



CHAPTER 9 WORKSHEET: GAMES

What's your Big Game? Are you already in the process of realizing your hopes and dreams, or are you starting to ask yourself, "Is this all there is?" Think about dreams or goals you've had throughout your life. These may be things that you do only once, like sky-diving, or something you do repeatedly like perform for audiences, start your own business, or write a book! You may have big dreams or goals in various areas of your life. Use these categories as a starting point, add or delete categories as you like.

Relationships: Partner: _____

Family: _____

Friends: _____

Education & Personal Growth: _____

Career & Business: _____

Finances: _____

Health & Fitness: _____

Recreation & Hobbies: _____

Contribution: _____

This worksheet is just a starting point, you can change or revise your big dream list as needed, but just do it. Get started now thinking about what really matters to you, what in the end will give your life passion, meaning and fulfillment. Do this once on your own, and a second time with your partner, to create some common big dreams and goals.

Pick your most important big goal or dream, the one you want to get started on right now.

My Big Dream : _____

Now create three strategies to help you achieve this big dream:

1. _____

2. _____

3. _____

Put dates on each strategy. Commit to taking action now.