

Dream Anatomy

Creating the Structure to Realize Your Dreams

Your dreams are a glimpse of who you are. They're an indicator of how you are wired – what makes you uniquely you.

To bury your dreams is to bury a part of you.

To uncover your dreams is to uncover the freedom, joy, fear and risk of being YOU!

I hope you'll take this journey with us. This booklet is designed to give you some questions for reflection. A series of questions that I hope will help you create your dream anatomy!

Dream Big!

Jenni Catron

"The Future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

Group Discussion:

- 1) What was your childhood dream? How did you answer the question – "What do you want to be when you grow up?"

- 2) When did you give up on this dream?

Recovering Your Dreams

“Anyone can tell you what you are not. But do you really know what you are?”

Steve Riach

Sometimes understanding your dreams requires doing some self-analysis. It means taking all the boundaries away, going back to when things were simpler. Take the limits off yourself and have some fun answering these questions.

Make a list of 10 things you would love to do before you die.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

What would you do with your life if there were nothing that you *had* to do?

Who are your heroes (past and present)?

What brings you to tears (good and bad)?

What was your favorite thing to do as a child?

What talents do you have?

Do you see any themes in your answers? Did these questions stir up memories of dreams you once had?

Defining Your Dreams

“The world makes way for the man who knows where he is going.”

Ralph Waldo Emerson

Now it’s time to start defining your dreams. What’s that haunting dream for you? The thing you are afraid to say out loud to anyone? That’s the dream that you need to start working through.

What dream are you afraid to say out loud? Write it here:

What will it take for you to begin working toward this dream?

What resources do you need?

Is there anything keeping you from working toward this dream?

What are you afraid of?

Is there something that you could do that would make this dream more realistic or seem more doable?

What is one step you could take this month to work towards this dream?

“Go confidently in the direction of your dreams. Live the life you have imagined.”

Henry David Thoreau

Supporting Your Dreams

"You cannot dream yourself into a character: you must hammer and forge yourself into one."

Henry David Thoreau

The most dangerous thing you can do is keep your dream to yourself. If it only exists as an idea written on these pages, it will wind up buried by the demands of life. You will have to work at it. You will have to be vulnerable and share it. You will have to entrust it to someone else to hold you to pursuing it.

Who are the champions in your life; the people that support you, encourage you and believe in you?

Who can you share this dream with?

Schedule some time to meet with them and share your dream.

Who do you need to help you accomplish your dream?

Organize your thoughts and then schedule time to share your dream with them and ask them to be a part of it.

Write 5 goals that will help you stay on track towards reaching your dream.

- 1)
- 2)
- 3)
- 4)
- 5)