

DREAM STORMING QUESTIONS & EXAMPLES



Instructions:

The importance of this exercise is possibility thinking and building your dream muscles. The goal is to start building your own personal list of 100 dreams or more. We're going for progress, not perfection; so just jot down the first answer that comes to mind.

Dream Storming Success Tips:

- Dream without limits. Nothing is too big; nothing is too small.
- There is no right or wrong. There is not good or bad. This is YOUR list.
- If it matters to you or resonates with you, write it down.
- Don't over think it, judge or censor your answers.
- Don't worry about the "how" during this exercise.
- Number and date your dreams.
- Some dreams may fit into more than one category. *(For example: Paying off credit card debt can be financial, psychological, and emotional. Spending more time quality time with your kids can be emotional and legacy.)*
- Have fun!

Life Questions:

1. If you got a call from an attorney that you have never heard, and he says you've inherited \$100 million from a relative you weren't aware of.
 - What would you do with the money, and what would you do for the rest of your life?
2. You go to the doctor tomorrow for a regular visit, you're feeling fine. The doctor does a routine test, comes back and says, "I've got some good news and some bad news." The good news is you're going to feel perfectly healthy until the moment you die. You won't have any pain, you won't get a degenerate disease, etc. The bad news is you're going to die 5 years from tomorrow.
 - If you knew you were going to die 5 years from tomorrow, what would you make sure you got done in the next 5 years?
3. You go to the doctor tomorrow for a regular visit, you're feeling fine. The doctor does a routine test, comes back and says, "I've got some good news and some bad news." The good news is you're going to feel perfectly healthy until the moment you die. The bad news is you're going to die today.
 - If you knew you were going to die today, what is it you would regret not being able to do?

The 12 Areas of Dreams:

Adventure

- Visit the Great Wall of China
- Visit Australia
- See U2 or Keith Urban live in concert
- Walk the Appalachian trail
- South African safari
- Visit the Picasso museum in Paris
- Go skydiving
- Climb Mount Fuji
- Captain my own fishing boat
- Visit each national park
- See the World Cup
- Take a cycling trip across the country
- Receive my private pilot's license
- Travel to Bali

1. What are 5 places you want to travel in the next 5 years?
2. If you could live anywhere in the world, where would you live?
3. If you could have a vacation home anywhere, where would it be?
4. What performance or event do you want to attend in the next 5 years?
5. What concert, play or performance would you like to experience from the front row?
6. If you were going to take a fun adventure, what would it be?
7. If you could road trip anywhere, where would you go, who would you take with you?

Material

- Create a more peaceful home or work environment
- Remodel the kitchen or bathroom
- Create a backyard oasis (pool, hot tub, pergola, etc.)
- Own a home on the beach
- Build a home theater in the basement
- Buy my dream watch
- Purchase a new car or boat
- Have season tickets for my favorite team
- De-clutter and organize the garage or basement
- Donate clothes that I don't wear
- Have a vacation house

1. What's your dream car?
2. What things are more than just "things", why are they meaningful to you?
3. If you could change one thing about your home, what would you change?
4. What's your dream project for your home?
5. What are the themes or emotions you want to create in your living space?
6. If someone gave you \$500 and you had to spend it today on yourself, what would be your dream impulse purchase?

Physical

- Look and feel healthy
- Run a marathon
- Quit smoking
- Lose weight
- Drink less
- To look and stay healthy or look and feel healthy
- Participate in a sprint distance triathlon
- Develop the habit of exercising before I start work each day
- Get an annual physical
- Quit smoking
- Improve my 5K running time

1. If you were in optimum health, how much would you weigh?
2. What aspect of your physical health would you like to improve?
3. What hobby or sport would you like to learn or participate in?
4. How many hours of sleep do you need to be at your best?
5. What foods energize you, and what foods drain you?

Emotional

- Help my spouse and children discover and pursue their dreams
- Buy my own home
- Be in an amazing relationship
- Take my spouse to Italy
- Really try to listen more
- Encourage my children to pursue their dreams
- Start a family
- Have my spouse tell me that I have become a better listener
- Take a one-on-one trip with my kids
- Have a happy and fulfilling marriage
- Take my wife to Rome
- Book a beach vacation with friends

1. What one relationship would you like to improve?
2. What dreams do you have for your spouse? Your children?
3. If you could schedule a lunch with any living person, who would you want to have lunch with?
4. What people, places things make you happy?
5. When you're feeling down, what can you do to improve your emotional state?

Intellectual

- Go back to school and finish my degree
- Start a podcast
- Learn a second language
- Read more
- Take a cooking class with my spouse
- Read one book each month
- Learn how to re-tile the bathroom

- Learn more about investing and financial planning
- 1. If you were to go back to school and study anything, what would you study?
- 2. If you could learn any new language, which would you learn?
- 3. What books are on your reading list?
- 4. What area of your life or the world would you like to learn more about?
- 5. How can you apply what you learn to make your life better?
- 6. What skill might help you to more easily achieve your dreams?

Spiritual

- Develop greater inner peace
 - Practice meditation or yoga
 - Learn to enjoy uncertainty
 - Study the scriptures
 - Read a spiritual book
 - Study world religions
 - Spend time in nature each week
 - Create a reflection space at home
 - Learn about a spiritual figure I admire
 - Be the spiritual leader of my family
 - Develop the habit of journaling each day
1. How can you develop a greater sense of inner-peace?
 2. What is your life's purpose?
 3. What matters most to you?
 4. What are you grateful for?
 5. How can you be of service to others?

Creative

- Write a book
 - Make art
 - Learn to play guitar
 - Take a painting course
 - Study photography
 - Publish my children's book
 - Have one of my songs picked up by an artist
 - Have my artwork shown in a gallery
 - Build a workshop in the backyard
 - Take an improv comedy class
 - Join the choir at church
 - Enter a chili cook-off this winter
1. If you could learn to play any musical instrument, which instrument would that be?
 2. If you could teach any class to anyone, what would you teach?
 3. If you were to write a book, what would it be about?
 4. What is your creative outlet?
 5. When do you feel most creative?

Financial

- Pay off credit-card debt
- Have an emergency fund
- Start a college fund for my children
- Earn \$250,000 per year
- Building a stock portfolio worth \$1,000,000
- Be debt free
- Create and stick to a personal budget
- Ensure I am ready for retirement
- Achieve financial freedom
- Save for our daughter's wedding
- Prepare a will

1. How much money do you want to have when you retire?
2. What does financial freedom mean to you?
3. How much money do you want to make this year?
4. How much do you want to save this year?
5. Three years from now, how much debt do you want to have?
6. What do you want your net worth to be?
7. What do you want to teach your children about money?

Psychological

- Strengthen my willpower
- Overcome my fear of flying
- Face my addiction
- Become comfortable with public speaking
- Really “unplug” from work on this year's vacation

1. What fear would you most like to overcome?
2. If you could overcome any one addiction, what would you overcome? (i.e.: drinking, smoking, sweets, TV, shopping, gambling, social media, addiction to being in control)
3. If you were more courageous, what activity would you try?
4. How can you cultivate a more positive mindset?
5. What helps you process negative thoughts?

Professional

- Get a promotion
- Start a business
- Become #1 in the market or “in my department”
- Build a dynamic culture, team or department
- Develop a new product
- Reach \$100 million in sales
- Exceed our production goal this year
- Ensure my team knows I appreciate them
- Read 2 development books this year
- Transfer roles within the company
- Begin designing my ideal retirement
- Mentor a new manager or team member

1. What is your dream job?
2. What activities or responsibilities come most naturally to you in your current role?
3. If you could change something about your workspace or the environment in which you work, what would you change?
4. What kind of leader do you want to be?
5. What area of your professional life would you like to learn more about, or become an expert in?

Character

- Develop patience
 - Do what I say I will do
 - Be respected for being completely trustworthy
 - Focus on being an “active listener”
 - For people to remember that I believed in their growth
 - Read a biography about someone I admire
 - Develop wisdom and humility
 - Develop the habit of journaling
 - To be known as a leader in my community
1. If you won \$1 million, and you had to give half of it to a charity, what charity would you donate to?
 2. If you could grow in one virtue, which would be? (i.e.: patience, compassion, kindness, generosity, perseverance)
 3. What virtues do you admire in others?
 4. What personal habit would you like to eliminate from your life or routine?
 5. What character trait would you like to develop more deeply in your life?

Legacy

- Raise my children to have a healthy self-esteem and sense of who they are
 - Volunteer my time and talents to a meaningful cause
 - Donate to my favorite charity or church
 - Do my part to preserve the environment
 - Start a business
 - Take a vacation with my son and my dad
 - Fully fund a non-profit organization
 - See all of my children graduate from college
 - Host a fundraiser for a community non-profit
 - Mentor an at-risk teen
1. How can you use your unique talents and abilities to improve the lives of others?
 2. What organization, cause, or charity would you like to support or increase your support toward?
 3. When you die, what do you want to be remembered for by the people you love?
 4. What wisdom do you want to pass down to your children?
 5. What person would you most like to help accomplish their dreams?