



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)...

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

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

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



The title of my next chapter:

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

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

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

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

Signature:

Date: