

DREAM
dream
/drēm/

VISION
TO REALITY

A cherished aspiration, ambition, or ideal.

WHERE ARE YOU HEADED?

Think of a jigsaw puzzle and how you always see the finished product on the box. The picture on the box is the end result, just like that DREAM in your head.

Write the end result of a DREAM you would like to accomplish. This might be something like “I finally want to start my candle making business,” or “I want to complete my first marathon.” You know there are a lot of steps between where you are now and the end goal, but for now, concentrate on what your finished puzzle will look like when it has come to fruition.

You can’t get to where you are going without knowing where you want to go.

JOURNAL EXERCISE:

What is the main DREAM you want to pursue, and why is it important right now? Put your timer on for 3 minutes and write everything that comes to mind in regard to this question:
