SOULSPACE
HEALERS

IDENTIFYING YOUR DREAMS……

Some people find it hard to get in touch with their 'dreams' or goals in life – however big or small. This sheet is designed to assist you with identifying what one, two or more of your dreams may be right now (dreams change as life changes).

1. Revisit your childhood; think carefully about what you enjoyed doing the most: how did you like spending your time? What toys did you like? Did you read, if so what? What physical activities did you enjoy? What games did you like to play? Usually in the depth of 'play' – or as adults, our hobbies – our dreams are usually found. Write down your favourite childhood toys, games and activities here:

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2. Taking the concept of 'play' right up to now, what would you spend your time doing if you did not have to worry about anything else at all i.e. like earning money, or looking after children? This is an invitation to find something right now (yes, right now!) to 'play' at/with and see what comes up for you….. jot it down here:

3. What hobbies do you have in life? Hobbies are great indicators of what you may 'dream' of having in your life. If you don't currently have any hobbies, what would you do as a hobby? Does it lead you to think of any 'dreams' you would like realised?

4. Re-visit some of your favourite books – be they fiction or non-fiction – what is it in these books that excites you, or fills you with longing? What are the characters doing? Or what inspirational ideas or advice do you get from these books? Another good source for being able to find a 'dream' to pursue.

5. Collect 'things' that inspire you: quotes, images from magazines, small items, books, postcards, conversations – you don't need to know why you are collecting them, just know you feel an urge to. After a while begin to notice what you have been collecting and see what is coming up strongly that may highlight a current 'dream' you have. You could collect these in a journal, index box or clip to an 'inspire wire' on the wall.

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6. Research people that inspire you, individuals you admire: what have they done that inspires you so much? In here could be a lead to a 'dream' you wish to fulfil. Jot them down here:

7. What is it that fills you with longing/passion/resonance/envy when you overhear someone doing 'it'/having 'it'/going for 'it'. Feelings that arise here are often a good indicator about an un-fulfilled dream of your own as it creates longing in you when you hear about others doing it or having it. Note down some things here:

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8. Write your own obituary – what is that you would love to have it say you completed in your life time; what legacy would you like to leave here in the world? It is here that some big dreams will be identified.

9. Start a 'stream of consciousness' list of things you would like in your life right now. Don't think about it, just grab a pen and paper and start writing down everything and anything that comes to mind. You can return to the list later and be more considered with what you really want to pull out from the list and focus on right now as a dream to fulfil.

Once you get clarity on your dreams and desires, it is so much easier to start manifesting it! Enjoy.

Amelia.xo