



We Are Connected

Build Your Dream Team: Exercise

Life Planning Exercise 11 – My Dream Team

Your Dream Team are the people who can help you live your dreams. Perhaps they have experience you can draw from, access to resources you will need, or can provide you with important knowledge or support. The important step is to recognize the critical role others will play in your life, and deliberately begin developing the relationships you will need.

You may already have friends, family, teachers, coaches, or mentors who will help you along the way to living your dreams, and you likely mentioned them in the previous exercise. Now it's time to identify the new individuals you must meet to help you live your dreams.

Example – I want to choose a career. I need to find experts in fields that interest me and talk to them, which will help me determine the best way to utilize my strengths on my new career path.

Dream Team Member 1

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Dream Team Member 2

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Dream Team Member 3

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Dream Team Member 4

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