



~ Dream Worksheet ~

What is your dream? Give a short description




 Why would this dream be amazing?
List the positives:


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 If this dream became reality, how could it be fulfilling? How could it help others?

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 Why would this dream be challenging?
List the negatives:

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 If this dream became reality, how could it be draining? How could it hurt others/yourself?

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Which list was easier to come up with—the positive or the negative?



Print out as many copies as you have dreams pop into your head!

We will set up a time to chat in the next few weeks, and I have some next steps planned for how we'll use these worksheets to help you dream even more!

I'm SO proud of you! Your work will be all.worth.it!