

# Your Dreams Miss You

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## Create a Personal Strategic Plan

Though most businesses create a Strategic Plan for growth, individuals rarely do. This worksheet is a guideline to assist you to develop your Dreams List. Once you have begun to create your list, you will be able to create benchmarks for specific success markers.

### **STEP 1:**

We will examine 12 Key Areas for your Plan – physical, emotional, intellectual, spiritual, psychological, material, professional, financial, creative, adventure, legacy and character. List your Dreams for each area. Some overlap. That’s okay. There aren’t any right or wrong choices – only YOUR choices.

Your first goal is to come up with a list of 100 Dreams. Don’t think about “possibilities” or “limitations”. Simply write your list.

### **STEP 2:**

For the next week, take ten or fifteen minutes each day to sit with the list and read through it. When other Dreams show up, add them to the list.

You may decide that some Dreams really aren’t that important to you. Delete them, or leave them (to see what you thought was important to you). The choice is yours.

### **STEP 3:**

After one week, go through the list and apply one of the following three categories to each of your Dreams: short-term (within twelve months), mid-term (one to five years), or long-term (five years or more).

### **STEP 4:**

Get a Dream Book. You may decide to put all one hundred Dreams straight into the book, or you may not; do what feels right to you. The important thing is to begin writing down your Dreams and thinking about them from time to time so you don’t lose sight of them in the midst of your everyday life.

-Adapted from “the dream manager” by Matthew Kelly

*Start Dreaming!*

# THE LISTS

Physical:

Emotional:

# THE LISTS

Intellectual:

Spiritual:

# THE LISTS

Psychological:

Material:

# THE LISTS

Professional:

Financial:

# THE LISTS

Creative:

Adventure:

# THE LISTS

Legacy:

Character:

# THE LISTS

Short-term (within twelve months)

# THE LISTS

Mid-term (one to five years)

## THE LISTS

Long-term (five years or more)