



# Dream Catcher

*Purpose: To identify, acknowledge & articulate my current thoughts in preparation for my next chapter.*

How I'd like things to be different this time next year (or choose timeframe)...

- SEMI RETIRED (2 DAYS A WEEK)
- REALISE MY LIFELONG DREAM OF EXHIBITING MY ART
- START MY OWN CREATIVE ENTERPRISE - ETSY SHOP?
- HAVE A FULL BUT BALANCED SCHEDULE
- PRIORITISE FITNESS & SELF-CARE
- BE PART OF A SUPPORTIVE NURTURING GROUP OF WOMEN

My current fears, frustrations, dissatisfaction & challenges...

- WILL I HAVE ENOUGH INCOME TO FINANCE MY PLANS?
- DON'T WANT TO SLIDE INTO INVISIBILITY
- WILL I LOSE MY SENSE OF PURPOSE/SATISFACTION?
- SCARED I'LL MISS THE BANTER WITH MY COLLEAGUES
- HOW TO SORT/LET GO OF ALL MY 'STUFF'
- WILL I BE LONELY .... OR WORSE - BORED!

If I listened to the whispers from my internal guide I would...

- BE MORE ADVENTUROUS & TAKE A FEW 'NOW OR NEVER' RISKS
- FOLLOW MY CURIOSITY WITHOUT THE NEED TO KNOW WHERE IT WILL LEAD
- JUST GO FOR IT MORE INSTEAD OF AGONISING ABOUT DECISIONS - NO REGRETS!
- CREATE SOMETHING THAT'S OF SERVICE TO OTHERS

Some of the limiting, counter-productive things my Inner Critic says are...

- YOU'RE TOO OLD
- WHAT HAVE YOU GOT OFFER THE WORLD?
- IT'S TOO LATE
- IT'S TOO RISKY
- WHO DO YOU THINK YOU ARE ANYWAY?



The title of my next chapter:

MAGGIE CONNECTS TO HER SENSE OF POWER AND POSSIBILITY

Signature:

Date:

This is what excites me most about my next chapter...

- TIME FOR ME.... AT LONG LAST!
- FREEDOM, OPPORTUNITY
- LIVING, LOVING, GIVING & LEARNING!
- MEETING NEW PEOPLE
- TIME TO TRAVEL
- FINDING DIFFERENT NEW WAYS TO UTILISE MY STRENGTHS & TALENTS

What I know today about what I **do** want for the next stage of my life...

- I WANT THIS TIME OF MY LIFE TO BE IT!
- I WANT TO SAY.. AHH THAT'S WHAT I AM HERE FOR.
- I WANT TO BE ALL I CAN BE
- I WANT TO HAVE THE SPACE TO CONTINUALLY GROW + EXPLORE MY CURIOSITY
- I WANT TO DEVELOP MY ARTISTIC SKILLS

These are the things I am grateful for & make my heart sing...

- MY AMAZING FRIENDS & FAMILY
- BEING PART OF A COMMUNITY
- A FULFILLING MARRIAGE
- YOGA
- MY HEALTH
- MY CREATIVITY

What I know today about what I **don't** want for this next stage of my life...

I DON'T WANT...

- TO HAVE LIVED MY LIFE & NOT BEEN ALL I CAN BE
- TO RESTRICT MYSELF, MY ADVENTURES, EXPERIENCES AND EDUCATION DUE TO LACK OF COURAGE
- TO FEEL USELESS AND AS IF I DON'T HAVE A CONTRIBUTION TO MAKE
- TO REGRET TAKING A FEW RISKS