream.

FIND A TREE PATHWAY #1

LOOK WITHIN: WHAT DO YOU ENJOY DOING?

Living your dream begins by studying yourself and determining your talents and interests. Activities that you are good at doing are your talents. What are you good at doing? For some, it may be using a computer. For others, it may be playing sports, while some others may have a talent for painting or building things. There are other activities you may simply enjoy, whether you're good at them or not. Those are your interests. Perhaps you will want to do one of your talents or interests for a living someday. Our interests often change, and that's all right too. What would you like to do one day?

WRITE ABOUT IT!

What are you good at doing?

List ten things you are good at doing.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Write about what makes you happy.

List ten things you would like to do one day.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

FIND A TREE PATHWAY #2

WHAT'S YOUR DREAM: IMAGINE YOUR FUTURE... IT ALL BEGINS WITH A DREAM

The first time I thought about going to Africa was when I was nine years old. I saw a movie on television called Born Free. It takes place in Kenya in East Africa and is about a lion cub whose mother had been killed. A man and woman named George and Joy find the cub and name her Elsa. After raising the cub until she is a full-grown lion, they decide to set her free. First they must teach Elsa how to live on her own.



*Riding a camel in Egypt
in front of a pyramid*



Children in Zimbabwe



*Washing my face while visiting the
countryside in Zimbabwe*

I was fascinated. I wanted to go to Africa! I wanted to see the animals.

Although I was just nine, watching *Born Free* gave me a dream. For a school project, I read about Africa, made a map, and wrote a report on what I had read.

I had started the first steps toward fulfilling my dream by reading about Africa. Later, after I finished college, I took the next step. I traveled there. Today, I have visited several countries in Africa, and I have lived there. My dream of going to Africa came true.

After being inspired by the film *Born Free*, I got started on my dream by reading about it. Next, I wrote about it. Then I took action. I did something.

When I was in second grade, my father gave me a magazine about Dr. Martin Luther King, Jr. I read it many times. I admired Dr. King and his efforts to make the United States a place where all people are treated the same, no matter what color they are. I read about Rosa Parks and how she refused to cooperate when a bus driver demanded that she give up her seat just because she was black. Mrs. Parks and Dr. King worked to end unfair laws. They were part of a campaign called the Civil Rights Movement. I studied Dr. King's famous "I Have a Dream" speech. I had read it so many times that I memorized it.



*Martin Luther King, Sr.,
my mother and me*



Rosa Parks and me

READ ABOUT IT!

Get a book about a person who lived his or her dream. Read about that person.

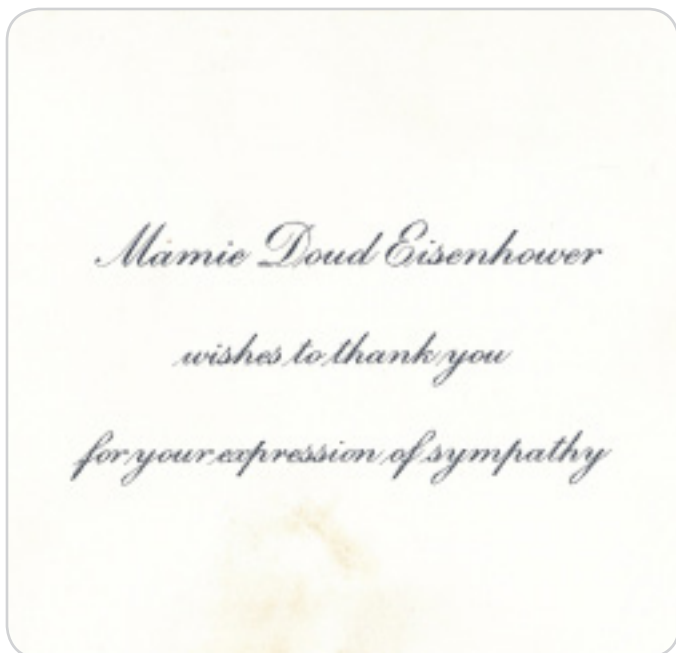
WRITE ABOUT IT!

What did you learn from reading this book?

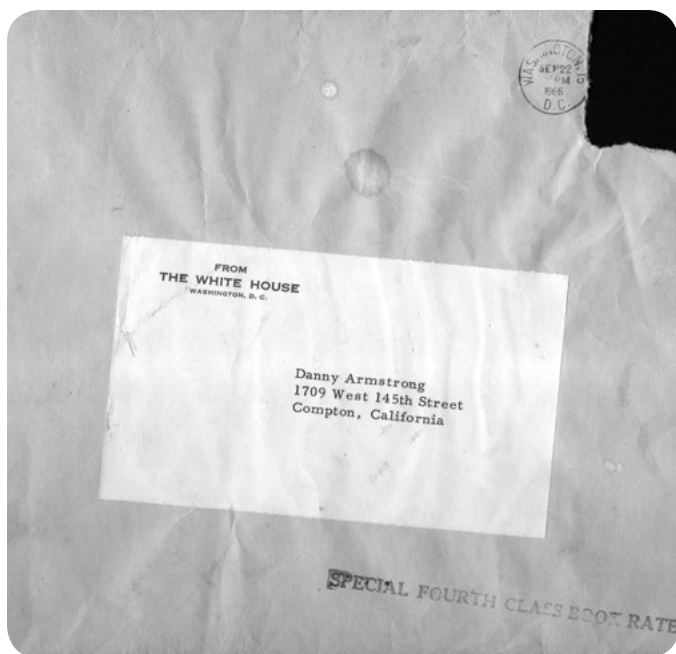
DO SOMETHING!

Draw a picture of the person in your book, showing that person living his or her dream.

Describe the person in your drawing to your class. Tell what the person did to live his or her dream.



Thank You card from
Mrs. Eisenhower



Envelope from the White House

Later, my family traveled to Atlanta, Georgia where Dr. King had lived. While in Atlanta, I met Dr. King's father. Later in life, I met Rosa Parks. Meeting Dr. King's father and Rosa Parks was a dream come true for me. I realized that this dream started by reading about Dr. King and the Civil Rights Movement.

My dream in college was to work in government and politics. That was an interest I developed as a child. Fortunately, my mother supported my dream. When I was six years old, former President Dwight Eisenhower died. I drew a picture of him and sent it to his widow, Mamie. My mother helped me mail it. In response, Mrs. Eisenhower sent a thank-you card to me.

Earlier, when I was three and a half years old, I wrote to President Lyndon Johnson. I told my mother what I wanted to say and she wrote the letter. I could not write yet. I received a magazine back from the White House.

When a person wants to be elected as president, as mayor, or as some other government official, he or she runs a campaign to get votes. That is called politics. I worked in my first political campaign in second grade. A classmate's mother, Doris Davis, ran for the office of mayor in our city, Compton, California. I can remember riding in a car with Mrs. Davis as she cam-

paigned. We handed out flyers to the citizens of Compton, asking them to vote for Doris Davis.

Later, as a college student, I worked at two Democratic National Conventions, where the Democratic Party's candidate for president is selected. At these conventions, I met many leaders of our government. I was living my dream. This dream started when I was three and a half years old.

Do not wait. You can start at any age. Before I was ten years old, I had met Dr. King's father, written to a president, and worked in a political campaign. Start living your dream today! Read about it! Write about it! Do something!



*Former US Senator
Alan Cranston from California*

WRITE ABOUT IT!

Life would be so exciting if one day I could...

If you had three wishes, what would you wish for?

- 1.
- 2.
- 3.

Complete this sentence:

My dream is....

DO SOMETHING!

A dream board shows other people doing things that you dream of doing.

Make a dream board. Find pictures from magazines or the Internet and paste them on your dream board.

DO SOMETHING!

Draw a picture of you living your dream.

DANIEL ARMSTRONG



Daniel Armstrong is a Dream Coach and author who motivates and empowers people to make a difference in their lives and the lives of others through his program, Find A Tree.

Based on his book, *How to Live Your Dreams: Find A Tree and Get Started*, Daniel's Find A Tree educational program has been credited with transforming many incarcerated gang members and underachieving students throughout Los Angeles, teaching them to identify and take the necessary steps toward achieving their dreams.

Raised in Compton, California, Armstrong earned his Bachelor of Arts degree in Political Science from Columbia University. Armstrong also holds a Juris Doctorate and a Master in Business Administration degree, both from UCLA. Armstrong was a Ford Foundation Fellow in 1984, when he received a grant to study youth development in Zimbabwe.

Armstrong began Find A Tree in 1999 after spending two years working in Ghana, West Africa.

For more information on Daniel Armstrong and his Find A Tree program, visit FindATree.com.



Daniel Armstrong®

BEHIND EVERY SUCCESS STORY IS A DREAMER

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