

# **Inspiration from Winners to Build a Life You'll Love**

## **Dare to Dream**

### **Worksheet**

You can get started now to begin working toward the life you've always wanted. ***Complete the activities in this worksheet.*** You'll be well on your way to living your dreams!

#### **Accept the Fact that You Dream**

1. What are your top 3 dreams for your life?

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2. ***How often do you think about your dreams and life goals?*** Circle the response that best fits.

Daily, at least once

1-3 Times Weekly

1-3 Times Monthly

4 Times a Year

Once a Year

Never

3. What do you think about having and pursuing your dreams? For example, if you think it's silly, that your dreams are unattainable, or that you lack time to pursue them, write it here.

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# Gain Inspiration From Winners

## -Module 1-Dare to Dream: Worksheet.

### Plant Your Dream

4. Do you live in a location where you can easily pursue your dreams? If not, list some places where you could go after your heart's desires.

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5. How is your career going? ***Are you doing work that interests you or makes you happy and fulfilled?*** If not, what are the jobs or careers you'd love to have?

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### Dream Your Biggest Dreams, Regardless of What Others Think

6. What are some of your own personal philosophies - the values and beliefs that are most important to you?

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7. Is there someone in your life who tries to stop you from going after your dreams? If so, who? How do you respond when someone refuses to accept, acknowledge, or even makes fun of your plan for the future?

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8. If you want to respond in a way that emphasizes the importance of your dreams to you, what are three things you'll do the next time someone refuses to take your dreams seriously?

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**-Module 1-Dare to Dream: Worksheet.**

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**Have the Courage to Pursue Your Dreams**

9. ***Create a vision board for your dreams.*** What supplies will you need to do it? List them here.

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What actions will you take to begin moving toward your desired life goals right now?

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10. ***How will you respond if you feel afraid or unsure about pursuing your dreams?*** What will you do to show you have the courage to go after what you want?

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**Take Responsibility for Your Dreams so You'll Develop a Hunger to Achieve Them**

11. How readily do you take responsibility for yourself and your life?

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12. What are 3 things you can do to show more responsibility for yourself?

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13. When you feel an urge to do something related to a life goal, what do you do? Ignore it or step forward and pursue your next step toward achieving it?

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**Imagine the Best for Your Future**

13. Write your dream for the future here. ***Imagine what your life would be like if you go after what you want.***

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**Have Determination, Put in Some Hard Work, and Break a Sweat**

14. What can you do to show you have focus on your goals and are determined to meet them?

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15. List three “work” tasks that you can begin doing to push forward toward

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your dreams.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Summon the Will to Achieve Your Dreams

16. What are some of the ways that you express your dreams?

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17. ***Set 3 mini-goals here that will ensure you're moving toward your life goals.***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

***“To accomplish great things, we must not only act,  
but also dream; not only plan, but also believe.”  
- Anatole France***