

# What's in your dream jar?

As we begin, we want to acknowledge the fact that we rarely share our deepest dreams with other people.

We may remember the moment when our dreams first visited us. They may have been born years before we became aware of them. It might have been a small moment that could have easily gone unnoticed. Or it may have been a big, colorful, loud moment we could not ignore. When we first noticed the hope, the wish, the desire, we felt powerful.

Even in their power, dreams are fragile things. They can be destroyed rather easily. If we do risk sharing them, we fear we'll be ridiculed. We may have been told before that "you'll never do it" or "why do you want to be that?"

We start to believe we are not talented enough or good enough. We feel unworthy of the lofty dreams we dream. We don't even attempt our dreams because we fear we'll fail. Instead, we hide them away in the secret part of our hearts.

We hope this space here feels safe for you today. We invite you to participate to the fullest extend you are able.

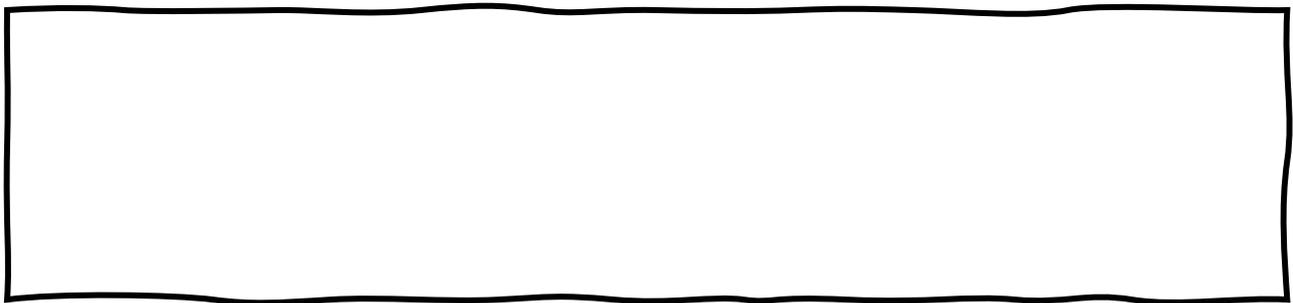




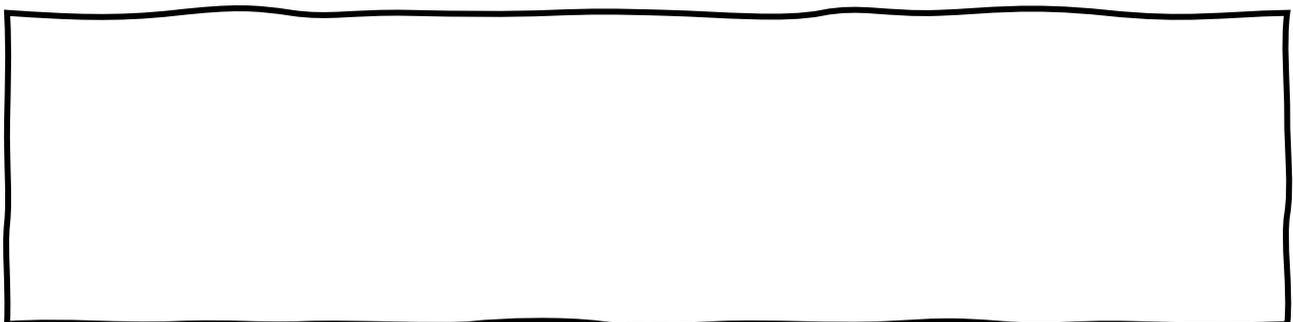
Today, we'll be creating a dream jar filled with the dreams you have been given or have chosen for your health and life. Your dreams may be related to your wish from yesterday. They may be connected to your health. Your relationships. A purpose or vision you have for your life. A skill you'd like to develop more fully. Something you've always wanted to do or be. A place you'd like to explore.

We'd like you to take time to connect to your dreams. It might mean you sit quietly for a while. Maybe you want to take a walk. Or you'll turn up the volume on your favorite song. We've included a few questions to reflect on as you connect to your dreams. You can type, write or draw your responses.

Is there something you long for that stands in contrast with the problem you've been experiencing?

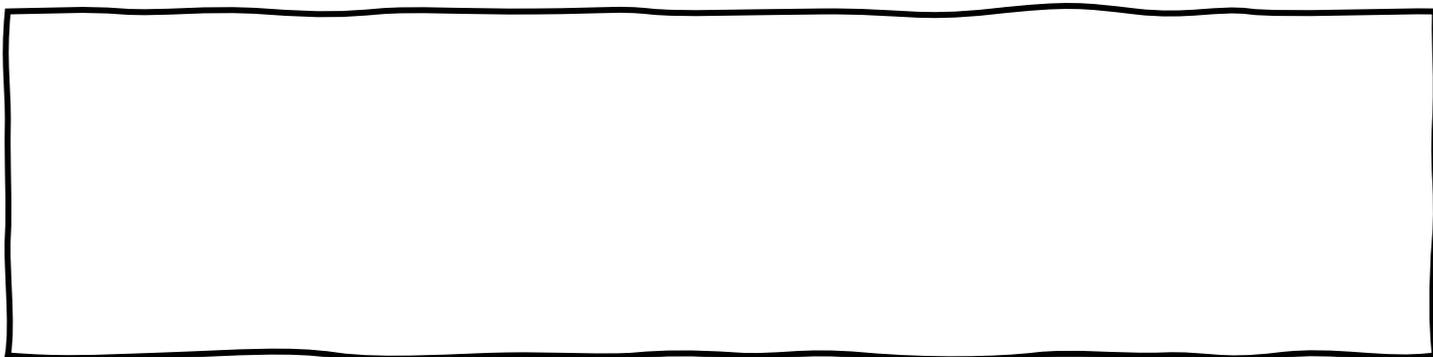


What was the best time of your life? Who were you with?  
What were you doing? How were you feeling about yourself?

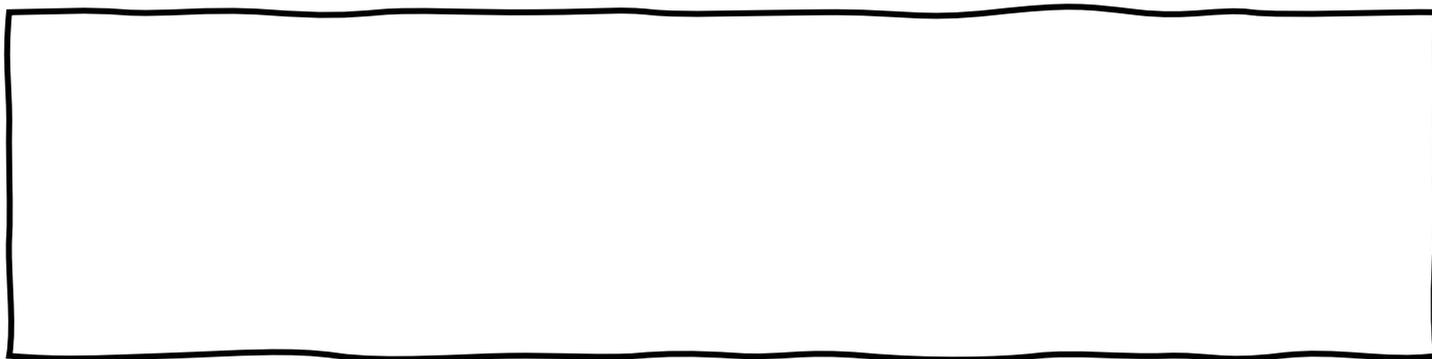




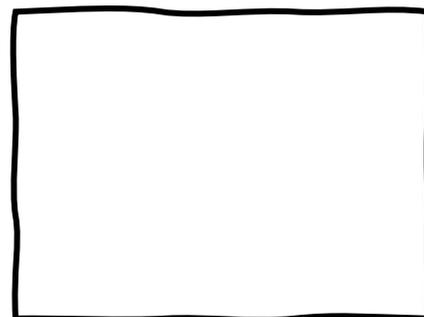
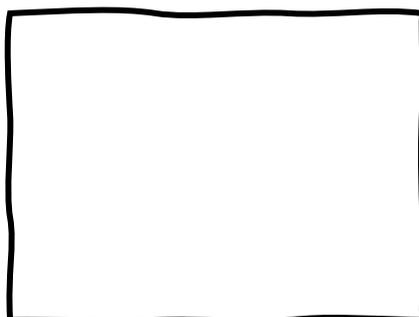
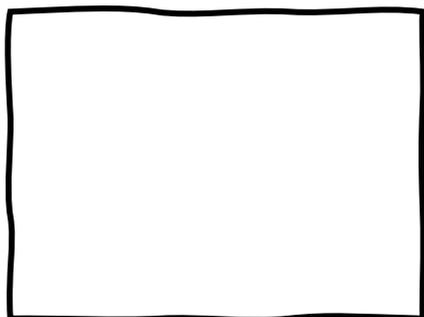
We'd like your dreams to be your dream, and not someone else's. What expectations or limitations were placed on your life by people or circumstances? How have these challenges shaped your dreams?



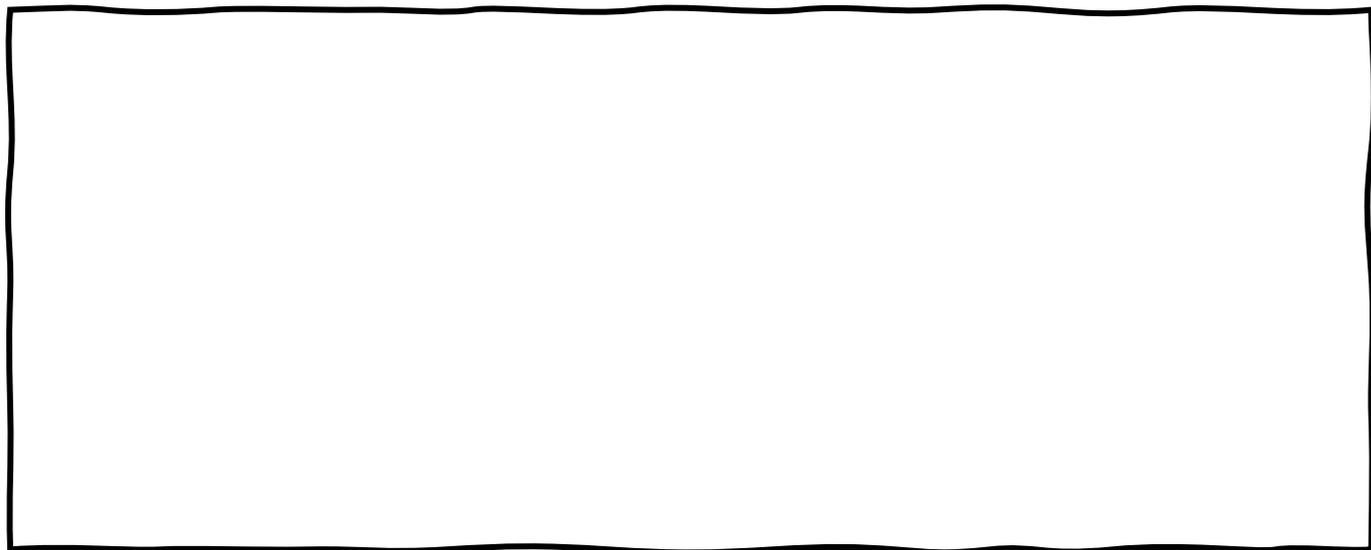
What do you value in your relationships? If you could create a community, what five things would you include in it?



What three skills of yours have other people recognized?



Often, there are moments when we barely notice time passing. We are contributing something valuable to a project. We are participating in a conversation or gathering. We have chosen to spend part of a day doing something we enjoy. We feel alive and energized. We feel at peace. We feel accepted for who we are. We feel seen and heard. We feel committed. What moments like these have you experienced?

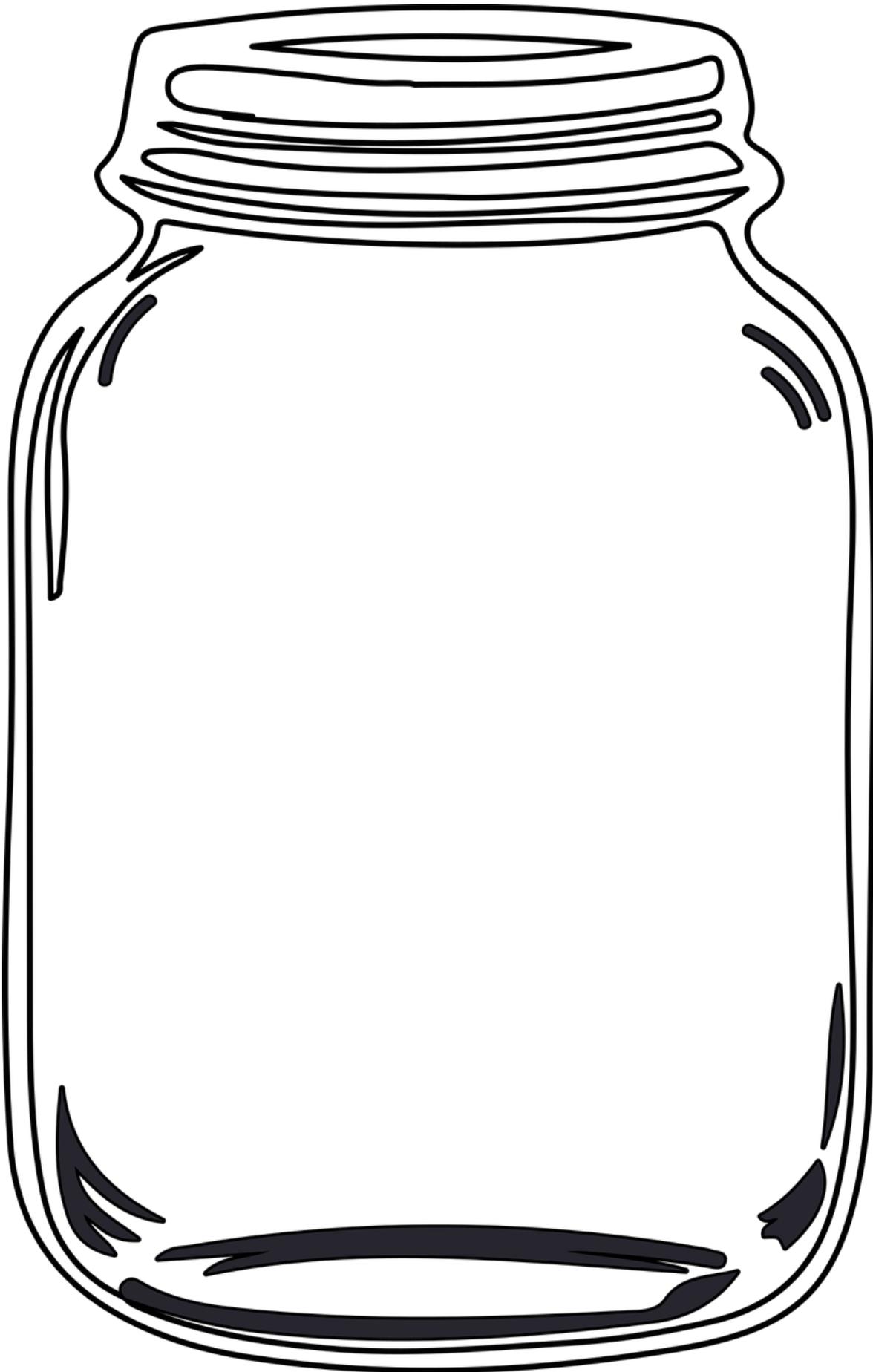


Are you ready to name your dreams?

We've included a picture of a jar on the next page. You can fill your jar with words and pictures that represent your dreams.

Or you might like to fill an actual jar with objects. Maybe you want to paint or sketch your own jar. You can create it however you'd like. There is no right or wrong way.

# My Dream Jar

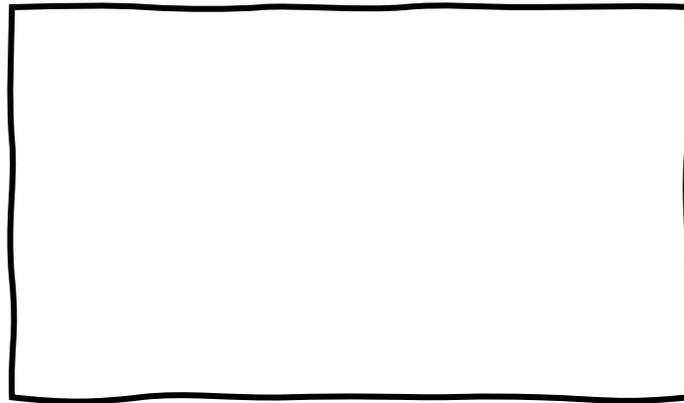


# What's your next step?

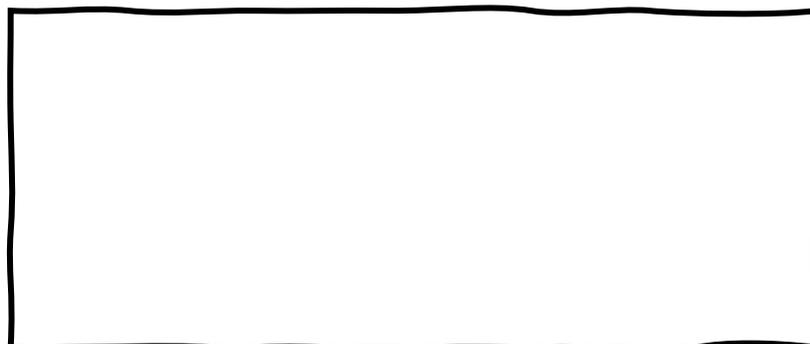
We already see you embodying your dreams! Creating what we wish for in our health and life is a journey. It's a process.

As you look at your dream jar, what do you see? Is there something in the jar that catches your attention? It might feel most urgent. Maybe it's the most exciting part for you - you feel most alive imagining it as part of you and your life.

We'd like you to choose one of your somethings. Write it or draw it here.



When you think about the people who have been part of your life, who wouldn't be surprised by you naming this dream as important and valuable to you? Write or draw the person below.



As you imagine this dream coming true, what will be required of you? Write or draw three things you'll need to do.

Think about these three things. Which one makes you feel most like, "I can do this. I'll succeed." Circle it.

Take a few moments to think about the next step. What's the next thing you need to do in order to bring this dream a bit closer and deeper into your life? Write or draw the next step you'll take.

When can you have it done by? Write the date or time.

When you start feeling discouraged, doubtful, tired or stuck, what will you do?

**Ready...Set....Go! We are cheering for you!**