

Dream Big Worksheet

1. WRITE DOWN YOUR WILDEST AND CRAZIEST DREAMS FOR YOUR FUTURE:

2. SELECT ONE DREAM ABOVE AND WRITE IT SPECIFICALLY IN ONE SENTENCE:

3. DREAM ADVICE:

4. DREAM CHECKLIST

A. Is the dream really mine?

YES

NO

MAYBE

B. Does my dream benefit others?

YES

NO

MAYBE

C. How passionate am I about this dream? (Circle One Below)

10. My passion is so hot that it sets other people on fire

9. I cannot imagine my life without my dream

8. I willingly sacrifice other important things for it

7. I'm fired up by it and often preoccupied with it

6. I enjoy it as one of my many interests

5. I can take it or leave it

4. I prefer not to think about it

3. I go out of my way to avoid it

2. I've put it on my list of least favorite things

1. I would rather have a root canal without anesthesia.

D. List two challenges you expect to face in trying to accomplish this goal.

E. Name two people you could enlist to help make this dream possible.

F. List two strategies you can use to deal with these challenges.

5. ACCOUNTABILITY MEASURE - One thing you can do in the next week to get one baby-step closer to making your dream a reality:

6. YOUR ACCOUNTABILITY BUDDY:

