

The Dream Sheet

One dream. A clear picture. A path forward.

01 DREAM

Be real. How are things today?

Draw it here.

Dream big. How would you like things to be?

Draw your dream here.



02 DECIDE

Choose 1-3 BIG action steps you can take to move toward your dream.

- 1 _____
- 2 _____
- 3 _____

03 DO

Schedule your action steps into your Dream Routine or onto your calendar.
Check each box when that step is scheduled.

☐

Step 1

☐

Step 2

☐

Step 3

04 Review

How did it go? Write what worked and what did not.



I BELIEVE IN YOUR DREAMS.

Christine Howe | Founder of Think Time®



You have important dreams and goals. And life keeps getting in the way. Let's pause and make room for what matters most.

DREAM / MAKE IT VISUAL

Choose one dream. Draw today and your desired outcome. Stick figures, arrows, and simple shapes count. Let yourself imagine before you start making a list.

DECIDE / CHOOSE YOUR DIRECTION

Look at both pictures. What 1-3 big action steps would move you toward your dream? Start with the ones that matter most.

DO + REVIEW / MAKE IT REAL

Give your steps a place in your routine or on your calendar. After you try them, notice what worked, what did not, and what you want to adjust.

Bring your dream to the free masterclass.

Explore visual and creative planning with the Dream-Decide-Do-Review process. Bring your Dream Sheet and one question you want help answering.

Register using the masterclass link in the email or download page that delivered this guide.

