



The Dream Builder's First Step

A simple guide for encouraging dreams at home, in school, in church, and in everyday life.

*Every child has a dream worth protecting.
Every Dream Builder has the opportunity to help it grow.*

Prepared for families, grandparents, teachers, pastors, mentors, and friends who want to become intentional encouragers.

America's Dream Campaign

How to Use This Guide

Read through the guide once, then return to the reflection questions with a specific person in mind. This may be your child, grandchild, student, friend, church member, coworker, or someone you mentor.

You do not need to do everything at once. Begin with one conversation, one note, one question, or one act of encouragement.

1. Begin With Hope

A Dream Builder begins by believing that a person's future can become greater than their present circumstances. Hope is not pretending every problem is easy. Hope is the steady confidence that one faithful step can lead to another.

Try this:

- Speak words that open possibility.
- Notice strengths before pointing out weaknesses.
- Remind the dreamer that small beginnings still matter.

2. Listen Before You Lead

Many dreams are quiet at first. They often appear in small comments, drawings, questions, songs, inventions, and private hopes. Listening helps a Dream Builder recognize what may be growing beneath the surface.

Try this:

- Ask, 'What have you been imagining lately?'
- Give the dreamer time to explain without rushing.
- Listen for the gift hidden inside the interest.

3. Name the Dream

A dream grows stronger when it is named. Writing it down helps move it from a passing thought to a meaningful direction. The name does not need to be perfect. It simply needs to be clear enough for the next step.

Try this:

- I want to learn...

- I want to create...
- I want to help...
- I want to become...

4. Take One Small Step

Dreams can feel overwhelming when we only look at the finish line. A Dream Builder helps the dreamer identify the next small, faithful step. Small steps reduce fear and create momentum.

Try this:

- Read one chapter.
- Practice for fifteen minutes.
- Ask one wise person for advice.
- Make one phone call.
- Write one paragraph.

5. Protect the Dream From Discouragement

Every dream faces resistance. A careless word can wound a young dream. A wise word can strengthen it. Dream Builders help people learn from difficulty without allowing difficulty to define them.

Try this:

- Separate the person's worth from the setback.
- Celebrate effort as much as outcome.
- Teach that mistakes can become instruction.

6. Encourage Someone Else

The best way to keep a dream alive is to become a source of light for another person. Encouragement does not require wealth, position, or fame. It requires attention, kindness, and the willingness to speak hope.

Try this:

- Write a note.
- Share a resource.

- Pray with someone.
- Introduce them to a helpful person.
- Remind them that their dream matters.

Dream Builder Worksheet

Use this page to begin helping one person take one meaningful step.

Name of the person I want to encourage:
The dream or interest I have noticed:
One strength I see in them:
One obstacle they may be facing:
One small step they can take this week:
One word of encouragement I will speak or write:

Dream Builder Pledge

I choose to encourage rather than discourage. I will look for potential in others. I will speak words that build hope. I will help children believe they matter. I will celebrate effort as well as achievement. I will leave this world brighter than I found it. I will be a Dream Builder.