

# The "Create Your Best Life" Dream Sheet

Take some time to be with these questions and give them some thought. The quality of attention you give your Dream Sheet will have a real impact on your Vision Board and the results it delivers! Honor your life, and give this your attention. Yes, even if it feels like it stretches you. That's the whole point! Please email this Dream Sheet back to me (keep a copy for yourself!) at least 48 hours before our workshop together.

**1** What motivated you to sign up for this workshop? (Nothing is too trivial or weird!)

**2** Fast forward one year from now. What are three obvious changes you have made over the course of the year that you are super proud of?

**3** What is one great big dream you have that would thrill you to the core if you achieved or manifested it?

**4** List 3 habits you know you need to release...


**5** List 3 habits you know you need to begin...


6 List 5 qualities that describe how you want to BE over the coming year...


7 List 5 things you want to DO over the coming year...


8 List 5 new things you want to HAVE over the coming year...


9 List 5 words that describe you in your essence at your very core...

(These are not critical words. These are your clearest highest self!)


10 Complete this sentence: If I'm being honest, I believe my purpose here on this planet is...

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