

# Idea Stimulation for Your Master Dream List

Our minds are filled with desires of all kinds...tangible, intangible, long-range, short range, major, minor, big, little...

However, you might find it difficult to uncover these desires, to reveal them to yourself, and to express them.

Here is an exercise that will help you overcome these mental blocks and thus aid you in listing desires on your Master Dream List.

Make no judgments as to whether these desires will ever be achieved. Have a brainstorming session with yourself. Give yourself permission to dream.

Associate each of these words (have, do, achieve, become, go see know, feel create) with each of these Areas of Life (FAMILY, FINANCIAL, SOCIAL, PHYSICAL, MENTAL, ETHICS & BELIEFS, JOB) and write the desires that flash into your mind onto your Master Dream List. Include everything...tangible, intangible, long-range, short-range, major, minor, big, little...

| Words   | Areas of Life |
|---------|---------------|
| Have    | Family        |
| Do      | Financial     |
| Achieve | Social        |
| Become  | Physical      |
| Go      | Mental        |
| Know    | Ethics        |
| Feel    | Job           |
| Create  |               |