

Exercise: Examine Your Dream

Once you have designed your dream for your life, you want to take a look at it and examine it to see if it is worthy of You. You want to look at it and see if it is really what you want. In the box below, look at each statement and decide if it is a “Yes” or a “No” for you. Then write down why you have answered the way you did. Remember, you are not asking, “Am I worthy of this dream?”, you are worthy of it. If you can imagine it, you can achieve it. You are asking, “Is it worthy of me spending my time, energy, and spiritual powers for the building of this dream?”

My dream resonates with me and makes me feel alive.	Yes or No	Why?
My dream aligns with my core values. (Refer to the Exercise - Your Core Values)	Yes or No	Why?
My dream allows me to grow and expand.	Yes or No	Why?
My dream requires the assistance of my Higher Power (Universe, Source) to accomplish.	Yes or No	Why?
My dream includes some good for others.	Yes or No	Why?
My dream is worthy of me.	Yes or No	Why?