

100 DREAMS CHALLENGE

LEARN TO DREAM AGAIN

Instructions:

This exercise is a start to helping you *Dream* again.

It's harder than you think.

This will take a bit of time, so maybe spread it out over a few days. There are 11 categories, and there are 15 spaces in each category; you *do not* need to fill in all the spaces. You may put all your dreams in one category if you want. These dreams can be frivolous or not; that's up to you. They do not have to be attainable. In Fact, that's kind of the fun of it.

No strings, just *Dream*. You can be as specific or general as you want, don't get stalled out on the meanings of the categories, either! It just might surprise you what shows up on the paper. Just come up with 100.

Dream

