

THE DREAM FACILITATOR

how to progress to a better person

a little book with large potential

by Roy Sá Klijnstra

11-11-2016

For my children

This is my letter to you.

What better foundation we can get in life than advice from our father.

Stay always true to yourself.

With the words in this book I hope to give you eternal hugs and kisses.

I love you!

For my wife

After all these years still my Babbiemeisje. When I met you I just made a physical transformation. Because of your strong view and golden advice I also made a mental transformation to become the man that I am today.

For my brother in law

The calm, conscious and playful way you live your life is a big inspiration for me.

Never settle for less than you can be.

Tony Robbins

There's nothing noble in being superior to your fellow man.

True nobility is being superior to your former self.

Ernest Hemingway

NINE STEPS TO PROGRESS TO A BETTER PERSON

THE MENTAL BACKBONE

- | | |
|--------|----------------------------|
| Step 1 | RAISE YOUR STANDARDS |
| Step 2 | CREATE A COMPELLING VISION |
| Step 3 | HAVE STRONG REASONS |
| Step 4 | REDEFINE YOURSELF |

TAKING ACTION

- | | |
|--------|-------------------------|
| Step 5 | FOCUS |
| Step 6 | SEARCH FOR A ROLE MODEL |
| Step 7 | RITUALS |
| Step 8 | GIVE MORE THAN EXPECTED |
| Step 9 | CHANGE YOUR APPROACH |

THE DREAM FACILITATOR, HOW TO PROGRESS TO A BETTER PERSON

TABLE OF CONTENTS:

TONY ROBBINS, MY ROLE MODEL

PAIN AND PLEASURE, WHY WE DO WHAT WE DO

THE SIX HUMAN NEEDS, PILLARS FOR HAPPINESS

TAKING DECISIONS, THE FUEL OF THE TEN STEPS

NINE STEPS TO PROGRESS TO A BETTER PERSON

Step 1 RAISE YOUR STANDARDS

Step 2 CREATE A COMPELLING VISION

Step 3 HAVE STRONG REASONS

Step 4 REDEFINE YOURSELF

Step 5 FOCUS

Step 6 SEARCH FOR A ROLE MODEL

Step 7 RITUALS

Step 8 GIVE MORE THAN EXPECTED

Step 9 CHANGE YOUR APPROACH

EXAMPLES OF THE NINE STEPS: THE MORNING TEMPER

EXAMPLES OF THE NINE STEPS: BECOME A BEST SELLER AUTHOR WHO
CREATED A NEW GENRE AND WHO'S LATEST NOVEL IS FILMED BY QUENTIN
TARANTINO STARRING LEONARDO DICAPRIO AND ALICIA VIKANDER

FILL IN THE NINE STEPS AND CREATE LIFE ON YOUR TERMS

EXERCISE: FILL IN THE NINE STEPS TO BECOME A MILLIONAIRE

EXERCISE: FILL IN THE NINE STEPS TO QUIT SMOKING

THE POWER OF WORDS

THE ROY SA KLIJNSTRA COMMUNITY

TONY ROBBINS, MY ROLE MODEL

Hello, my name is Roy Sá Klijnstra, I'm 39 years old and live in the sparkling town of Enschede, The Netherlands. I am the biggest optimist in the world. At least that is what it says on my coffee mug and I got it from my wife so it must be true. On the other side of the mug it says that when a bird shits on my head I'm happy that cows can't fly. My beloved spouse bought it for me, because she loves the fact that I am always in a good mood. And when I say always, I really mean always. I honestly cannot think of a moment where I was cranky for longer than five minutes. Nothing can bring me of balance. When the inevitable challenges come to the doorstep of our house I always find a way to deal with it in a fairly short time. That brings balance and peace of mind to our family life.

How did I develop that character? There's only one answer. Tony Robbins.

Tony Robbins is an entrepreneur, best-selling author, philanthropist and a life and business strategist. He has served as an adviser to leaders around the world for more than 38 years. He is the author of five internationally bestselling books. He has empowered more than 50 million people from 100 countries through his audio, video and live training programs. He created the #1 personal and professional development program of all time, and more than 4 million people have attended his live seminars.

To me he is a role model. I am a big believer of his theories and techniques. In easy to understand language he explains what makes us tick and how we can use that knowledge to take control over our mind and body. When you find your inner strength and learn how to wield it anything is possible.

Tony believes in immersion. You don't learn a language by learning some principles, he says. That's why he does his 50 hour live seminars with thousands of participants. I have never been to one, but it seems to be spectacular what happens there. On the internet you can find tons of video's of those seminars. My favorite is the one where he cures a man from thirty years of stuttering within ten minutes.

Long lasting change. Tony makes it easy, fun and fast.

How does he do that? Is he some kind of wonder doctor? No, far from it. He studied since his childhood why people show certain behavior and what it brings them. It started with his mother who was an abusive alcoholic. Later he studied the most successful people of the country and asked what it was that made them so successful. Was it their background or were they making different decisions in their life? The second was the case and Tony found patterns which successful people use and which we can copy in order to get the same results. This is how it started and almost four decades later he is still going strong.

As a philanthropist he feeds four million people per year in 56 countries. From a man with a poor background that must be insanely fulfilling. And it is showing that his theories are not some bull crap. That's why Tony Robbins is the man I want to have as my role model.

Based upon his work I wrote this book in which I show you how to progress to a better person in nine steps. I did it because **progress equals happiness** and that is what I want to give to people. Especially here in North West Europe where there is a lot of fear in society. Fear of refugees, fear of terrorists, fear of the economy, fear of a financial industry that didn't learn from the past, fear of Trump, fear of Erdogan, fear of Putin. That fear can overwhelm us or make us feel frustrated. I learned from Tony Robbins that we cannot control the outside world, but we have absolute control over our inside. Once we learn how to use it, infinite possibilities arise to expand ourselves and in this expansion lies our happiness. That is what I want to get across to my society, one person after another, until the fear is gone.

To show my gratitude to Tony Robbins I will donate 50% of the revenues of this book and everything that comes out of it to the Tony Robbins Foundation.

Just made some calculations and found out I want to reach about 200 million people. So let's get started then.