Find Your Big Dream

1. Notice the clues

After listening, allow 20-30 minutes to write. Short answers are enough. Quoted questions match the questionnaire; the supporting directions are added for this exercise.

Name: _____ Date: _____

What stayed with you from the meditation?

Words, images, feelings, or possibilities. If nothing surfaced, begin with curiosity.

“What are your top 5 strengths or skills?”

Everyday abilities count. List up to five.

“What do people consistently come to you for help with?”

A clue to consider, not an obligation to build your dream around helping others.

“What do you feel naturally drawn to doing?”

“What topics could you talk about for hours?”

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2. Picture a meaningful future

Your Big Dream can be personal, creative, relational, service, work, or business related. Describe a life that reflects your own values.

“Describe your ideal life 3-5 years from now”

Picture an ordinary day: meaningful activity, health, relationships, work, rest, and room for what matters.

“Where do you want to live?”

“What kind of people do you want around you?”

“What impact do you want to have?”

This can be close to home or in a wider community.

“What are you unwilling to sacrifice?”

Consider values, relationships, health needs, and responsibilities.

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3. Name your Big Dream

Choose one possibility to explore first. This is a working direction that can change as you learn.

“What is the big dream you actually want to build?”

If you have several ideas, write them down and circle one. You can begin: A Big Dream I want to explore is...

“If everything worked, what would this become?”

Consider the fuller possibility. This is a vision, not a prediction or guarantee.

“Why does this matter to you personally?”

Look for your own reason, rather than what would impress someone else.

“What would it feel like to NOT pursue this?”

Notice honestly: disappointment, uncertainty, relief, or something else. Your answer helps you assess fit; it does not measure your worth.

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4. Create Your Map

A project has a finish line. A habit is an action you repeat. Early projects can help you explore before making a larger commitment.

“In order to build your BIG Dream, list the first 5 projects (in order) you would need to complete.”

Keep these tentative. Research, conversations, and a small experiment can be projects. Write “To be determined after research” where needed.

1. _____
2. _____
3. _____
4. _____
5. _____

“What are you currently doing to move toward your dream?”

“Nothing yet” is a useful starting answer, too.

“What’s missing right now?”

Consider time, knowledge, resources, support, or clearer direction.

“What are you avoiding?”

Use curiosity. You may need information or support.

One next step within seven days: _____

By this date: _____ Time needed: _____

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5. Stay on the Trail

The questionnaire asks for two daily habits. Choose small, realistic actions you can sustain and adjust as you learn.

“Based on your list of projects above, what is the most important daily habit you could create (or continue) that moves you toward your Big Dream? If you don't know yet, write something like "Develop Strategy," "Research" or "Work on Big Dream."”

Make it specific: what will you do, for how long, and when?

“Based on your list of projects above, what is the 2nd most important daily habit you could create (or continue) that moves you toward your Big Dream? If you don't know yet, write something like "Develop Strategy," "Research" or "Work on Big Dream."”

Make it specific: what will you do, for how long, and when?

My review date: _____

What did I learn? Does this direction still matter? What will I continue or adjust?

Carry your answers into the questionnaire

Use these reflections for the matching questions: page 3 for your Big Dream, page 4 for projects and current progress, and this page for your daily habits. Answer the remaining questions based on your actual situation.

Still unsure? Try: “I am exploring [direction] because [personal reason]. My first project is [research or experiment] so I can learn [what I need to know].”