

DREAM SNOWBALL

Your dreams are valuable currency.
Dreams are like jet fuel for your life.

Set a timer for ten minutes.

During that ten minutes write down every dream you can think of.

Write down big dreams and small dreams, easy dreams and hard dreams.

Here are a few ideas to get you thinking:

- Travel
- Something you've always wanted to say about yourself (i.e. I'm an author, I'm famous for ...)
- Where you'd like to live or what you would like your dwelling to look like
- Any particular products or level of quality you'd like to own or purchase
- A level of health or fitness you'd like to achieve
- Career or business or vocation
- Becoming debt free (or paying off student loans or credit card debt)

A large, empty rectangular area intended for writing down dreams.

Circle the dreams you want to make reality in the next 6-12 months. Find at least 5-10 you want to focus on. Focus your energy and attention on each dream, gaining confidence and momentum as you move down the list.

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Select 5-10 dreams you would like to make a reality over the next 6-12 months. Put them in order from easiest/quickest (starting with 1) to hardest/longest (ending with 10).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

For the first dream on the list, write down all the things you can try in order to take it from a dream to a reality.