

# How Dreams Become Reality

## Goal-Setting Activity for Intentional Families

ASK

### WHAT IS OUR FAMILY DREAM?

RELATIONSHIPS - PARENTING - HOME - CAREERS - EDUCATION - WELLNESS

Discuss what you want out of family life. What is something you find yourselves saying you hope happens -- those "someday" dreams. Write it down below:

WRITE

ASK

### WHY IS THIS OUR FAMILY DREAM?

GOALS - VALUES - MOTIVATIONS

Consider why this dream is important to you. What would your life will look like if this dream came true? List at least 3 reasons you think this dream is important to you:

WRITE

Which **core family value** does this dream help you achieve?

WRITE

ASK

### WHEN DO WE WANT TO ACHIEVE THIS DREAM?

DAYS - WEEKS - MONTHS - YEARS

Consider when you want this dream to become a reality. How long do you think it will take for you to make it happen?

WRITE

# When Dreams Become Reality

## Goal-Setting Activity for Intentional Families

ASK

### WHAT DO WE NEED TO HAVE TO ACHIEVE OUR DREAM?

MONEY - TIME - RELATIONSHIPS

Think honestly about what it will take to achieve your dream. What resources do you already have that will help you achieve your goal? What resources do you still need in order to achieve your goal?

WRITE

ASK

### WHAT DO WE NEED TO DO TO ACHIEVE OUR DREAM?

SCHEDULING - SPENDING - SAVING - CELEBRATION - RECREATION - HABITS - HOBBIES

Keeping in mind the resources you need, think about the steps you need to take to make your dream come true. What are 3 things you can do to achieve your dream?

WRITE

ASK

### WHAT DO WE NEED TO NOT DO TO ACHIEVE OUR DREAM?

SCHEDULING - SPENDING - SAVING - CELEBRATION - RECREATION - HABITS - HOBBIES

Keeping in mind the resources you need, think about the things you are currently doing that might keep your dream from coming true. What do you need to stop doing to make your dream happen?

WRITE