
DREAM ACTIVATION EXERCISE

step one | STARTING YOUR DREAM LIST

Now it's time to start writing down some of your dreams. We will explore this more in later chapters, but for now we just want to get you started. You will likely want to add to this over the next few days or weeks. The Dream List is your list, so you can add to it or change it at any time. Begin to write down your dreams in whatever order they come to you

Consider the following categories:

- Things to be
- Things to do
- Things to have

Now, for each of the above, consider these different aspects of your life and the lives of those around you:

- Physical
- Financial
- Emotional
- Spiritual
- Legacy

Go back over the sample dream categories at the end of this chapter to trigger more of your dreams. You may also want to go over the Dream Starters in the Dream Resources in the back of this book. There are several different lists to suit different personality types.