

5 THINGS FOR FUN

EXERCISES TO TAP INTO YOUR BURIED DREAMS

Do these Journal exercises *writing as fast as you can*. The reason for fast writing is to bypass your critical thinking mind and dive deeper into your unconscious feelings and authentic emotions about what makes you feel good.

They are intended to help you to tap into dreams long....

- ...Forgotten
- ...Discarded
- ...Buried

Because these are still alive and important to you thriving in your life now.

1. Make a list of 5...

- 5 hobbies that sound fun
- 5 classes that appeal to you
- 5 things you would NEVER do but that sound fun when *others* do them
- 5 skills you would love to have
- 5 things you so enjoyed doing as a child that time stood still and you could do them for hours on end
- 5 things too silly to do

2. 5 Imaginary Lives

Now imagine I could wave a magic wand offering you the chance to test drive 5 lives to live any way you wanted.

For example:

- ▶ You win a million dollars in the lottery – how would you decide to live your life?
- ▶ What life of service would you want to live?
- ▶ What life of genius and creativity?
- ▶ What life of sheer indulgence appeals to you?
- ▶ What life of utter peace and happiness would you choose to live?
- ▶ What have you always longed to achieve but been too afraid or put off...
- ▶ What great dream life would you dare to dream if you knew you couldn't fail

... were *guaranteed to succeed*?

At the end of today's exercises:

Mind map or jot down at least **3 key insights** that you got from doing this exercise.

Share it with us in the Facebook Group