



declare your  
**DREAMS**



**the wellness project**

holistic health coaching with claire obeid



# Declare your dreams

**WRITE DOWN 12 OF YOUR BIGGEST DREAMS AND DESIRES.**

Think *big, bold* and *be brave*. Don't hold back, go ALL out. Don't let the fear block you. *It's time to surrender into your dreams.*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.



**NEXT, DITCH ANYTHING THAT DOESN'T RESONATE WITH YOU.**

Perhaps it's coming from your head - the place that is telling you that you *should* care about that dream, but your heart is not in it. What really lights you up?

**NOW, GROUP YOUR REMAINING DREAMS AND INTENTIONS**

3 months	6 months
1 year	5 years



**FINALLY, WRITE AN ACTION PLAN FOR HOW YOU ARE GOING TO TACKLE THESE DREAMS AND BRING THEM TO LIFE.**

You might need to pin this list up somewhere you can readily see and let it 'ferment' in your heart and mind first... *then* move forward.

Answer these questions

**What do I need to do to make this happen?**

**What are the key steps forward?**

**Can I set a realistic deadline  
I can work towards?**

**What tools and people do I  
need to arm myself up with?**

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