

Answer the following questions:

**1. It's Wednesday morning, 9am, three years from now:**

Where are you? Get into as much detail as you can.

What are you doing? Notice anything specific? Add that too.

Who are you with? Don't worry if it doesn't make sense. Write it down.

**2. You're at a restaurant sitting at a table waiting for someone to join you for lunch. As you're waiting, you notice the details around you. What does the restaurant look like?**

Is it familiar or new to you?

Where are you sitting? Is it a booth? Table? Something else?

What's the sound like? The mood/vibe? Is it packed? Quiet? Get as much detail as you can.

You see a person walking towards you. Maybe you recognize this person. Maybe you don't. As they get closer, you make eye contact. The person smiles with familiarity, greets you, and sits down.

Who is it? Describe this person.

How did this person greet you? Hug? Shaking hands? Something else?

How are you two connected? If you don't know yet, that's ok.

What's the reason for your lunch?

What do you talk about?

This person hands you an envelope. Inside is an invitation to something you're beyond excited to attend. Open it and fill in the blanks below:

**YOU'RE INVITED!**

(NAME OF EVENT)

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(LOCATION)

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(DATE - MONTH/DAY/YEAR)

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(TIME)

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**HOSTED BY**

(NAME)

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**3. Fast forward to the day of the event. It's here! It's here! This is something you've been anticipating since you received the invitation, maybe even longer. You arrive at the event and just before you walk in, you notice an overwhelming feeling of gratitude. Go ahead and take a moment to feel it. Let it sink in.**

What are you grateful for?

Who are you most looking forward to seeing?

Who are you most looking forward to meeting?

As you're walking around meeting and greeting, you hear someone asking for everyone's attention. You look over and see it's someone you admire and respect. Maybe you already know this person. Maybe you don't. They ask you to join them.

As you make your way through the crowd, you notice people start to applaud and cheer. You realize it's for you. This person hands you an award and congratulates you.

What are you being recognized for?

What does the award look like?

You notice an inscription. Look closely and read what it says. Then enter it in the space below.

How did you do? Did you discover anything new about yourself? Get more information to help you get clear on a long-held dream? And above all, did you have fun?

When we take the time to dream, we can get clear on what we truly want. When we're clear on what we want, then it's up to us to decide if we're willing to do what it takes to make it happen.

I'm a big believer that dreams aren't put into our hearts to torture us and show us what we can never have. (I mean, who wants THAT?) I believe dreams are put into our hearts to show us the baseline of what's possible when we're open to it. Now that's a practice I can get behind. How about you?

What were some of the themes, trends, patterns you noticed?

What did you already know?



What surprised you the most?

What were some of the feelings you experienced during the process?

What would you say was the most valuable thing you learned from doing this process?