

# 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 Dream Areas

### 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?