



Creating Your

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DREAM LIST

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Part One

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You're going to need between 30 - 90 minutes to do this whole exercise. Grab your favorite pen, print this out, and let's brainstorm your dream list:

EMOTIONAL EXPERIENCES

This image shows a full page of blank white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

TRAVEL (destinations, modes of transportation, etc.)

[illegible]

PHYSICAL EXPERIENCES

(extreme sports, fitness goals, hour-long orgasms, etc.)

[illegible]

SKILLS

(learn a language, take a perfect photo, master copywriting, etc.)

[illegible]

VOLUNTEER

(join Peace Corps, work in a soup kitchen, etc.)

[illegible]

UNIQUE EXPERIENCES

(dark dining, feed a giraffe, stay in an ice hotel, see the Northern Lights, etc.)

[illegible]

FAME & SOCIAL

(get featured in the newspaper, host a New Year's Eve party for 100 friends, etc.)

[illegible]

RELATIONSHIPS

(get married, father a child, take your favorite uncle to Italy, etc.)

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The lines are thin and consistent in color, set against a plain white background. There are no margins, text, or other markings present on the page.

BUSINESS/CAREER

(found a company, land a dream job, discover your passion, earn \$1M a year, etc.)

[illegible]

Activity #2: Google the term “bucket list” and read through some of the thousands of results of lists. Add anything interesting that didn’t make it on to your initial list.

OTHER COOL STUFF

This image shows a full page of blank, white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings present.

Keep this list handy for the next post, where we'll go through how to narrow down the list to focus only on the items that you really want to do.

In the meantime, happy dreaming!

Xoxo,
Liz