

MASTER DREAM LIST

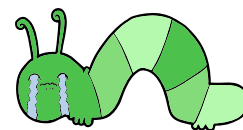
no regrets

We only get one chance to live to dance in this life, so surely it makes sense to your live life to the MAX, to live the best, fullest life that you possibly can.

Sounds great in principle, right?

Remember that the number 1 regret of terminally ill people is:

"I WISH THAT I LIVED FOR MYSELF MORE."



According to Bonnie Ware a palliative nurse (someone who cares for the terminally ill) who wrote the best-selling book: "The Top 5 Regrets of the Dying", the number 1 regret that her patients had was *not doing the things in life that they wanted to do*.

Either they:

- didn't achieve the things that they wanted to
- or didn't do the things they dreamed of doing
- or lived life on someone else's terms and not their own

live your best life

Well, this is not for us, is it amigos?

Certainly not!

We don't want to have *any* regrets when we are old and wrinkly do we now?

So, how do we make sure that we don't?

How do you make sure that you LIVE FOR YOURSELF MORE.

Well, you need to do 2 things:

1. create your own MASTER DREAM LIST: a list of *everything* you want to do in life
2. turn your dreams into reality by learning how to set your GOALS (properly)



1. make your own master dream list

Below are a list of questions that will help you to come up with your list.

On the page after the questions there is space for you to write down your list.

See if you can get to 50 items on your list.

Good luck!

things I want to achieve in life

What are my educational goals?

What are my health and fitness goals?

What are my money/ financial goals

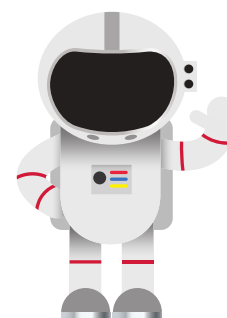
What are my career goals?

What is my dream job, or dream business opportunity?

What are my relationship goals?

What are my family goals?

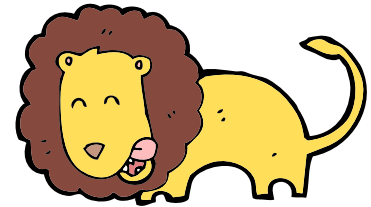
What are my spiritual goals?



MASTER DREAM LIST

things I want to do in life

- What dream skill(s) would I like to learn?
- What would I like to teach other people?
- What is my dream contribution to make to the world?
- Who would I love to meet/ talk to?
- Which books do I want to read?
- Which films/ play/ musicals do I want to see?
- What things do I want to learn?
- What would I like to share with other people/ the world?
- What would I like to do for other people?
- What animals do I want to meet/ see/ own?



places I want to visit

- Which places do I want to visit?
- What are my dream continents to visit?
- What are my dream countries to visit?
- Which dream cities would I love to see?
- Where is my dream place to live?



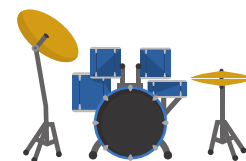
adventure

- What crazy things would I like to do?
- What's the biggest risk I would like to take?
- What's the scariest thing I'd like to do?
- What change(s) would you like to see in the world?
- What food would I like to try?



other stuff/ questions to stimulate ideas

- What sort of property would I like to live in?
- What sort of car would I like?
- How do I like to enjoy myself?
- How can I express my artistic/ creative side?
- What am I passionate about?
- What events would I like to attend?
- What hobbies would I like to have in my spare time?
- If I could be known for just 1 thing, what would it be?
- Would I like to learn a musical instrument?
- If I won the lottery tomorrow, what are the first 3 things I would do?
- What would I like to volunteer for?
- How would I like to give something back to people/ to the world?
- How would I like to spread love/ joy/ peace?



MASTER DREAM LIST

my master dream list:

- | | |
|-----|-----|
| 1. | 26. |
| 2. | 27. |
| 3. | 28. |
| 4. | 29. |
| 5. | 30. |
| 6. | 31. |
| 7. | 32. |
| 8. | 33. |
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| 20. | 45. |
| 21. | 46. |
| 22. | 47. |
| 23. | 48. |
| 24. | 49. |
| 25. | 50. |