

# my big dreams

goals are just  
dreams with deadlines

## The first step in setting big life goals is dreaming.

This three-step process of dreaming big is fun and exciting. Take your time and enjoy this part ... just pretend that you're in elementary school again. The sky is the limit and no matter what you dream up, it's the exact right answer. And if you change your mind later and don't like the dream you picked, it's okay to change your mind and pivot. We'll worry about that later – for now, let's start dreaming.

I find it most helpful to only focus on one area of my big dream list at a time and go through the entire process for that one area, then move on to the next. But there are no rules here... just do whatever you think is best for you.

### step 1: visualization

This is the daydreaming part. Just let your mind wander and figure out what you want your future to look like. I want you to find a quiet place to relax and escape into your daydreams. How about a soft lawn under a beautiful blue sky filled with fluffy white clouds? Just let your mind wander and invent the most awe-inspiring future you can imagine. Nothing is off limits... just dream about all the amazing things you want for yourself and your family. Use the worksheet topics as a guide if you need to – or make up your own topics. Dream big!

### step 2: verbalizing

This part might actually be combined with the visualization part – it's up to you. Don't judge me, but this is my favorite part – verbal dreaming. Otherwise known as "talking to yourself." Put yourself into the scenario of your dream coming true and talk about it out loud. How is verbalizing different than visualizing? It's different because you're speaking out loud and actually hearing the words you're speaking which solidifies the dreams in reality (don't ask me how, it's science). Talk it out!

### step 3: write it down

Now that you've spent some time thinking about and talking about what your big dreams are, it's time to write it all down. Even though you've imagined all the details of what your dream is like once you achieve it, try to be more concise when you're writing it down. Don't worry about the details of how you're going to achieve them yet, for now, just write it all down.

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## FINANCIAL DREAM

How much money is in the bank? How long before you can be debt-free? What is your financial mindset?

## CAREER DREAM

How will you make a living? What's your dream job? Are you following your passion?

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## EDUCATIONAL DREAM

What do you want to learn? How will you use your current education? What skills do you want to develop?

## LOCATION DREAM

Where will you live? What type of dwelling? Who is with you? How many houses will you have?

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## TRAVEL DREAM

Where do you want to go? Who is with you? What's your favorite way to travel?

## RELATIONSHIP DREAM

Who is in your life? Do you want to find Mr. or Mrs. Right (or rediscover your relationship)?

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## HEALTH DREAM

Do you want to lose weight? Finish a triathlon? What about your emotional and spiritual health?

## MY BIG DREAM

Use this space to set your own big dreams.

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