

# Designing Your Dream Life Worksheet

1. What is your DREAM? What do you want? Make this as detailed as possible and keep coming back to this each day to build on it. Once you can see an image inside your head it's amazing how the universe conspires with you to create it...
2. Define your dream, make it as clear as possible. Where do you want to travel? What clothes do you want to wear? How far do you want to walk without sore knees? What medication do you want to avoid?
3. Declare your dream to those who care. Tell your wife, husband or partner, share the vision with your family and friends, share it in the Facebook group. The more you tell other people and get them involved in it the more pressure you will put on yourself to perform.

