

DYNAMIC PARISH: Dream Book Challenge

1. Get a dream book to capture your dreams.

- Place a headline (like "Physical Dreams") on the top of each page.

2. Make a list of 100 dreams for your life.

- To stimulate your thinking, Matthew Kelly wrote 12 areas of dreams in the book "The Dream Manager."
- To get to 100 dreams, you would need an average of 8-9 dreams per area. You can also add your own areas or categories to this dream list.
- Alternative: If you consider yourself too old to write 100 dreams for yourself, choose to do this 100 dream challenge thinking about your kids or grandkids.

12 Areas of Dreaming

1. Physical dreams

- To look and feel healthy?
- To run a marathon?
- To quit smoking?
- To lose weight?
- To drink less?
- What are your physical dreams?

2. Emotional dreams

- To help my spouse and children discover and pursue their dreams?
- To buy my own home?
- To be in a great relationship?
- To take your spouse on a trip to ___?
- To really try to listen better?
- What are your emotional dreams?

3. Intellectual dreams

- To go back to school?
- To learn another language?
- To read more?
- What do you want to learn?

4. Spiritual dreams

- To develop greater inner peace?
- To learn to enjoy uncertainty?
- To study the Scriptures?
- To grow closer to God?
- To better pass on the faith to loved ones?
- What are your spiritual dreams?

5. Psychological dreams

- What fear do you want to overcome?
- What anxiety do you want to conquer?
- What addiction do you want to break?
- To strengthen your willpower?
- What bad habit or tendency do we want to change?
- What are your psychological dreams?

6. Material dreams

- What do you need and desire?
- What do you want to de-clutter or get rid of?
- To buy a new car?
- To give what you have in storage to those who need it?
- What are your material dreams?

7. Professional dreams

- To get a promotion?
- To become #1 or a leader in the market?
- To build a dynamic team or department?
- To develop a new product?
- To reach \$____ in annual sales?
- To launch your own organization?
- What are your professional dreams?

8. Financial dreams

- To have a budget?
- To pay off credit card or student loan debt?
- To start a college fund for your children?
- To earn \$____ per year?
- To build a stock or retirement portfolio worth \$_____.
- To give ___% more to charity and/or my parish?
- What are your financial dreams?

9. Creative dreams

- To write a book?
- To learn to play guitar?
- To take a painting course?
- To study photography?
- What are your creative dreams?

10. Character Dreams

- To develop patience?
- To follow-through on what I say I'll do?
- What are your character dreams?

11. Legacy dreams

- To help children have a healthy sense of who they are?
- To volunteer at your favorite charity or ministry?
- To donate to your favorite charity or ministry?
- To do my part to preserve the environment?
- To be known as a person of _____?
- What are your legacy dreams?

12. Adventure dreams

- To visit _____? To travel to _____?
- To see _____ in concert?
- To walk the Camino de Santiago in Spain?
- To climb _____ mountain?
- To go skydiving? To go scuba diving?
- What are your adventure dreams?