

7 QUESTIONS:

2022 Dream Launch

1. What is the one dream I have that I want to move towards actualizing this year (write it down)?
2. What are my most outlandish fears or doubts I hold about this dream (write them down-the more outlandish the better)?
3. What are my greatest hopes of what achieving this dream could mean for me and those around me (Yes, write them out)?
4. Who can I deeply trust to support me as I move my dream forward (Envision 1-2 people, then write their names)?
5. Who are the people who may intentionally or unintentionally not be supportive of my dream (You know who they are. List them)?
6. What resources/contacts/learnings will I need to tap into in order to actualize my dream (create a table including dates and outcomes)?
7. How will I motivate myself to accomplish two (2) activities related to my dream each day (i.e. What are your known "Slump Crushers" and how will you activate them in those moments when Netflix and the air fryer are calling out to you)?

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Dream because you have the freedom to do so.

Dr. Kecia