



## Hope and Dreams Worksheet

What have been your happiest moments in life? Why?

What are five things you would really like to do in your life?

- 1.
- 2.
- 3.
- 4.
- 5.

What would you do if you knew you would not fail?

What would you do if you could do any job in the world?

If you never had to work another day in your life, how would you spend your time instead of working?

What three main things would you do if you won \$10,000 in the lottery?

- 1.
- 2.
- 3.

What three main things would you do if you won \$100,000 in the lottery?

- 1.
- 2.
- 3.

What would you do if you had unlimited time and money?

What do you hope to achieve most in life?

When your life is ending, what will you regret not doing, seeing, or achieving?

What would you do if you had six months to live?

What is the one thing you must do before you die?

What do you want the rest of your life to be about?

## 12 Month Action Plan

Three things that are important to me I can accomplish in the next 12 months.

- 1.
- 2.
- 3.

Three ways I would like to be a better person in the next 12 months.

- 1.
- 2.
- 3.

Over the course of the next year, I want to;

See...

Feel...

Hear...

Touch...

Taste...

Read...

Say...

Learn...

Love...

Live...

Be...

*Dream no small dreams for they have no power to move the hearts of men. -  
Johann Wolfgang von Goethe*