

Your Dreams In Real Life

Now, it's time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions. Share your honest thoughts here – there's no judgement or right answer. You are free to journal, brainstorm and doodle in this space.

Journal Your Thoughts

1. How many times have you told someone else you were going to do something hard? Did you actually follow through and complete that action?

2. Who has discouraged you from pursuing a dream you've always wanted?

3. When you've shared your goal with someone else, does it fire you up or make you feel like taking a nap? Why?

Journal Your Thoughts

1. What dream are you afraid of admitting you want?

2. How would this dream change your life?

3. Are you ready to pursue this dream? Why or why not?

Journal Your Thoughts

1. Have you ever created a dreams journal? If not, would you like to make one?
2. What do you believe art is? Do you think you're artistic?
3. Have you ever given yourself the space and permission to dabble in art or writing?