

(1)

If You Can Dream It, You Can Achieve It

Outline

1. Introduction

1.1. Explanation of the Quote

1.2. Importance of dreams in human life

1.3. Thesis Statement

2. Power of Dreams

2.1. Dreams serve as foundation of achievement

2.2. Act as basis of goal-setting and objectives

2.3. Shape personal identity and self beliefs

3. Turning Dreams into Reality

3.1. Requires self determination and perseverance

3.2. Importance of Planning Cycle

3.3. Steps of a Planning Cycle

4. Historical and Contemporary Examples

4.1. Statesman as Quaid-e-Azam

4.2. Visionary leader as
Lee Kuan Yew

4.3. Malala Yousafzai as an
Educationist

5. Role of Failure in Achieving
Dreams

5.1. Failure as a stepping stone

5.2. Learning through Setbacks

5.3. Stories of resilience

6. The influence of Environment
and Support

6.1. Role of family and
peer groups

6.2. Schooling and Community
Support

6.3. Self-belief

7. Psychological Theories and
Research

7.1. Goal-setting theory by Locke
and Latham

7.2. Maslow's hierarchy of
needs theory

7.3. Self-belief Growth Mindset
Theory of Carol Dweck

8. Islamic and Philosophical
Perspective

8.1. Quranic emphasis on efforts

8.2. Hadiths of Prophet Muhammad
(PBUH) on hard-work

8.3. Philosophers such as Karl Marx dreaming of socialism

9. Conclusion

9.1. Summary of arguments

9.2. Reaffirmation of thesis

9.3. Call to action

The Essay

"If you can dream it, you can achieve it" is not just a motivational quote but it encompasses much more profound meaning. It reflects upon the human nature of visualizing and imagining their future with certain achievements. These achievements cannot be turned into reality unless there is some dream behind them. unless their are dreams

Dreams, often fueled by hard-work and determination, are the foundation of true success.

Throughout human history, humanity's greatest milestones in various disciplines of life have been rooted in dreams. They are not merely fantasies; they are the blueprint of ambition.

and the fire behind action. This essay explores the relationship between dreaming and achieving, drawing on historical, psychological, spiritual, social, and philosophical perspectives to argue that the realization of dream is indeed possible if the dreamer is ready to act, endure, and persist.

Dreams serve as a foundation for achievement to all mankind. Every invention, work of art, movements for peace and justice, and overall man's progress began in the imagination or visualization of someone who dared to dream differently. Therefore, dreams are believed to be the basis of goal-setting. Dreams or visions pave the way to goals, which are translated into achievable objectives or targets, thus guiding the overall process of planning. Dreams also shape personal identity and self belief by inculcating a sense of determination in dreamers. They give meaning to our efforts, guide our decisions, and shape our moral conduct.

For instance, a person dreaming for bringing justice to the world will stand firmly in face of opposition like Francesca Albanese, UN Special Rapporteur, slammed international bodies for their silence on Palestinians' genocide by Israel.

While dreaming is vital, dreams alone are not enough. They must be translated into action through hard-work, self-determination and resilience. It is also required that a dream goes through a proper planning cycle, the importance of which can be undervalued. Planning cycle, which is widely used by the global community for different projects, comprises situational analysis; priority setting; goals, objectives, and targets setting; identifying strategies and activities; developing an implementation plan; costing, budgeting, and financing; and finally monitoring and evaluation. Every dream can only be turned into reality if it goes through different stages of planning. For example, to fulfill the

dream of AIDS-free world, proper situational analysis consisting of exploring the strengths, and weaknesses, opportunities, and threats of this dream would be the first step. This will help in priority setting, where areas which need immediate attention will be prioritized first. Moving ahead, goals, objectives, and targets will be set for that area and so the complete cycle will be completed step by step. No dream can be fulfilled if it does not go through the process of maturation and become achievable.

The history is replete with examples from various domains of life where individuals dreamed of something, put all their efforts, and waited for the fruits of their tireless efforts. Taking examples from history, Quaid-e-Azam Muhammad Ali Jinnah emerged as a strong striking example of this nation. He envisioned a separate homeland for Muslims of the Sub-Continent, and after years of relentless hard-work and determination, he bore

witness to his dream in the form of Pakistan on 24th August, 1947. He believed in three main principles of "Unity", "Faith", and "Discipline" to fulfill any dream of life. Another example of envisioned leadership is Lee Kuan Yew, the founding father and the first Prime Minister of Singapore. His vision of transforming Singapore from a small, resource-poor British colony, into one of the world's most prosperous, stable, and advanced nations within a single generation came into reality after making policies that can attract different countries toward them. Most famous policy it was adopting the civic codes of other countries such as banning bubbles as spitting was banned in China.

Another example from contemporary dreamers is Malala Yousafzai, a Pakistani female educationist, producer, and Noble Peace Prize laureate (2014). She envisioned for girls education during her childhood and worked for drawing global attention to restrictions on girls education by

try to write more appropriate

Tehrik-e-Taliban Pakistan. She ~~was~~
~~even shot in head but she~~
~~continued to work for her~~
~~dreams despite all odds.~~

Dreams are not always fulfilled
~~very easily or quickly.~~ The road to
Success may be littered with
Setbacks, failures, and rejections. But,
these obstacles are just a
stepping stone to a greater goal.
~~These failures teach lessons~~
~~about weak or ignored areas.~~ Therefore,
one should not ^{perceive} ~~take~~ them as
rejections rather look at them from
a new perspective. Even at times,
these failures may present new
opportunities to growth. Failure
also teaches resilience, adaptability,
and emotional strength. J.K. Rowling
faced multiple rejections before
"Harry Potter" was published.
Similarly, Thomas Edison failed
thousands of times before inventing
the light bulb. These examples
reflect the importance of
grit, which is said to be a
better predictor of success
than intelligence or talent.

An important aspect of the
relationship between dreaming and

and success is also the role of family and friends. Family and friends are considered one of the most important factors in emotional resilience, ultimately leading to success. Schooling and community also serve as a contributing factor in nurturing dreams. Studies show that people with outstanding schooling, mentorship and support from their community perform better than anyone else. At the same time, self-belief is key to success. Individuals with strong internal motivation can achieve remarkable things even if they lack external support. For example, Nelson Mandela spent 27 years in prison, yet never abandoned his dream of a free and democratic South Africa.

Modern psychological theories also prove the notion of achieving dreams through continuous efforts and perseverance. These include Locke and Latham's goal-setting theory, Maslow's hierarchy of needs, and Carol Dweck's growth mindset theory. These theories proposed that specific and challenging goals lead to

higher performance; self-actualization, which is the fulfillment of personal potential, is a direct expression of the highest human need; and that abilities can be developed through effort—those with a growth mindset are more likely to pursue difficult dreams, even when facing setbacks.

While the modern psychology incorporates dreams and their achievement in it, Islam, which is a complete code of life, also place great emphasis on human effort and divine support in realizing potentials. In the Holy Quran, Allah says:

“Indeed, ^{good} Allah help those who help themselves.” (Surah Ar-Rad)

This verse affirms human responsibility in striving for becoming the best version of themselves. The Holy Prophet Muhammad (PBUH) also emphasized the importance of intention and effort:

“Actions are judged by intentions.” (Hadith)

Similarly, many philosophers also

Strived for the betterment of society by dreaming a world based on equality. In this regard, most famous example is Karl Marx who dreamed of a world that is not based on exploitation. He gifted the world with the concept of socialism, which is practiced in current China, Russia, Vietnam, and many others.

In summary, the phrase "if you dream it, you can achieve it" is not just an inspiring slogan, but it reflects a deep truth about the relationship between human aspiration and achievement. Dreams are a birthplace for many inventions, progress, and personal growth. Achieving them requires clarity, effort, resilience, and continuous growth. In a world full of distractions and despair, dreams remain a beacon of hope and a call to action. As long as one is willing to believe in his vision and work toward it with efforts and perseverance, then indeed: If you can dream it, you can achieve it.

good effort to use punctuation