# 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.

Theam

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# Dreams about material things you want:

Short- Term	Mid- Term	Long- Term	Describe your Dream

#### Dreams about your emotional self

Short- Term	Mid- Term	Long- Term	Describe your Dream

#### Dreams about your physical being

Short- Term	Mid- Term	Long- Term	Describe your Dream

## Dreams about your spiritual self

Short- Term	Mid- Term	Long- Term	Describe your Dream

#### Dreams of what you want to learn

Short- Term	Mid- Term	Long- Term	Describe your Dream

## Dreams about your profession

Short- Term	Mid- Term	Long- Term	Describe your Dream

#### Dreams about finances

Short- Term	Mid- Term	Long- Term	Describe your Dream

#### Dream about creative things

Short- Term	Mid- Term	Long- Term	Describe your Dream

## Dreams of the adventures you want to take

Short- Term	Mid- Term	Long- Term	Describe your Dream

## Dreams about your character

Short- Term	Mid- Term	Long- Term	Describe your Dream

#### Dreams about the legacy you want to leave

Short- Term	Mid- Term	Long- Term	Describe your Dream

Now that you've got a start come back to it periodically. Add to it and highlight or check off any that have become a reality. I keep mine in a small leatherbound notebook on my desk.

For more explanation, check out The Quality of Life Podcast on theerinolson.com/podcast