Explore. Dream. Discover.

*When you dare to dream a path appears.*

If you’re done with ho-hum relationships, a dull job, and uninspiring goals this worksheet is for you.

If you’re ready to shake it up, shift out of neutral and get moving toward a life you love, don’t delay!

**It’s time to imagine the possibilities.**

As Oprah says, “The smallest change in perspective can transform a life.”

This exercise is full of perspective changing goodness.

**In the columns below, circle the things that cause a “Yes! That’s me!” feeling.**

This is important. Go with YOUR gut feeling of yes.

No need to worry about what your best friend, boss or 3rd grade teacher might pick!

| Values | Possibilities | Interests |
| --- | --- | --- |
| Adventure | Ride an elephant | Photography |
| Amusement | Fly a Plane | Reading |
| Assistance | Visit the Eiffel Tower | Art |
| Authenticity | Write a Book | Refugees |
| Mastery | Visit every continent | Fitness |
| Beauty | Visit (insert place or county) | Music |
| Order | Run / Walk a 5K / Marathon | Writing |
| Charity | Learn another language | Cooking |
| Community | Learn an instrument | Media |
| Compassion | Write 25 notes of gratitude | Animals |
| Connection | Take a yoga class | The Environment / Nature |
| Security | Learn to play chess | Museums |
| Education | Learn a magic trick | Research |
| Influence | Go hang gliding | Singing |
| Well-Being | Zip line | History |
| Empathy | Host 12 dinner parties this year | Current Events |
| Entertainment | Fly in a helicopter | Tinkering / Building |
| Busy | Take a hot air balloon ride | Hunger |
| Relationships | Get Ordained | Games: Bridge, Scrabble |
| Experience | Ride a camel | Personal Development |
| Experiment | Drive a race car | Religion |
| Faith | Write a song | Science |
| Family | Learn to throw a punch | Languages |
| Recognition | Take Ballet | Gardening |
| Freedom | Go to a World Series Game | Inventing |
| Fun | Go to the Olympics | Politics |
| Friendship | Go to Mardi Gras | Children / Grandchildren |
| Generosity | Visit (insert city) | Math |
| Gratitude | Go on Safari | Non-Profits |
| Guidance | Hike to a natural hot spring | Clothing / Fashion |
| Happiness | Stand under a waterfall | Philosophy |
| Health | Throw a pot | Spirituality |
| Improvement | Paint a picture | Travel |
| Independence | Spend a day at a spa | Geography |
| Information | Knit something | Architecture |
| Joy | Go to a Karaoke Bar | Sewing |
| Laughter | Go Ice skating | Knitting |
| Learning | Sponsor a child | Jewelry |
| Love | Learn to swim | Equality |
| Personal Development | Cook for your neighbors | How things work |
| Wisdom | Deliver for Meals on Wheels | Homelessness |

Now choose 2 or 3 things you’ve circled, put them together and see what possibilities start taking shape. Notice things you can do immediately and possibilities for the future. Let your imagination run wild!

For example:

*Family + Art = Buy a children’s book about the Louvre and spend time reading about the great works with your child or grandchild. Invite your teenager, spouse, parent, niece, nephew or sibling on a Saturday morning gallery walk date.*

*Connection + Learn to Knit + Hunger = Find a local yarn store where they host knitting classes and start a knitting group to knit hats or socks for your local food bank to distribute.*

*Guidance + Go to a World Series Game + Math = Offer to host a weekly math tutorial at your local high school for members of the baseball team who could use a little extra help on their math. Use World Series stats to teach the math concepts the players need help with.*

Still feeling stuck?

It’s time to be unreasonable! Add something that is outlandish to your list.

Add your own values, possibilities, or interests to the above list.

Create an “I’ve Done This” list and see what makes you smile.

Combine items that don’t seem to fit together and see what changes.

Add 10 “impossible,” or silly possibilities to the list.