

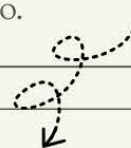
My 2025 Dream-Setting Map



Get-Started Exercise

Before we start, try a short exercise to bring yourself into the present moment. This can help us connect with ourselves and notice any barrier our mind may erect. Take a few moments to mentally scan your body from head to toe. Notice any sensations or tensions as you go. Next, reflect on these three areas:

- #1 Is there anywhere in my life I feel stuck?
- #2 When I think about these areas, what does my internal dialogue sound like?
- #3 Ask "why" to any negative beliefs that may pop up.
- #4 Remember to be compassionate to yourself as you go.



My Dream Theme for the Year

Dream Theme: _____

(Example: "Wild & Rooted," "Leaning Back, Letting Go," "What's in My Heart?")

Dreams for Personal Growth *Mind, Body & Spirit*

MIND: dream for expanding my knowledge

Example: Write a book or take a creative writing class

BODY: dream for feeling strong and energized

Example: Dance for 5 minutes every morning or complete a 3-day hike

SPIRIT: dream for deepening my connection to myself

Example: Create a gratitude practice or explore mindfulness retreats

Outdoor Adventure Dreams

Dream Destinations I Want to Explore

Example: Backpack through a national park or road trip along the coast

Adventurous Challenges I Want to Take On

Example: Surfing lessons or kayaking in a new river

Everyday Nature Connection

Example: Build a windowsill herb garden or watch every sunset for a month





Dreams for a Kinder Earth

Ways I Want to Live More Sustainably

Example: Switch to bulk cleaning products or advocate for green policies in my community

Community Actions to Protect the Planet

Example: volunteer for a beach clean up or start a recycling program at work

Unwinding Limiting Beliefs

Strengths I Want to Bring With Me

Limiting Beliefs I Want to Leave Behind



Dream Whisper to Myself

A phrase or affirmation to keep me dreaming big:

Dream Whisper: _____

(Example: "Wild & Rooted," "Leaning Back, Letting Go," "What's in My Heart?")

Capture Dream Moments & Milestones

Use photos, sketches, or journal entries to cherish your progress.