

Ellie Rich-Poole

The Recruitment Coach

List of 100 Dreams Exercise

What have you always dreamed about?

Here is your chance to capture your dreams and to turn them to reality.

The goal of this exercise is to create a list of 100 things you might want to do, have or spend more time on in your life. This might be travel goals, career goals, personal goals, fun things you want to try or things you want to own. It is for you alone. Add whatever you like.

Here's the challenge – *you have to keep going until you get to 100!*

Big or small. It is harder than you would think.

Capture your list of dreams however you like. There is a template below which you can split into whatever categories are helpful. Or make a vision board. Or keep a list on your phone and add to it whenever you think of something. Whatever works for you.

Then put your list somewhere you will see it regularly and start ticking off your dreams as you achieve them.

Credit: Caroline Ceniza-Levine

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