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# DREAM ACTIVATION EXERCISE

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## *step one* | RECONNECT WITH A DREAM

Take a few moments to close your eyes and think of a significant dream you achieved in the past. Maybe it was graduating from college, getting your driver's license or getting married...

- Let your thoughts go back to the details of achieving that dream.
- Put yourself back into that experience and allow yourself to relive the emotions.
- What sights, smells, sounds and sensations are you aware of when you experienced achieving that dream?

## *step two* | REFLECT

Now that you have reconnected with that dream, jot down some thoughts about it:

- How did you feel when you fulfilled that dream, or when you recalled it?
- Describe how achieving that dream impacted you. How did it affect you emotionally? How did it affect your motivation in other areas of your life?
- Now think about the people around you at the time. How were they impacted by you achieving your dream?
- Now imagine the impact on your wider community of everyone living their dream.

From this exercise you will have reconnected with the life that is released in and around you on the Dream Journey. Use this to motivate you on your renewed journey of living your dreams!