



# Mother Gaia's Wellness

Your Guide through Change

www.mothersgaias.com

Wellness@MotherGaias.com

720-939-2531

## HOPES & DREAMS WORKSHEET

Answer the following:

What moments were the happiest in your life? Why?

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

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

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**What knowledge, resources, or experience do you need to achieve your goals?**

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**What is the overall theme of your life?**

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**Describe who you would like to be in 10 years, include personality, knowledge, behaviors, values, etc.**

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**What would be your ideal income?**

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

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- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
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**What would you do if you knew you couldn't fail?**

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**What would you do if you could have any job?**

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

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

- 1.
- 2.
- 3.

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

- 1.
- 2.
- 3.

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

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**What do you want to achieve in life?**

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**When your life is over, what will you regret?**

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**What would you do with only 6 months to live?**

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

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**12-MONTH ACTION PLAN**

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**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.

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**Over the next year, I would like to:**

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**See...**

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**Feel...**

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**Hear...**

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**Touch...**

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**Taste...**

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**Say...**

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**Learn...**

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**Love...**

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**Live...**

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**Be...**

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