

# THE DREAM JOURNAL

LYNNE AND COMPANY L.L.C.



LET'S DREAM AGAIN

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## WHEN WAS THE LAST TIME YOU ALLOWED YOURSELF TO DREAM?

LIKE REALLY DREAM—WITHOUT IMMEDIATELY SHUTTING DOWN YOUR IDEAS BECAUSE THEY'RE "TOO BIG" OR "TOO OUT THERE" OR "WILL TAKE TOO MUCH TIME, ENERGY OR MONEY"?

IF IT'S BEEN SOME TIME—OR IT'S NEVER REALLY HAPPENED AT ALL—YOU'RE IN THE RIGHT PLACE.

AS C.S. LEWIS SAYS, "YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL, OR TO DREAM A NEW DREAM."

AND HONESTLY? YOU'RE NOT ALONE. MANY PEOPLE DON'T EVEN KNOW THEIR DREAMS BECAUSE THEY'VE NEVER INTENTIONALLY ALLOWED THEMSELVES TO THINK ABOUT THEM.

OTHERS HAVE DONE A LOT OF DREAMING, BUT ARE TOO AFRAID TO SPEAK THEIR TRUE DESIRES OUT LOUD (OR IN WRITING—LIKE YOU'RE ABOUT TO!).

No matter which category you fall into, this journal will help you gain the clarity you need to name and claim your most accurate, most audacious (and authentic) dreams—and start making small moves toward them.

**READY? OVER THE NEXT 16 DAYS, THINK ABOUT AND ANSWER THE QUESTIONS OR FOLLOW THE PROMPTS. LET'S DO THIS.**

**DAY ONE**

I feel happiest and most proud of myself when...

**DAY TWO**

What does your ideal day look like? Write down every detail—from where you live (and who you live with) to how you spend each hour of your day from morning to evening. (Bonus points if you write it in the present tense, as if it's already happening. This helps “trick” your brain into feeling the way you'd feel if it were already real.)

**DAY THREE**

If you could do anything with your life right now, what would it be? Imagine you have zero restraints. What would you be creating, doing, or building if you had all the time, energy, and resources in the world?

**DAY FOUR**

Who are you envious of—and why? What do they have that you want?

**DAY FIVE**

What's that thing (or things) that makes you lose track of time?

**DAY SIX**

What truly matters the most to you? (Don't just write what you're “supposed to” here. Think about what uniquely matters to you. What values do you uniquely possess?)



## DAY SEVEN

Use three adjectives to describe how you'd ideally like to feel every day.

### SMILE DEEPLY, INHALE SLOWLY AND CONTINUE

#### DAY EIGHT

What are you already grateful for in your life?  
What can you do to invite more of this in?

#### DAY NINE

What is one tiny habit you can put in place today to start to "live your dreams" right now?

#### DAY TEN

What do you want your life to look like in 6 months? 5 years? 10 years?

#### DAY ELEVEN

Where do you want to be living? What do you want to be doing for work? Who do you want in your life? etc.) Now imagine that you're 80 years old and looking back on your life. What's the #1 thing you want to have accomplished (and will feel completely defeated if you haven't)?

#### DAY TWELVE

Are there any daily practices or rituals you can put in place to start making moves toward that ultimate goal or dream now? If so, what are they?

#### DAY THIRTEEN

Do you have a "secret" dream you've carried in your heart for a long time?

#### DAY FOURTEEN

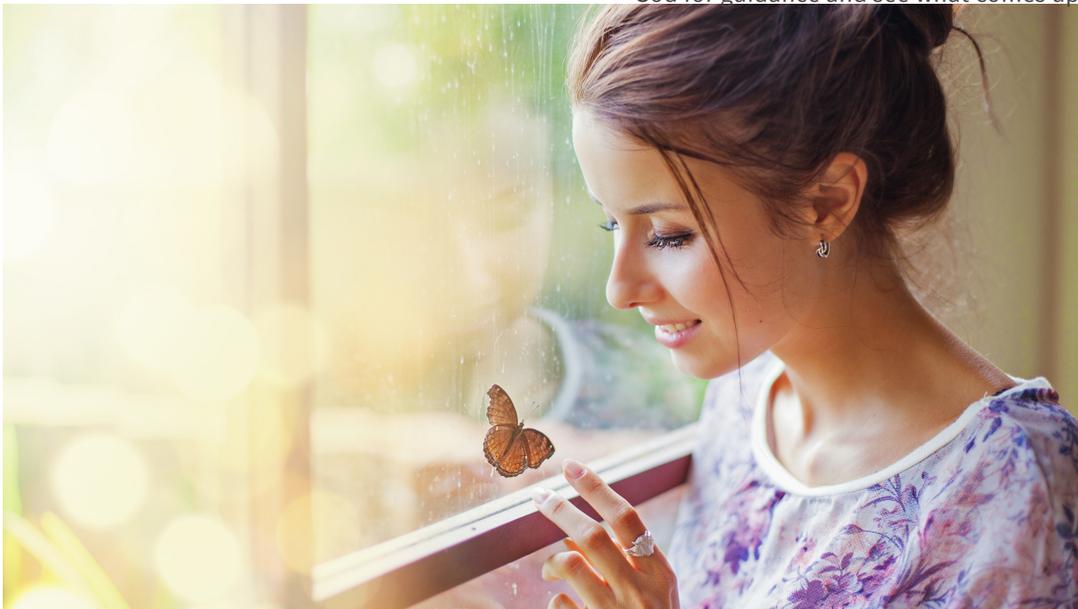
Is there a desire you're afraid to admit you have? What is it? Now's the time to get it out there in writing! What—if anything—do you feel is holding you back from accomplishing your ultimate dreams?

#### DAY FIFTEEN

Do you believe your biggest dreams are possible? Why or why not?

#### DAY SIXTEEN

What do you need to let go of, believe (or stop believing), or "know" in order to start making your dreams come true? (If you're not sure, ask God for guidance and see what comes up.)



# Let's Wrap Up

How do you feel? Are you more clear on your dreams? Excited about steps you can start taking now to make them a reality? Relieved because you finally have your deepest desires down on paper? Either way, congratulate yourself for a (not-always-easy) job well done.

Want more? Revisit these prompts in 30 days. You might be surprised what comes up at a different time, when you're in a different head (or physical) space

As always, stay bold, stay brave and be Brilliant.

