

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. Let's 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 does not matter the size, 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.