Create a Master Dream List

Our dreams provide insights into our personal needs and desires, which can point the way to an underlying purpose. Take the time to write down all the things you’d like to do before you die—both the practical and the crazy. Don’t limit yourself or concentrate exclusively on today’s needs. Think big-picture: what have you always wanted to accomplish? List as many things as you can think of. You can get ideas from the sample dream list below, but this is your list—feel free to add anything that is significant to you.

Sample Dream List

Go to Norway
Learn to scuba dive
Take tap dance lessons
Learn to speak Chinese
Stand on the shore of every ocean
Build a deck on the house
Teach a college course
Own a horse
Get my doctorate
Do missionary work in Morocco

My dream list includes...

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