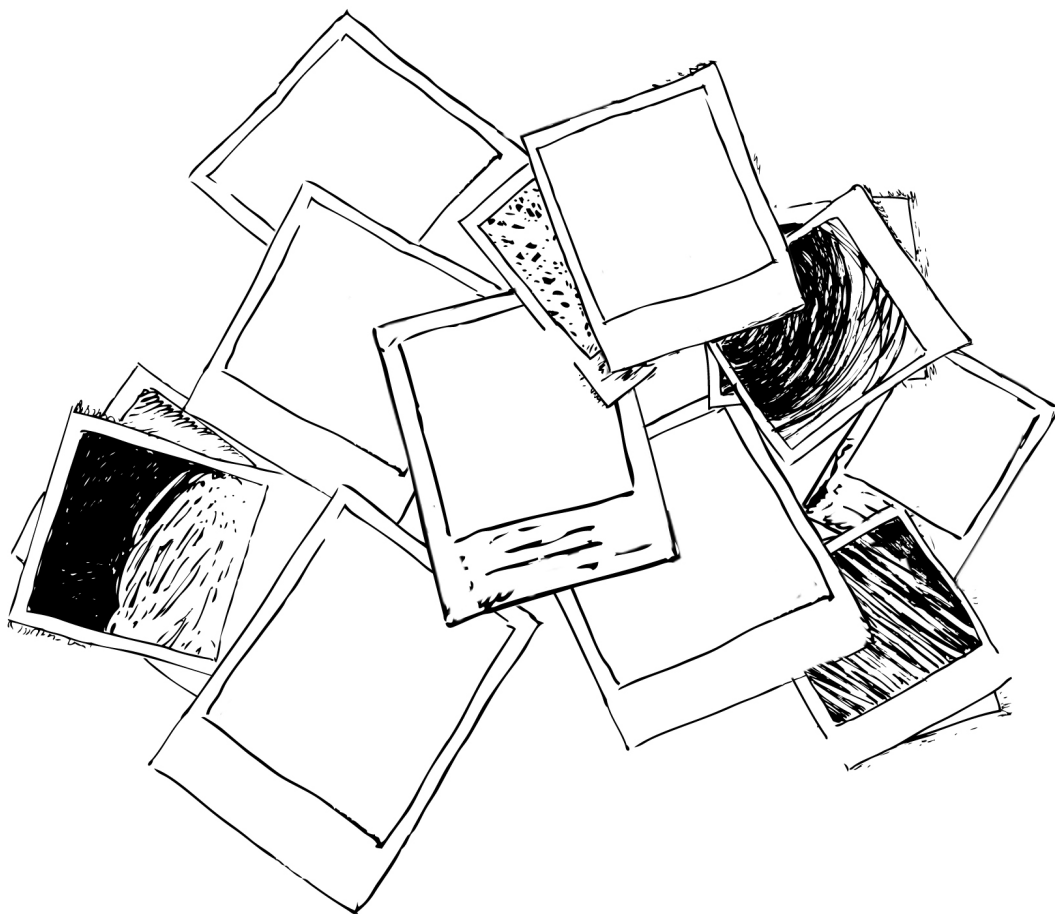


AN EXPERIENTIAL IMAGERY EXERCISE

You may color or write inside the empty picture frames. In each frame, use specific words to describe your dream(s). As you read and look over your dream board on this graphic, allow your imagination to fill in the details in the pictures.



Suggestion: Besides the graphic in this book, you may want to utilize additional creative methods and online resources—apps, photos, articles, etc.—to make your dream board colorful and clear. When you are able to see yourself as part of your dreams, your thoughts will free-flow into seeing new opportunities on how to fulfill them.

PRINCIPLE

Dreams must be given wings through your imagination so they can fly. They must be given purpose so they can develop. When you see yourself in your dream through proper integration of your achievements, you will have a sustained energy to reach your destination.

Take the time to think about your dreams. *Some dreams will come to pass sooner than others; some will take a lifetime to achieve, and with others you will only plant a seed for the next generation to carry forth.*

Categorize your dreams in outline form within this section or on a separate piece of paper. *For example, Personal, Family, Business, Vacation, Health, Travel, Finances, Ministry, Noble Projects, etc. How far along are you in the process of their achievement? Next to each dream, place your starting date and rate your progress (0–10). Use this list as a reference point to monitor your progress.*

Who has affected your life in a positive way? What have you learned from those people? Next to their names write down the qualities you admire, the work they have done, the impact they have made in your personal life and/or the world.

Which of the qualities exemplified by these people could you adopt into your life to help you move toward the realization of your dream(s)?