

Dream Sheet

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|--|--|---|
| <p style="text-align: center;">Dreams</p> <p>Write down your dreams, however impulsive or crazy they may seem, in the boxes below under each category, from 1-7 (in the order that they flow, not in order of importance)</p> | <p style="text-align: center;">Timeframe (Term)</p> <p style="text-align: center;">A = Short Term 0-1 yr B = Medium Term 1-4 yrs C = Long Term 5+ yrs</p> | <p style="text-align: center;">Priority</p> <p style="text-align: center;">* = Low Priority ** = Medium Priority *** = High Priority</p> |
|--|--|---|

| Career | Term | Priority | Family | Term | Priority | Possessions | Term | Priority |
|--------|------|----------|--------|------|----------|-------------|------|----------|
| 1 | | | 1 | | | 1 | | |
| 2 | | | 2 | | | 2 | | |
| 3 | | | 3 | | | 3 | | |
| 4 | | | 4 | | | 4 | | |
| 5 | | | 5 | | | 5 | | |
| 6 | | | 6 | | | 6 | | |
| 7 | | | 7 | | | 7 | | |

| Travel | Term | Priority | Hobbies | Term | Priority | Social | Term | Priority |
|--------|------|----------|---------|------|----------|--------|------|----------|
| 1 | | | 1 | | | 1 | | |
| 2 | | | 2 | | | 2 | | |
| 3 | | | 3 | | | 3 | | |
| 4 | | | 4 | | | 4 | | |
| 5 | | | 5 | | | 5 | | |
| 6 | | | 6 | | | 6 | | |
| 7 | | | 7 | | | 7 | | |

| Physical | Term | Priority | Mental | Term | Priority | Spiritual | Term | Priority |
|----------|------|----------|--------|------|----------|-----------|------|----------|
| 1 | | | 1 | | | 1 | | |
| 2 | | | 2 | | | 2 | | |
| 3 | | | 3 | | | 3 | | |
| 4 | | | 4 | | | 4 | | |
| 5 | | | 5 | | | 5 | | |
| 6 | | | 6 | | | 6 | | |
| 7 | | | 7 | | | 7 | | |

Turn the page and turn your dreams into goals!!!.....

Setting Your Goals

A Dream becomes a Goal when it has a timeframe associated with it

Choose your HIGHEST PRIORITY dream (or two if you are passionate about both) from each Category on the previous page, for each timeframe

| Life Aspect | A (Short Term 0-1yr) | B (Med Term 1-4yrs) | C (Long Term 5+ yrs) | Is this my goal? | Is the term realistic | Can I Achieve it | Can I Visualize the Dream? |
|-------------|----------------------|---------------------|----------------------|------------------|-----------------------|------------------|----------------------------|
| Career | | | | | | | |
| | | | | | | | |
| Family | | | | | | | |
| | | | | | | | |
| Possessions | | | | | | | |
| | | | | | | | |
| Travel | | | | | | | |
| | | | | | | | |
| Hobbies | | | | | | | |
| | | | | | | | |
| Social | | | | | | | |
| | | | | | | | |
| Physical | | | | | | | |
| | | | | | | | |
| Mental | | | | | | | |
| | | | | | | | |
| Spiritual | | | | | | | |
| | | | | | | | |

4 Steps to Success

- 1) Have clear written down goals that you can believe and visualize (use a vision chart!)
- 2) Expect obstacles - ignore them, work around them or smash through them as necessary!!
- 3) Work towards your goal and imagine living it every day!
- 4) How? Don't worry - if you are focused and have faith, then you will succeed!!

Write on a card:

Knock, Seek and You shall Find

Knock and the door will be opened
 Ask and you shall receive
 Work like you've never worked before
 Think totally positive