

MY 2018 BIG DREAM INVENTORY

1. What's one dream on my heart that continues to beg for my attention?
2. What would be different for me if I gave myself permission to pursue my dream?
3. What about my dream invigorates me?
4. What about my dream seems most challenging?
5. What do I need to stop doing (or do less) in order to spend more time pursuing my dream?
6. What /Who most distracts me from making my dream a priority?
7. Imagine how it will feel when, at the end of 2018, I've launched my dream forward. What words best describe how I'll feel?
8. What personal quality/characteristic must I develop or strengthen in order to more fully pursue my dream?
9. Who can I talk to about my dream that will be supportive and encouraging?





10. Who can help me stay accountable?

11. When it comes to pursuing my dream, how do I want to remember 2018?

12. Who are three people I should be spending more time with to help me pursue my dream.

13. What mindset (excuses) from the past have kept me from pursuing my dream? How can I let that mindset go so it doesn't stall me out again?

14. What is my single biggest time waster that keeps me from pursuing my dream?

15. What's my mantra / theme / intention / word for 2018 that will help me move my dream forward?

16. When it comes to pursuing my dreams what has been missing?

17. What will I most regret if I do not pursue my dreams again this year?

18. How has my self-talk gotten in the way of pursuing my dreams? What must I stop saying to myself? What must I start saying?

19. What is most meaningful to me about pursuing my dream?

20. Looking back over the past year, what wise advice would I give myself about going for my dream in 2018?

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