

My Dream Book

Name _____

My Dream Book

Our dreams are the visions that shape our lives. Do you know what your dreams are? Have you stopped dreaming? Sometimes we do. At different points in our journey, both professionally and personally, it is easy to get so caught up in surviving that we stop dreaming. When we stop dreaming, we slowly begin to disengage from our work, from our relationships, and from life itself.

Write your own list of one hundred dreams. Try to do it in one sitting. Nothing is too wild and wonderful. There are no limitations. Don't concern yourself with what you think is possible and what you think is not. Just write...

For the next week, take ten or fifteen minutes each day just to read through your Dream List. Other dreams may come to mind—add them! You may decide some dreams are not really you, or not that important to you. Delete them from the list if you wish, or leave them there so that you can look back in time and see what you thought was important to you.

After one week, go through the list and apply one of the following three categories to each of your dreams: short-term (within twelve months), mid-term (one to five years), or long-term (five years or more).

As you write your Dream List, I offer you these twelve areas to stimulate a good cross section of dreams:

Physical
Emotional
Intellectual
Spiritual
Psychological
Material
Professional
Financial
Creative
Adventure
Legacy
Character

- Matthew Kelly, *The Dream Manager*

The following pages contain these categories, along with examples from *The Dream Manager*, to stimulate your dreaming. You can use the blank pages for words, phrases, and sayings that inspire you to dream. Paste in pictures of places you'd like to go, things you'd like to own, organizations you'd like to help, adventures you'd like to embark on, projects you'd like to do, the legacy you want to create...wherever your imagination and passion take you! Review your dreams often. Continue to dream without limits! Believe your dreams *can* become reality!

