

IDENTIFY

100 Dreams



"All of our dreams can come true, if we have the courage to pursue them."

-WALT DISNEY

"The future belongs to those who believe in the beauty of their dreams."

-ELEANOR ROOSEVELT

"You are never too old to set another goal or to dream a new dream."

- C.S. LEWIS

WHAT ARE THE DREAMS THAT YOU WANT TO ACCOMPLISH OVER THE COURSE OF A LIFETIME?

Use the categories below to help you create your list.

(List adopted from The Dream Manager)

- **PHYSICAL** *(Ex. Run a marathon, quit smoking, lose weight, implement healthy diet)*
- **EMOTIONAL** *(Ex. Go to therapy to address challenges, be in a healthy relationship, be present with others)*
- **SPIRITUAL** *(Ex. Read the Bible in a year, go on yoga retreat, develop inner peace, become part of a faith community)*
- **INTELLECTUAL** *(Ex. Go back to college, take an online class, learn a foreign language, read 50 books in a year)*
- **PSYCHOLOGICAL** *(Ex. Overcome a fear, beat an addiction, become committed to what you start)*
- **MATERIAL** *(Ex. Buy a home, get your dream car, buy someone a life changing gift)*
- **PROFESSIONAL** *(Ex. Change your career, do a job that aligns with your passion, become a leader, get a promotion)*
- **FINANCIAL** *(Ex. Get out of debt, pay off your student loans, earn \$250,00 a year, save \$50,000, give away \$10,000)*
- **CREATIVE** *(Ex. Write a book, make a music album, learn how to play piano, take an art class)*
- **ADVENTURE** *(Ex. Go skydiving, travel to the Great Wall of China, climb a 14,000 foot mountain, go on your dream vacation)*
- **LEGACY** *(Ex. Raise your children to have a healthy understanding of who they are, volunteer for something you believe in, donate to your favorite charity/cause, be known for your faith)*
- **CHARACTER** *(Ex. Be trustworthy, be recognized for having humility, develop patience)*

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