

Yes, on purpose I left the material to the last. That is usually the easiest.

Now go over the list and pick out those that jump at you, those that make your heart pound with excitement at the thought that it can be yours. Play all out. There must be at least one from each category.

Pick 10 and high light those them.

Write them here

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

Look at the list you have created. Look real hard. These are the ones that you should create your dream around. These are the big dreams. Even if you don't see a connection between the different categories, there is a connection and you will find it.

That is what you will work with here with me. Now write them into you journal in whatever order you want. But make sure that you write them starting with:

- I am
- I have
- I do
- I feel

The process of seeing yourself having this has begun. Write as if you already have this, not that you want this. Just one sentence for each. We will expand later. We don't need to do everything the first day.

If you want them all, that's fine. Write them all in your journal. You will most likely be creating a full life plan. It is takes the same amount of work on creating a full life plan as it takes creating a plan for one goal.