

DREAMS, GOALS, *and* YOUR FUTURE SELF



1. What dream keeps returning to my mind, even when I try to dismiss it?



2. What would I want my life to look like if I focused on what matters to me rather than what looks impressive?



3. What does my ideal ordinary day look like five years from now?



4. Which goal feels exciting enough to pursue and realistic enough to begin?



5. What qualities will my future self need to develop to create the life I want?



6. What am I willing to learn, change, or sacrifice to move closer to that future?



7. What is one action I can take this month that moves a meaningful dream forward?



8. If I stopped comparing my timeline with everyone else's, what would I choose to work toward?

