



# BEAN BY BEAN

## Dream Journal Worksheet

### Instructions:

1. Write down your 100 dreams in the numbered lines below. You don't need to have an equal number of dreams for each sphere. The different spheres serve to expand your thinking.
  2. After listing all your dreams, assign each one to a Sphere of Life and a Timeline:
    - Sphere of Life: Mind, Body, Relationships, Fun and Adventure, Money, Service to Others.
    - Timeline:
      - Short-Term (up to 1 year)
      - Mid-Term (1-3 years)
      - Long-Term (3+ years)
  3. Use a pencil if you are writing the paper version so you can update your list as your dreams evolve.
  4. Revisit and review your list weekly to track your progress, update your dreams, and celebrate your achievements.
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### Prompts for Each Sphere of Life

#### Mind: Explore Knowledge and Growth

- What skills have you always wanted to learn or master (e.g., a new language, playing an instrument, coding)?
  - Are there books you'd love to read or courses you've dreamed of taking?
  - What subject or area of knowledge fascinates you that you'd like to explore further?
  - How do you want to challenge or expand your creative thinking?
  - Is there a professional or personal goal tied to your intellectual growth?
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#### Body: Nurture Health and Vitality

- What fitness goals would you like to achieve (e.g., run a marathon, try yoga, improve flexibility)?
  - How can you improve your overall wellness (e.g., better sleep habits, mindful eating, stress reduction)?
  - Are there physical activities you've always wanted to try (e.g., surfing, hiking, rock climbing)?
  - What small changes can you make to feel stronger, healthier, or more energetic?
  - How can you care for your body to support your long-term health?
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## Relationships: Deepen Connections

- Who in your life do you want to spend more time with, or connect with more deeply?
  - Are there specific actions you could take to strengthen a current relationship?
  - What new connections or friendships would you like to build?
  - How can you show appreciation to those who matter most to you?
  - What traditions or rituals could you create to enhance family or social bonds?
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## Fun and Adventure: Embrace New Experiences

- What places have you dreamed of visiting, near or far?
  - Are there hobbies or activities you'd like to start just for fun?
  - What adventure excites you (e.g., skydiving, scuba diving, road trips)?
  - How can you incorporate more spontaneity and joy into your routine?
  - What bucket-list experiences would make your life feel richer?
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## Money: Create Security and Freedom

- What are your financial goals (e.g., saving for a house, paying off debt, building an emergency fund)?
  - How would you like to increase or diversify your income?
  - Are there investments or financial skills you want to learn about?
  - What does financial freedom look like for you, and how can you achieve it?
  - How would you use your wealth to create the life you desire?
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## Service to Others: Make an Impact

- How can you give back to your community or support a cause you care about?
  - What legacy or contribution do you want to leave behind?
  - Are there volunteer opportunities or projects you'd like to explore?
  - How can you align your career or skills with meaningful impact?
  - What small actions could you take to make someone's life better today?
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These prompts are designed to spark inspiration and help you uncover dreams across all spheres of life. Use them as a guide to create a balanced and fulfilling vision for your future!



# My Dream Book

#	Dream	Sphere of Life	Timeline
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### Key for Sphere of Life

- Mind: Skills, knowledge, and intellectual goals.
- Body: Health, fitness, and wellness aspirations.
- Relationships: Connections with family, friends, and loved ones.
- Fun and Adventure: Experiences, travel, and new challenges.
- Money: Financial goals and security.
- Service to Others: Career, giving back and making an impact.

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Use this template as a tool to uncover, organize, and track your dreams. Dream big, align your goals with your vision, and take small steps to turn them into reality!

