



THE DREAM BUILDER'S WORKSHOP

If You Are Ready To Transform Your Life

WORKBOOK

"You will never leave where you are until you see where it is, you'd rather be."





The Dream Builder's Workshop

The Time Is Now To...

Design Your Life ... Live Your Dreams

Part 1

WHAT'S YOUR DREAM?

“When you were born, you cried and the world rejoiced; live your life so that when you die, the world cries and you rejoice.”

Indian Proverb

Teach us to number our days

The Average life expectancy in U. S. is 80 years old

$$\text{Multiply } 80 \text{ by } 365 \text{ days} = 29,200 \text{ days}$$

What is your current age? _____

$$\text{Multiply } \underline{\hspace{2cm}} \text{ by } 365 \text{ days} = \underline{\hspace{2cm}}$$

Subtract the total # of your current days from

the total number of expectant days. = _____*

*Whatever number you come up with is the number of days you have available to you to complete your dream.

Please Note: this is just for illustration purposes. We do know that you can live well beyond your 80th birthday. We also know that tomorrow is not promised to any of us. The point here is that time is a valuable commodity. Don't waste your precious gift. Get busy working on your dream today.

Personal Mission Statement

My mission is to _____

In order to serve _____

In such a way that _____

Signed _____

What's your dream?

How can you achieve your dream, if you don't even know what it is?

- In this exercise we will help you identify your dreams. In this exercise you will build your **108 Dreams List**.
- This exercise may be tougher than you would think.
- Tips to help you with this exercise:
 - Let ideas flow freely, just brainstorm. When they come to mind, write them down.
 - If you get stuck, consider asking yourself questions that could help you dig into your dreams. For Example:
 - What makes me happy?
 - Where do I hope to be in five years? Ten years?
 - Who are the most important people in my life and how do I like to spend time with them?
 - What would I wake up early to do on a regular basis?
 - Where do I want to travel?
 - What do I want to do with my business?
 - What dreams do I have with my health and wellness?
- The dream can be big or small. It doesn't matter, it's your dream.
- Keep pushing yourself until you get the 108. The list on the next page is here to help you, but you can use your own journal. Have fun.



108 Dreams List

- Make a list of 108 things you want to achieve, do, have, see, or experience. Push yourself to dream. They can be BIG or small. They can be farfetched or really simple. It's your dream. Go for it!

1.	37.	73.
2.	38.	74.
3.	39.	75.
4.	40.	76.
5.	41.	77.
6.	42.	78.
7.	43.	79.
8.	44.	80.
9.	45.	81.
10.	46.	82.
11.	47.	83.
12.	48.	84.
13.	49.	85.
14.	50.	86.
15.	51.	87.
16.	52.	88.
17.	53.	89.
18.	54.	90.
19.	55.	91.
20.	56.	92.
21.	57.	93.
22.	58.	94.
23.	59.	95.
24.	60.	96.
25.	61.	97.
26.	62.	98.
27.	63.	99.
28.	64.	100.
29.	65.	101.
30.	66.	102.
31.	67.	103.
32.	68.	104.
33.	69.	105.
34.	70.	106.
35.	71.	107.
36.	72.	108.



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Notes
