

My Dreams Worksheet

Date _____



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Questions	What do I want to do?	Who do I want to be?	Where do I want to go?	What do I want to have?
One Word Focus	PHYSICAL	SPIRITUAL	MENTAL	EMOTIONAL
Positive Rituals	Physical	Spiritual	Mental	Emotional
Goals Specific Measurable Agreed Upon Realistic Time Activated	GOAL – Physical	GOAL – Spiritual	GOAL – Mental	GOAL – Emotional
	Roles	Values	Books I want to read in _____	Other resources