

# Day 2

## Live Your Dreams

Young & Able 5-Day Course

If what we shared yesterday excited you then your next question maybe is: **How do I live the life of my dreams?**

### 1. Be Clear About Your Dream

Before we go into a personal exercise can you put into words what you dream for you life is?

Since Dreams are a projection of the kind of life you want to lead, your dreams must be well defined. A fuzzy future has little pulling power. Well-defined dreams are not fuzzy. Wishes are fuzzy. To really achieve your dreams, to really have your future plans pull you forward, your dreams must be vivid. Many people never live a life of their dreams because they do not know what a life of their dreams look like.

#### EXERCISE:

This exercise will help you clarify your to clarify your own dreams for your life. It's funny how sometimes you need to ask more questions in order for you to be clear about some things. The same applies here, take out your pen and answer these questions below.

#### Ask yourself...

What are you Passionate about ... **Passion**

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What Difference do you want to make in the world ... **Contribution**

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