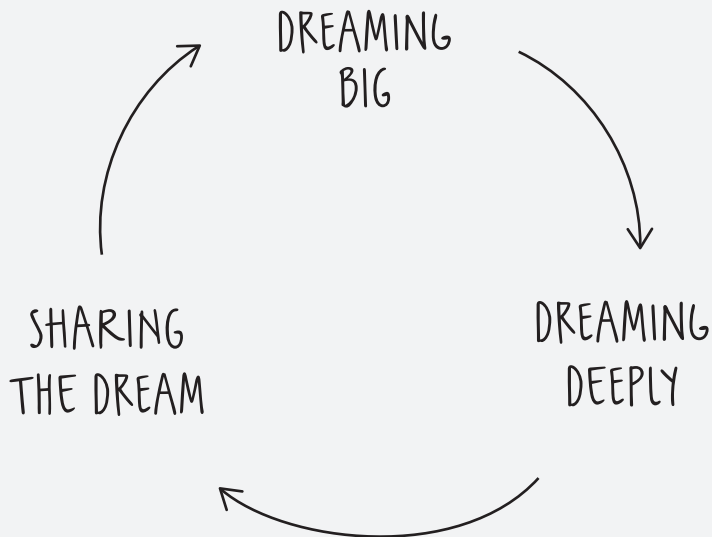


101 DREAMS EXERCISE

Now, let's put pen to paper and use the questions ahead to inspire, prompt and guide you to create your own list of 101 Dreams - or as many as you can. As they surface in your mind, write those dreams onto your 101 Dreams List. You can edit later.

Read each question in the three areas on the opposite page one by one. After reading each question, pause, think about that question, and let it stimulate your imagination. When you've written down every dream it inspires, move to the next question, and so on.

When you feel you're out of ideas, cycle through the three lists of questions again. Do this as many times as you like to inspire as many dreams as you possibly can. Let your imagination run wild. Tap your creativity. And remember, turn off your rational mind. Resist the temptation to limit yourself.



101 DREAMS EXERCISE

01 / DREAMING BIG

- + WHAT WOULD YOU DO IF YOU KNEW YOU COULD NOT FAIL?
 - + WHAT WOULD YOU DO IF YOU HAD ALL THE MONEY AND TIME YOU NEEDED?
 - + WHAT WOULD YOU DO IF YOU HAD ALL THE SKILLS AND KNOWLEDGE YOU NEEDED?
 - + WHAT WOULD YOU DO IF YOU HAD ALL THE COURAGE YOU NEEDED, ALL THE SELF-BELIEF YOU NEEDED?
 - + WHAT WOULD YOU DO IF YOU HAD ALL THE SUPPORT YOU NEEDED?
 - + WHAT DREAMS DO YOU HAVE ALREADY?
 - + WHAT HAVE YOU OFTEN WISHED FOR, BUT NEVER PUT IN WRITING?
 - + WHAT HAVE YOU DREAMED ABOUT, BUT NEVER SHARED WITH ANYONE ELSE?
-

02 / DREAMING DEEPLY

LOOK DEEPLY INTO YOUR HEART, AND CONSIDER THE FOLLOWING QUESTIONS TOO.

THINK ABOUT YOUR DREAM LIFE AND HOW IT WOULD BE DIFFERENT TO YOUR LIFE TODAY...

- + WHAT WOULD YOU START DOING?
 - + WHAT WOULD YOU STOP DOING?
 - + HOW WOULD YOU SPEND YOUR TIME?
 - + WHAT WOULD YOU DO FOR WORK?
 - + WHAT EXPERIENCES WOULD YOU HAVE?
 - + WHERE WOULD YOU TRAVEL?
 - + WHAT WOULD YOU BUY?
 - + WHAT WOULD YOUR PURPOSE BE?
 - + WHERE WOULD YOU LIVE?
 - + WHAT WOULD YOU SURROUND YOURSELF WITH?
 - + HOW WOULD YOU FEEL AND ACT?
-

03 / SHARING THE DREAM

IF YOUR LIFE WAS FILLED WITH ALL THE LOVE AND DEEPLY SATISFYING RELATIONSHIPS YOU COULD HOPE FOR, HOW WOULD IT LOOK?

- + WHO WOULD BE THE KEY PEOPLE IN YOUR DREAM LIFE? DESCRIBE YOUR RELATIONSHIPS WITH THEM IN JUST A FEW WORDS...
- + WHAT DREAMS DO YOU HAVE TO HELP YOUR LOVED ONES - YOUR FAMILY, YOUR FRIENDS?
- + WHAT DO YOU DREAM OF FOR YOUR COMMUNITY? FOR THE WORLD?

MY 101 DREAMS

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