

# My Dreams, Goals and Desires

You can transform your life if you throw yourself into the process. One of the best ways is to get clear on what you would like to happen in your life.

This is your opportunity to let yourself dream. Unleash your imagination, and write about the life you really, really want. Don't leave anything out!

Include the fun, the excitement, the successes, the adventures, the creativity, the experiences, the connection and the love you really want. Imagine a future where your dreams come true and you are living the most amazing life; a joyful, healthy, wonderfully successful and totally fulfilling life.

Let your imagination run wild without judging or worrying about how you will do these things, or what others may think, or even the spelling or way it is written. Just let the ideas flow. These could be descriptive paragraphs or simply words or phrases. The idea is to just capture everything that comes to mind. If you want, you can go back to each list to expand and add details to your vision. Be bolder, dream bigger and know that anything is possible – and most of all have fun, enjoy the process and wait for the magic to happen!

## **Emotions Dream List**

This is the best place to start because it allows you to get into the feeling place of your dreams. From there, you'll easily be able to expand each individual dream list.

Write passionately and excitedly about how you will feel when you're living your ideal life. Be as detailed and as enthusiastic and as expansive as you can. We want LOTS of description! Describe how you will feel as you're living the amazing life you've always dreamt of. You can write as if it's already happened, or what it will feel like when it happens – whatever feels best to you.

## **My Emotions Dream List:**

### **Business, Career and Money Dream List**

Write about how fabulous it will be to love your work and enjoy your ideal career. This may be working for someone else, or enjoying your own business venture or it could be both. Describe the amount of money you'd love to be making (be specific) and how that will make a difference in your life. Be as specific as you can about what your life looks and ***feels*** like when you are enjoying success in this area and the making the kind of money you've always wanted.

### **My Business, Career and Money Dream List:**

### **Family and Relationships Dream List**

Imagine you were in your ideal loving, supportive, divine relationship with someone special (even if this isn't a goal right now, just imagine what it would be like) Describe the specific qualities you would enjoy in your partner and how much joy that would bring you. If you want a family, then add details about that too – how many children, the joy they bring you and how much fun you have and the things you do together as a family. You may want to also include your relationships with your parents and siblings and how you'd like them to be if they were ideal.

## **My Family and Relationships Dream List:**

## **Friends and Social Life Dream List**

Imagine your life was filled with supportive friends, encouraging business associates and you were part of a community that inspired and delighted you. Write about the fun you would have, the events you would take part in, the difference it would make in your life, and the difference you would make in others' lives.

## **My Friends and Social Life Dream List:**

## **Spiritual Dream List**

Write about the spiritual growth you'd like to experience. Imagine you are totally connected to your Inner Being and Source. Imagine you live each day knowing anything is possible because you feel totally supported, protected, inspired and empowered by something bigger than yourself. Detail how you would feel and who or what is there for you.

### **My Spiritual Dream List:**

## **Health and Vitality Dream List**

List all aspects of your health including weight, nutrition, how you feel, the physical activities you love to participate in now, and those you would like to experience. Describe how you look and feel when you are your ideal physical self and enjoying all the fun activities you've always wanted to do.

### **My Health and Vitality Dream List:**

### **Learning Dream List**

List all the things you'd like to learn, the events you'd like to attend, the programs you'd like to study. These could be formal education, or simply skills, information, creativity or knowledge you'd like to acquire. They could be creative pursuits (like painting) or skills (like a language or learning about marketing) List everything that mentally stimulates you and gets you excited about expanding your skills, knowledge and creativity.

### **My Learning Dream List:**

### **Fun and Enjoyment Dream List**

Describe all the fun experiences you'd love to have over your lifetime. These could be seeing a famous band or meeting a particular movie star, watching the tennis live or fashion week in

Paris. Travelling to a certain part of the planet or experiencing a particular adventure. This is like your bucket list of things to do that aren't on any of your other lists

**My Fun and Enjoyment Dream List:**