

# *Reach for the Stars*

## *Dreaming*

### **WHAT ARE YOUR DREAMS?**

1. SET A TIMER FOR **FIVE** MINUTES AND LIST ALL THE DREAMS you've ever had – they can be big or small, realistic or unrealistic, anything you think you might want to do, or anything that interests you. This isn't the time to decide IF you would actually do the things on your list, just write all your thoughts down. Write for the entire time. If you run out of ideas, try to expand on the ones you have. For example, rather than just write travel; choose destinations.

2. TAKE **FIVE** MORE MINUTES AND LOOK OVER YOUR DREAMS. Think about these questions and your current life as you go through your dreams again.

Are you living your life on hold? Are you waiting until - your children are older, you are slimmer, you have more money - to follow your dreams? Are you enjoying the life you are leading? What if you had a limited amount of time left in life and had to

choose the dreams that were most important to you? What things jump out at you? The key to this activity is your perspective – it is not about sentimentality but about priorities.

With these questions in mind, **LIST** at least **EIGHT** things that you would most like to accomplish in your lifetime?

1.

2.

3.

4.

5.

6.

7.

8.

3. NOW COMPARE THE TWO LISTS AND ANSWER THESE QUESTIONS:

What is the difference between them?

What dreams made the second list?

4. COMPARE YOUR SECOND LIST TO YOUR CURRENT LIFE.

Are they drastically different?

What aren't you doing that you could be doing?

5. PRIORITIZE YOUR DREAMS. You can do most everything you want to in life but you cannot do everything at the same time. Go back through the lists and put a star beside the dreams that mean the most to you right now.

6. PICK YOUR TOP FIVE DREAMS. Look at the dreams that you have marked with stars and pick the top three to five that you want to start incorporating into your life.

<p><i><b>My Top 5 Dreams are:</b></i></p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>
---