



Mother Jai's Wellness
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HOPES & DREAMS WORKSHEET

Answer the following:

What moments were the happiest in your life? Why?

What type of job, career, business would give you the most happiness?

What hobbies, sports, or activities give you excitement and joy?

What are 6 things you would like to do in your life?

1.

2.

3.

4.

5.

6.

What would you do if you knew you couldn't fail?

What would you if you could have any job?

If you never had to work, what would you do with your time?

What 3 things would you do if you won \$100,000?

1.

2.

3.

What 3 things would you do if you won \$1,000,000?

1.

2.

3.

What would you do if you had unlimited time and money?

What do you want to achieve in life?

When your life is over, what will you regret?

What would you do with only 6 months to live?

What do you want the rest of your life to be about?

12-MONTH ACTION PLAN

Five important things I can accomplish in the next 12 months.

- 1.**
 - 2.**
 - 3.**
 - 4.**
 - 5.**
-

Five ways I can be a better person in the next 12 months.

1.

2.

3.

4.

5.

Over the next year, I would like to:

See...

Feel...

Hear...

Touch...

Taste...

Read...

Say...

Learn...

Love...

Live...

Be...