

Dream Inventory

IMPORTANT: *Do not think or over-analyze this activity.
Let your imagination take over. Allow yourself to dream about your life.*

Instructions

Get out a blank piece of paper. Set a timer for three minutes (you'll re-use this timer for every question). Start the timer and, writing on the paper, answer the first question. Once the timer goes off, reset another three minutes and answer the next question. Repeat until complete.

Questions

1. If anything were possible, what would you do?
2. Where would you go?
3. What would you be focusing on for a career?
4. What are your dreams for your family and relationships?
5. How are you living out your passions?
6. What is motivating you and exciting you?
7. How are you changing the world?
8. What kind of person are you?
9. If you could solve one problem, what would it be?
10. If you could work with anyone, who would you work with?

After answering all questions, create the following three lists.

1. What were some of your biggest "wow" moments? These are moments that inspired and had a positive impact on you.
2. What sorts of things did you want to do when you were younger?
3. What are things that used to be dreams, but now you have accomplished?

After completing the lists, review the entire exercise. Look for common themes, recurring words or ideas, or re-surfaced dreams. What stands out to you? What do you see? What thoughts, ideas, or dreams came out during the exercise?