

# How to Create a DreamBOOK®



Your **DreamBOOK®** is a place to collect your dreams, ideas, goals, inspiration, and plans—all in one spot. Make it practical, make it colorful, and most importantly,

*make it yours!*

## ★ What You'll Need

- Three-ring binder with inside pockets
- Three-hole punch
- Tabbed divider pages
- White or colored cardstock
- Notebook paper
- Plastic pencil/pen pouch
- Pens, pencils, markers, glue stick, tape, sticky notes, scissors, and fun stickers

## ♥ Suggested DreamBOOK® Sections

*We recommend starting with these four:*



### My Master Dream List

Your anything-is-possible list! Write down everything you'd love to do, be, have, experience, visit, or accomplish. No editing and no limits.



### My Treasure Map

A visual collection of pictures, words, quotes, and images that represent the life you want to create.



### My Journal

Your place to think on paper. Celebrate progress, work through challenges, capture ideas, complain if you need to, and reconnect with what you really want. Journaling can bring wonderful clarity.



### My Dreams & Goals

When you're ready to begin working on something from your Master Dream List, move it here. Create an action plan and a visual DreamMap® showing yourself achieving that dream.



## Dream & Goal Categories

Create categories that fit your life. Some ideas include:

- Career & Education
- Health & Well-Being
- Money & Finances
- Travel & Fun
- Relationships
- Making a Difference
- Creative Expression



Add, change, or rename categories however you'd like. This is **your** DreamBOOK®.



## Put It Together



Create divider pages using cardstock and label each section. You can make your own tabs with folded address labels or use ready-made binder tabs.



Place your Master Dream List and Journal near the front so they're easy to reach. Add notebook paper behind each divider for ideas, notes, goals, and action plans.



Then comes the fun part: **dream, write, doodle, plan, paste, imagine,** and **keep adding to it.**



Your DreamBOOK® doesn't have to be perfect. It simply needs to remind you of what matters to you—and help you take the next small step toward making those dreams real.



For more information, contact Katreena at [Katreena@My-FamilyFirst.com](mailto:Katreena@My-FamilyFirst.com).