

Master Dream List

Many people have heard of John Goddard, who at the age of 15 in 1940 wrote 127 dreams down on a piece of paper. In 1972 he had achieved 103 of these items and today he is still working on the rest and has added a few more.

He included headings such as: *climb, rivers, swim in, visit, photograph, explore underwater* and *miscellaneous*. Items included climbing most of the highest mountain peaks, studying ancient cultures, diving in a submarine, reading works of major authors, playing certain pieces on the piano (after learning it), learning to fence, teaching a college course...the list goes on and on. And they are amazing dreams.

Now it's your turn. You may not be starting out at the age of 15 but you do have a full life ahead of you. What do you want to do with it? ***What would you regret not doing?***

Here are some tips for getting started:

Personal: health, fitness, travel, new leisure or hobbies, school, personal growth, adventure, alternative lifestyles, spiritual growth, church activities, community involvement, volunteer activities

Relationships: family activities, marriage enrichment, type of home, deepening friendships, exploring your roots

Work: earnings, positions, second/third careers, advancement, training/education certification

Financial: income, financial independence, net worth, savings, expense control, building capital, kids' education, retirement, specific things you want

It can include meeting certain people, learning new languages, singing a favorite song in public....the possibilities are all there in your mind.

Take some time to think about your dreams. What you would love to do. Maybe you would like to buy a special notebook to keep track of your thoughts and various self-development projects. Perhaps doing a master dream list on your computer so you can print it out and post it somewhere. Maybe you will come up with your ideas on scratch paper and have someone write them out for you in calligraphy. These are your dreams. They are special. **Write them down.**