



Dream Board **BRAINSTORMING KIT**

Have you ever created a dream board for yourself? If so, you know the power of visualization. When we turn our dreams into something visual, we have a greater chance of accomplishing them. A dream board is the perfect way for us to create an inspirational, personalized vision of our dreams and goals. We can create a visible, tangible picture of what we want life to look like. We include positive words, quotes, images and colors that make us feel excited and emotionally connected to the dreams God has birthed in our heart. This brainstorming tool will help you to get “out of your head” and “into your heart” so you can more clearly hear the voice of your dreams.

LET'S GET TO BRAINSTORMING.

Denise
WALSH



DREAM BOARD BRAINSTORMING:

Write down the words or images that come to mind when reading the bolded font. Don't think too much about your answer, and allow yourself to tap into your creativity.

Words or images that describe who **I want to be:**

Words or images that describe things **I want to do:**

Words or images that describe things **I want to have:**



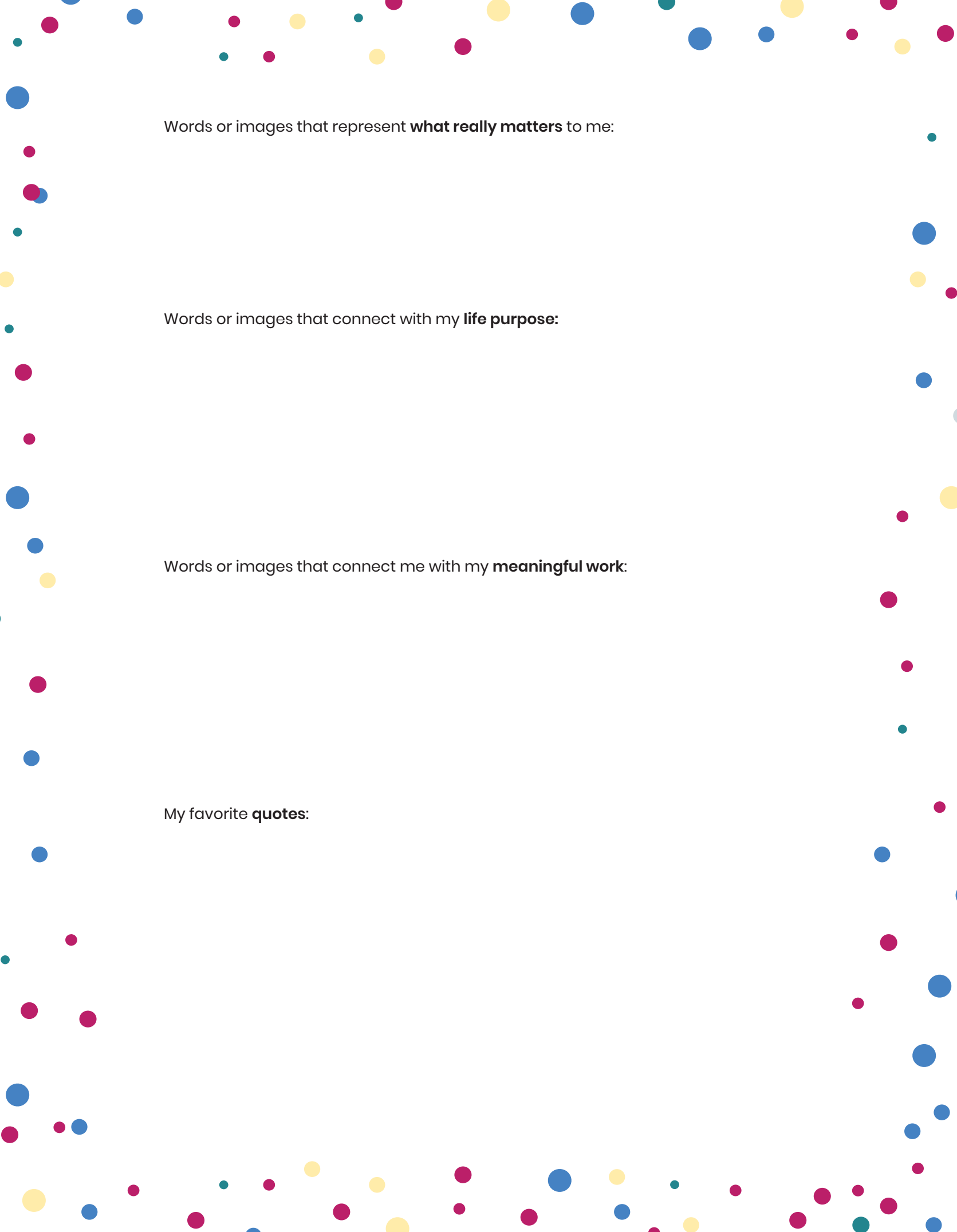
Words or images that **make me feel good**, full of joy, and smile on the inside:

Words or images that represent places in the world where I would like to **travel**:

Words or images that describe the kinds of **relationships** I would like to have:

Words or images that describe the **financial situation** I desire for myself and my family:

Words or images that represent **activities that bring me joy** and fill my soul:



Words or images that represent **what really matters** to me:

Words or images that connect with my **life purpose**:

Words or images that connect me with my **meaningful work**:

My favorite **quotes**:

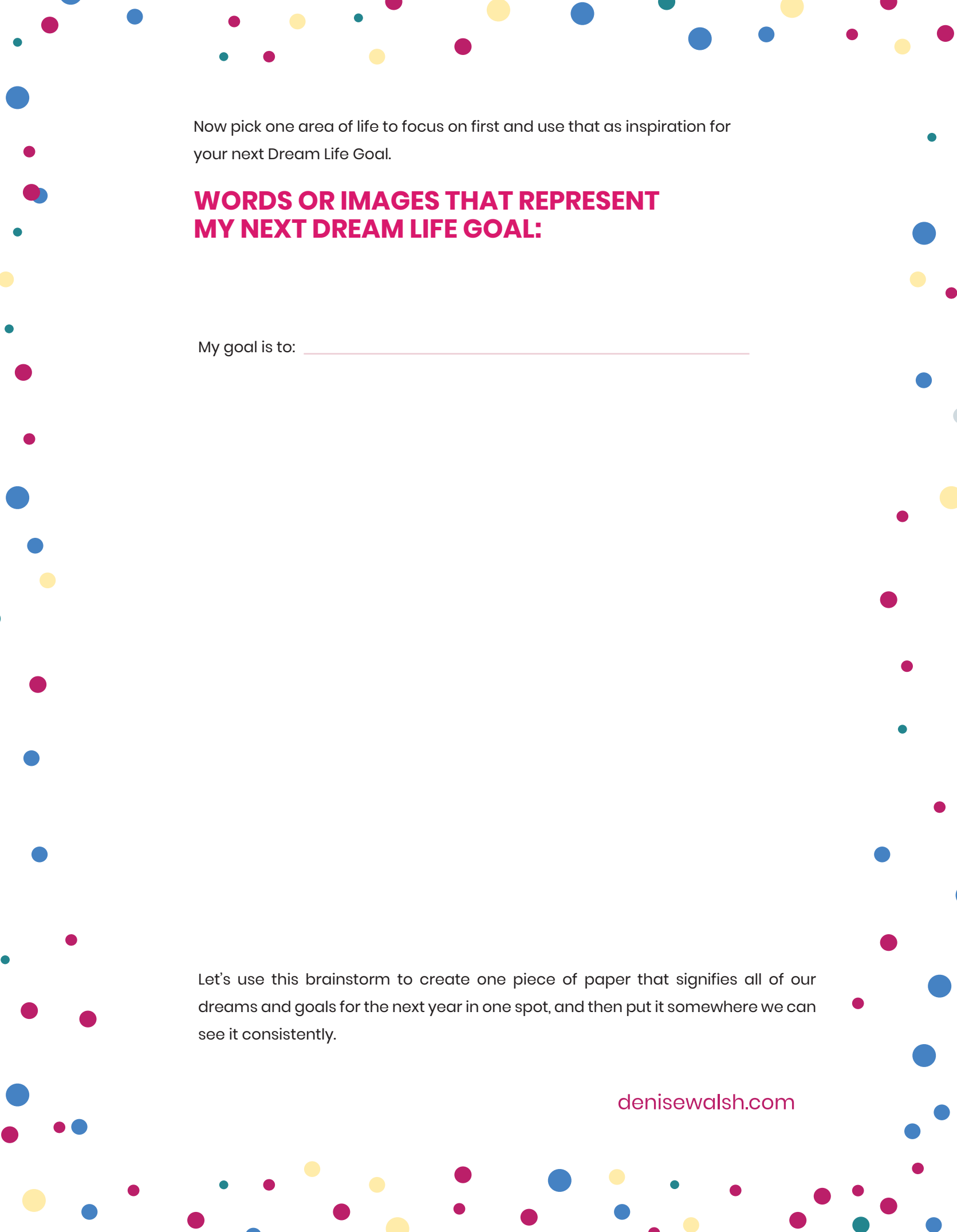
DREAM BOARD BRAINSTORMING:

Write down a goal or focus for each area of life. What would make you inclined to rate each area of life a 10/10?

A circular dream board template with eight segments. The segments are labeled as follows:

- Friendship (top-left, blue text)
- Family (top-right, red text)
- Finances (right, grey text)
- Health (bottom-right, blue text)
- Hobbies (bottom-right, blue text)
- Business (bottom-left, red text)
- Giving Back (left, blue text)
- Feelings (left, grey text)

A scale from 1 to 10 is shown along the bottom edge of the circle, with the number 1 at the center and 10 at the outer edge.



Now pick one area of life to focus on first and use that as inspiration for your next Dream Life Goal.

WORDS OR IMAGES THAT REPRESENT MY NEXT DREAM LIFE GOAL:

My goal is to: _____

Let's use this brainstorm to create one piece of paper that signifies all of our dreams and goals for the next year in one spot, and then put it somewhere we can see it consistently.

USE THESE INSPIRATIONAL WORDS TO SPEAK LIFE INTO YOUR GOALS AS YOU CREATE YOUR DREAM LIFE!

Confidence

Fit and Healthy

TRAVEL

Love

Be The Light

Date Nights

LEARN TO

Family Time

Laugh

Debt Free

Ask for help with

Family Vacations

Financially Free

BETTER THAN EVER

PEACE

Anniversary Trip

Joy

FUN

I did it!

Organization

GRATITUDE

I love my life.

I LOVE WHO I AM.

I love where I am going.

Pay off my house

Personal Vision

Life Purpose





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