

Take Action

Realizing Your Dreams

My Top 5 Dreams are:

1.
Why?
2.
Why?
3.
Why?
4.
Why?
5.
Why?

Activity Storm for your Dreams

1. Spend **FIVE UNINTERRUPTED MINUTES WRITING DOWN** as many activities as you can that relate to this dream. **DO NOT** stop writing. If you run out of ideas, try to expand on ones you already have written.

For example:

Read a book – Expand to one on parenting, on organization, on time management, on crafts, on decorating, on travelling, on fitness, novels or magazines

Take a Class – types of classes, local schools, Internet, correspondence, art, music, computer, massage

DO activity storms for at least three of your dreams!

Dream:

Activities:

Dream:

Activities:

Dream:

Activities:

Dream:

Activities:

Dream:

Activities:

2. PRIORITIZE EACH LIST:

- PUT A STAR beside all the things that you think you would like to do or try
- CIRCLE THREE activities that you will begin to incorporate into your life immediately

*Depending on the commitment level of the activities you have chosen, you may want to only concentrate on two or three dreams for now.

Three Activities I will start to do now:

1.

2.

3.

Three Activities I will start in the next few months:

1.

2.

3.