

A black and white portrait of Marcel Willems, an older man with short, light-colored hair, looking directly at the camera with a serious expression. The background is dark.

**Book Proposal**  
**“Dream Big, Act with Discipline”**  
**by Marcel Willems**

# **Dream Big, Act With Discipline**

**Overcome Setbacks, Stay Consistent,  
and Turn Your Vision Into Reality**

**Marcel Willems**

*Coach, Speaker & Mentor for Human Potential*

## Pitch

*An honest, inspiring guide who shows how to draw strength from setbacks with courage, discipline, and clarity – and turn your dream into reality.*

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## Introduction

In this book, I take you with me on my personal journey – the lessons I've learned, the doubts that followed me, and the moments I came close to giving up. It's about what it really takes to bring a dream to life – *even when life throws obstacles in your way.*

What I've learned is this: success doesn't happen overnight. It's the result of *discipline, persistence, and the courage to take risks* – even when you don't yet know where the path will lead.

Life rarely follows a clear plan. It's more of a journey full of detours, challenges, and decisions where you must choose: *give up – or keep going?*

Every setback I faced wasn't the end. It was the beginning of an important lesson. Often painful – but always guiding.

This book is here to encourage you to *dream big*. Not just to hope – but to act. To keep going, even when it gets hard. Because it's not just about setting goals – it's about *sticking to them*: day by day, step by step.

Whether you want to grow personally or professionally – one thing is certain: *Without discipline, you'll never begin. And without persistence, you'll never arrive.*

This book will help you find the strength within yourself to step out of your comfort zone, embrace new challenges – and keep going, even when the road feels hard and lonely.

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### **Recommendation**

*"Guidebook, motivational and personal development book with autobiographical elements: Marcel Willems' book Dream Big, Act with Discipline captivates readers on every level. The author writes in a gentle and engaging tone about facing his own challenges – and in doing so, almost casually offers guidance for others. The book is intimate and supportive – yet never preachy."*

— **Guido Felder, Senior Editor at a leading Swiss newspaper**

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### **About the Author**

Marcel Willems is a seasoned guide who inspires people to rise above their limits. His life's journey – shaped by music, entrepreneurship, and social engagement – has given him the experience and insight to help individuals, teams, and organizations take bold steps, find inner clarity, and achieve meaningful goals.

As a mentor, motivational trainer, and catalyst for growth, he blends discipline with heart, strategic vision with empathy – always walking alongside people as an equal.

He is especially devoted to supporting communities in less privileged parts of the world. In places where the struggle for survival leaves little room for dreams, Marcel works

passionately to create new perspectives, spark hope, and unlock potential. He believes that *true transformation begins when someone believes in you – and you start believing in yourself.*

Marcel goes beyond teaching knowledge. He challenges people to step outside their comfort zone, embrace responsibility, and bring about lasting change through consistent action.

His message is simple and powerful: *success begins within – and you carry far more inside you than you realize.*

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**Dream Big, Act with Discipline. Live with Purpose.** *(Backcover)*

The path to success lies in perseverance and courage. What could be possible if you stopped doubting – and finally started taking action?

This book is not a classic guide. It is an honest and motivating companion for anyone who wants more from life but doesn't know where to begin. With profound stories, personal experiences, and powerful impulses, Marcel Willems shows how you can realize your dreams despite setbacks, fears, and doubts – step by step, day by day.

**What awaits you:**

- Courage, discipline, and perseverance as keys to success
- A productive way of dealing with setbacks and criticism
- The power of your thoughts and words
- Routines, energy sources, and focus in daily life
- True stories that inspire and move you

**About the Author:**



Marcel Willems is a mentor and catalyst for personal development and entrepreneurial clarity. His eventful life – from musician to entrepreneur, from family man to global motivator – is marked by change, dedication, and genuine commitment. Today he supports people around the world in rising above themselves and bringing out the best within them.

This book is your starting signal. *Begin where you are – and grow beyond yourself.*

## **Project Overview – Book Manuscript “Dream Big, Act with Discipline”**

**by Marcel Willems**

**Genre:** Personal Development | Motivation | Life Design

**Length:** approx. 250 pages

**Status:** Manuscript completed – ready for professional editing and typesetting

**Format:** Compact paperback (12.5 x 18.7 cm) – ideal as a motivating everyday companion

**Goal:** I am seeking a publishing house or cooperation partner for publication – ideally as both print and e-book editions in professional collaboration.

A later edition in my native language Dutch as well as in English is already in preparation, especially for readers in countries where I am active as a speaker, motivator, and conflict manager.

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### **Short Description:**

This book is not an ordinary guide – it is a powerful companion for people who no longer want to postpone their dreams.

With an authentic blend of personal life story, coaching experience, inspiring principles, and practical insights, the author shows how to overcome setbacks, gain focus, unlock inner strength – and step by step build a fulfilled, self-determined life. It is written for readers who want more from life – professionally, personally, and spiritually – and who are ready to find the courage to truly begin.

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## **Why I Am Writing This Book**

I have experienced many highs and lows in my life – as a musician, entrepreneur, father, speaker, and human being. I know what it means to have a dream. And I know how hard it can be to hold on when life gets in the way.

But what drives me is not only big stages or international projects – it's moments like this:

This message is one of many I have received from young people after I spoke as a motivational trainer at a university:

### **Testimonial**

*"Hi sir my name is Misbah Fatima. I am writing you this message because of you I am able to know how potential I am. I am also able to select my career and it's all because of your counseling in our school. And I remember you gave us a band in which it was written 'I have a dream,' given by you only, and it motivated me a lot. So I would like to thank you sir for helping me."*

### **— Misbah Fatima, Student**

These words move me deeply. Not because they praise me – but because they show what is possible when a person begins to believe in themselves.

A simple sentence. A bracelet. A moment of listening. That can be the starting point for an entirely new life.

And that is exactly why I wrote this book: so that people may find the courage to dream big – and act with discipline

## **Target Audience**

People interested in personal development – entrepreneurs, young adults, seekers of meaning, career re-starters, coaches, and leaders.

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## **Benefits of the Book**

- Motivation for new beginnings
  - Strategies for self-leadership
  - Insights from lived transformation
  - Practical tools for everyday life and work
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## **Core Topics and Themes**

- Developing dreams and visions – Why you are allowed to think big and how to give yourself permission to move beyond former limits.
- Perseverance and consistency – How to stay strong in the long run, even when doubts and external resistance appear.
- Failure, setbacks, and new beginnings – How crises can become new opportunities.
- Focus & energy – Finding technical and mental clarity in everyday life without being ruled by distractions.
- Self-leadership & leader mindset – Leaving the victim role behind and stepping into responsibility and strength.
- Sport, music, nature & mindfulness – Sources of strength for daily motivation and inner balance.
- The power of language – How words shape reality and why self-talk influences your success.



- Impulses for self-reflection – Concise thoughts with impact that encourage you to see your path more clearly.
  - Retrospective & mission – What truly counts in the end and what legacy you want to leave.
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### **What Makes This Book Special**

- ✓ Emotional depth & structured design
  - ✓ Authentic, direct, human – no polished “coach-style” clichés
  - ✓ Personal experiences from music, entrepreneurship, family, and international work
  - ✓ Encourages action, not just reflection
  - ✓ Ideal for readers who want to actively shape their lives
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### **Chapter Overview – *Dream Big, Act with Discipline***

#### **Part 1 – The Dream Begins**

- *Dream Big* – Why it is important not to hold your dreams small.
- *Nelson Mandela – Never keep your dream small* – Inspiration from a great role model.
- *Plan B – And yet many paths* – Why the courage of having no escape can release strength.
- *The Same Routine Every Day* – Routines as a foundation for clarity and strength.

#### **Part 2 – Courage & Perseverance**

- *The Importance of Perseverance* – What it takes to stay on track long term.
- *Courage to Take the First Step* – How to overcome doubt and begin.

- *Self-Reflection – Your honest look within* – Gaining clarity through inner work.
- *Mistakes as a Learning Process* – Turning failure into a stepping stone.
- *Finding the Why* – Inner motivation as the key to success.
- *Discussing Your Project with Others* – With whom to share your ideas – and with whom not.

### **Part 3 – Role Models & Insights**

- *Learning from Great Personalities* – What successful people have in common.
- *India, Kenya & Beyond* – Encounters that opened new perspectives.

### **Part 4 – Setbacks & Change**

- *If You Don't Fail, You Never Tried* – Failure as part of the success journey.
- *Stagnation* – Why wrong partners and lack of commitment hold you back.
- *Daily Victory – The 6 Principles for Continuous Success* – Discipline in everyday steps.
- *The Power of Your Words* – Language as a key factor.
- *Recognizing Victim Mentality* – From problem thinker to creator.
- *Leader Mindset* – Speak and act like a winner.

### **Part 5 – The Path to Success**

- *Step by Step to the Goal* – Jogging as a life metaphor.
- *A True Story of Hope* – David in Kenya: from nothing to entrepreneur.

## **Part 6 – Setbacks & Change (Impulses)**

- *Short, Concise Impulses* – Reinforcing and deepening key messages.

## **Part 7 – Reflection & Mission**

- *Focus & Energy – Using Technology Consciously* – How to use tools without being ruled by them.
- *Mission & Legacy* – What truly counts in the end.

## **Part 8 – Sources of Strength & Habits**

- *Sports as Motivation* – Movement as a key to energy and happiness.
- *Conscious Recovery* – Breaks, sleep, and balance as success factors.
- *The Epilogue* – Personal reflections and the question of legacy.

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## **Marketing & Author Network**

Marcel Willems already has an established platform as a speaker, coach, and motivational trainer, and is active with SwissPathWay in personal and entrepreneurial development. Through lectures, readings, social media, and international connections (including Africa, India, and the USA), the book can be specifically promoted and made accessible to a wide readership.

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## **Call for Partnership**

*I look forward to collaborating with a publisher or partner who will bring this project to life with me and position the book strongly in the English-speaking market – and later also in the German- and Dutch-speaking markets.*