



Your 1-Page Dream Finder

Your deepest desire
is already hiding in your soul
awaiting release.

Welcome to the 1-page dream finder, designed to help you identify your deepest hidden desire.

Why does your dream matter? A true dream is the catalyst of a journey, and that journey is the catalyst of growth.

Instructions

1. Find a quiet space
2. Silence all distractions
3. Clear your desk and your mind
4. Give yourself to the **process**—without rushing to the end

Phase One: Know

Write down all the items you **KNOW** you'll achieve in the next 5 years.

- Know = actions already in progress. **This is essential.** You have a track record of working on them, and know that, aside from disasters or "acts of God" they'll certainly occur.
- You = not your spouse, your children, or your friends. These are items **you** will achieve.
- **EXAMPLES:** Pay off your car; vacation in Hawaii; finish landscaping the yard; add new monthly videos to your YouTube channel.

After creating your list, notice what patterns emerge.

Phase Two: Crazy

Write down all the items you think would be **CRAZY AMAZING** to experience in the next 5 years if you had no limits.

- *Censor nothing.* Go wild and list as many as you can dream up.
- *Be as specific as possible.* EX: instead of "travel the world" write "hike a mountain on all 7 continents."
- *Go ahead and fantasize!* EX: go camping on planet Mars; star in the next James Bond film.

Create your Crazy list, then try grouping items together. Notice the patterns.

Phase Three: Inspire

Select 3 items from your Crazy list that most *inspire and delight* you to imagine. Don't merely put a star by them, actually rewrite them, connecting to the space where your heart opens up.

- *Inspire = thinking about it causes a wave of delight and deep joy.*

Phase Four: Dream

Write down 1 thing from your **INSPIRE** list that would be an absolute **DREAM** to experience.

- *It should evoke the Dream Clash—it frightens and inspires. You'd love it but you're not quite sure HOW you can achieve it...or IF you can. That's the Dream Clash. If you feel it, congratulations! You've just identified your personal dream or Call to Adventure. If not, return to Phase Two and repeat.*