MASTER DREAM LIST

Let yourself dream. Free your imagination, and write about the life you really want. Include the successes, the adventures, the creativity, the love and the fun you really want. Imagine a future where your dreams come true and you are living a joyful healthy, wonderfully successful and totally fulfilling life. In this master list just let your imagination go without judging or worrying about the how or the form or spelling. Just let the ideas flow, words, phrases, or paragraphs. You can use the back of the paper or another sheet if you need more room. Then go on to the individual areas to expand and add details to your vision. Be bold, dream big and have fun.

EMOTIONAL DREAM LIST

Write expressively and passionately how you will feel living in your ideal future, using enthusiastic and detailed descriptions. Describe how you will enjoy and express your full range of emotions while living a wonderful and fulfilling life.

RELATIONSHIP AND FAMILY DREAM LIST

Describe your ideal loving relationship and/or family. Include specific qualities you want in a mate, and things like the size of family, the relationships between the members, and a description of activities you would enjoy doing together. Also describe the relationship you would like to have with your original family.

CAREER AND FINANCIAL DREAM LIST

Write about what it will be like to totally enjoy working at your ideal career and describe your monetary dreams and goals. Have fun with this and be specific including activities and feelings which would clearly show your financial success.

SOCIAL DREAM LIST

Imagine the friends, business associates, and community acquaintances and write about the events you would enjoy. Include the social position you would like to attain, and describe the contribution you would like to make to society and the world.

PHYSICAL DREAM LIST

Physical dreams including health, weight, conditioning, nutrition, and all the physical activities you enjoy now, and those you would like to participate in. Describe yourself as you will be when totally enjoying and celebrating being physical.

MENTAL DREAM LIST

List all of the things you'd like to know, the creativity that you would like to develop and express, the degrees or education you would like to attain... formal or informal... and the things that intellectually turn you on.

SPIRITUAL DREAM LIST

Write about the spiritual, ethical and evolutionary state you desire. What would your life be like living with an ongoing, magnificent and inspiring relationship with your inner guides, High Self, God, Goddess, All That Is, or the Source as you imagine it.