Session 9: 100 Dreams and The Wheel of Life

Wheel of Life – Different 'Domains' in our lives

In this next exercise, we are going to transfer our dreams from the 100 Dreams pre-work into our workbooks. The first thing to do is to separate your dreams out into different headings, or "domains". Our eight suggested headings are below.

If you prefer, you can change these for your own headings in the space on the right-hand column (e.g. "Me" instead of "Personal Development", or "Hobbies" instead of "Health and Recreation"). You can have a maximum of eight. You have some time to come up with these now.

Suggested Domains	My Domains
1. Personal growth and spirituality	_____
2. Work, Career and Vocation	_____
3. Money and finance	_____
4. Living conditions	_____
5. Health and recreation	_____
6. Community Contribution	_____
7. Friends and Family	_____
8. Significant other and romance	_____

100 Dreams Exercise

Step 1

Using the Authentic Lives Dream Board starting on the next page, write in the different domain categories you have decided for yourself – one on each page, e.g.:

Personal Development	Time to Fulfilment	Community Contribution	Time to Fulfilment
Learn to play the guitar	Next	Run Authentic Lives workshop in my school	Next

Step 2

Go through the answers to the questionnaire you completed before the workshop and copy the dreams you would like to keep on to individual sticky notes.

Step 3

Transfer the sticky notes on to the Authentic Lives Dream Board starting on the next page. Choose the 'domain category' that best fits each dream or goal. Place the sticky note of your dream in the 12 months, 3 years or 10 years timeframe as appropriate.

Authentic Lives Dream Board

	Time to Fulfilment
	Next 12 Months
	Next 3 Years
	Next 10 Years

Authentic Lives Dream Board

	Time to Fulfilment
	Next 12 Months
	Next 3 Years
	Next 10 Years

Authentic Lives Dream Board

	Time to Fulfilment
	Next 12 Months
	Next 3 Years
	Next 10 Years

Authentic Lives Dream Board

	Time to Fulfilment
	Next 12 Months
	Next 3 Years
	Next 10 Years

Authentic Lives Dream Board

	Time to Fulfilment
	Next 12 Months
	Next 3 Years
	Next 10 Years

Authentic Lives Dream Board

	Time to Fulfilment
	Next 12 Months
	Next 3 Years
	Next 10 Years

Authentic Lives Dream Board

	Time to Fulfilment
	Next 12 Months
	Next 3 Years
	Next 10 Years

Authentic Lives Dream Board

	Time to Fulfilment
	Next 12 Months
	Next 3 Years
	Next 10 Years