

Dream Starter Kit

Getting Started on Dreams

Here are a few ideas just to spark your imagination and broaden your horizons as to what dreams can be.

Fun Dreams: - Ride in a hot air balloon, eat a tub of ice-cream, ride a unicycle, go skydiving

Travel Dreams: - Places to visit – the Great Wall of China, the place where something significant happened in my history, ancestry

Things to be: - A great husband and father, physically fit, a source of wisdom to those around me

Things to do: - Graduate from college, climb a mountain, get married

Things to have: - a healthy family, our own home, my own business

Spiritual Dreams: - Be known as a friend of God, see creative miracles, live from love

Physical Dreams: - run a marathon, beat an illness,

Financial Dreams: - Become debt free, earn a certain amount of income, give a house to each of my children, give a financial inheritance to my grandchildren, grow multiple sources of income, make a million pounds/dollars.

Legacy Dreams: - Pay for my grandchildren education, see my children go further with God than me

Emotional Dreams: - Overcome fear, live in freedom from doubt or negativity, emanate peace

Relational Dreams: - Restore a broken relationship, make a certain type of friends, have a marriage that inspires others

Professional Dreams: - Be the top salesperson of the year, gain national accreditation

Family Dreams: - get married, have six children

Creative Dreams: - paint a mural in a public place, learn how to create abstract art, learn photography

Skills to Master: - a golf handicap of less than 10, become a gourmet cook

Books to Read: - The Bible cover to cover, one book every month

Events to Attend: - 4th of July in New York, a live U2 concert, the Olympics

Subjects to Research: - The history of America, divine health

Dream Starter Questions:

What gives me pleasure? What in my life now gives me pleasure? Which of those things could I do more of?

What is beautiful to me? Where have I seen beauty in my life? Which of these things would I like to see in my life now?

What do I want to do just for fun?

What do I do for fun, when I really cut loose and am not worried so much about what it costs?

If I was fearless what would I try?

What is the most fearless thing I have done? What else would I like to try to feel like that again?

What do I value most in the whole world? How could that increase, improve?

What do I need? What would it look like if that need was fulfilled?

What needs of others tug at my heart?

What is my dream for them?

Who do I know that I wish had a better life? What would I do for them if I could?

If I could change one thing in the world what would it be?

What would Heaven on earth look like to me? Where have you most clearly seen heaven on earth? In what way would you like to see more of that?

What do you dream will happen when you get to heaven? Who do I know living their dream? What do I love about their life?

What ideas have I not acted on? Maybe thought they were too big, foolish or inconsequential to name as a dream?

What would make my spiritual life really soar? What would make my physical life really soar?

What would I do if money was no limitation?

Some sample dreams

Big Dreams: - End global poverty, find a cure for AIDS, become the first woman or man to

How I want to impact the world dreams can also be put into the context of the '7 mountain teaching'

Which of these 7 mountains of society do you have dreams to impact? (Note: you can have more than one)

1. Arts, Media & Entertainment – e.g. arts, music, sports, fashion, entertainment,
2. Business – e.g. setting up a business, helping businesses, working in one
3. Education – e.g. schools, children, adults
4. Family – e.g. identity, relationships
5. Government – e.g. politics, systems
6. Religion – e.g. church, discipleship
7. Science and Technology (includes medicine) – e.g. inventions, research, innovation

What do you want to see happen in your mountain (s)?

What role do you want to play?