

Daring Dreams Delivered Worksheet

1 Write down your wildest and craziest dreams for your future:

2 Select one of the dreams above and write it succinctly in one sentence. My dream is to:

3 Dream advice:

4 Dream Checklist:

a. Is the dream really mine?

Yes

No

Maybe

b. Does my dream benefit others?

Yes

No

Maybe

c. How passionate am I about this dream?*(Circle one)

i. 10 – My passion is so hot that it sets other people on fire

ii. 9 – I cannot imagine my life without my dream

iii. 8 – I willingly sacrifice other important things for it

iv. 7 – I am fired up by it and often preoccupied with it

v. 6 – I enjoy it as one of many interests

vi. 5 – I can take it or leave it

vii. 4 – I prefer not to think about it

viii. 3 – I go out of my way to avoid it

ix. 2 – I've put it on my list of least favorite things

x. 1 – I would rather have a root canal without anesthesia

d. List 2 challenges that you expect to face in trying to accomplish this goal?

i. _____ ii. _____

e. Name 2 people that you could enlist to help make this dream possible:

i. _____ ii. _____

f. List 2 strategies you can use to deal with these challenges

i. _____ ii. _____

5 Accountability Measure: 1 thing you can do in the next week to get one baby step closer to making your dream a reality:

*Based on Shoes Johnson's Dream Activity as well as Maxwell, J. C. (2009). Put your dreams to the test. Nashville, TN: Thomas Nelson. The Passion Scale is quoted directly from p. 84 of Maxwell's book.

