

  
*A Dozen Dreams*

Over the next couple of days, recollect the dreams you have held during your life. As you recall these, record those dreams you have not yet achieved that continue to hold some attraction for you.

Some of these dreams may identify:

- Places you have longed to visit
- People you have longed to meet
- Activities you have dreamt of undertaking
- Qualities you have long wished to develop
- Skills you wish you held
- Changes you secretly wish to make in your life

Record both those you feel are possible and those you feel are beyond reach. Concentrate on selecting only dreams which are truly *yours*.

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When you have a significant list, select the twelve most powerful dreams, those that most appeal to your heart and soul. Record them below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

When you have completed this exercise, work with your coach to make these dreams come true.