



Passion First

Be Authentic: Exercise

Life Planning Exercise 8 – My Authentic Dreams

In the *Everything is Possible* mindset, you defined your dreams in each of the areas of your life that are most important to you. Now that you have a better understanding of who you are, take some time to revise those dreams if necessary. Once you have revised your dream, define why that dream is authentic to you and your life. How does it play to your strengths and interests? Why is it consistent with your core values? Why does it matter to you in your life?

	<u>Dream</u>	<u>Authentic?</u>
	Go back to Exercise 2 and look at the three dreams you visualized and described. Give each of those dreams a name or pick a word that describes them. List those names or words in the spaces below.	How is this dream authentic to you and the life you want to live? How will it leverage the strengths and interests you identified? How will it align with your core values? Why will it matter to you so that you will keep going when things get difficult?
Dream 1		
Dream 2		
Dream 3		