



Worksheet #1: Hopes & Dreams

1. *I dream of...* _____

2. *I dream of...* _____

3. *I dream of...* _____

What do I deeply value?

- _____

- _____



- _____

What brings joy into my life?

- _____

- _____

- _____

What skills do I bring to the table?

- _____

- _____

- _____
