

“People with aspirations and dreams that are in progress or achievable and are personally meaningful, are happier than those who do not have them”

Kate Hefferon & Ilona Boniwell (2011)



# LONG TERM DREAMS - SHORT TERM GOALS

**DREAMS**

**&**

**GOALS**

Imagine your life in 10 or even 20 years from now. Imagine almost anything is possible. Write down everything you'd like to be, do, and have. Don't hold back!

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Based on your dreams and vision, what's the most interesting thing to start with?

**GOAL 1:** .....

Next Best Steps:

1. ....
2. ....
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4. ....
5. ....
6. ....

**GOAL 2:** .....

Next Best Steps:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....

**GOAL 3:** .....

Next Best Steps:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....