

# Your DreamBook™

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**The future belongs to those  
who believe in the beauty  
of their dreams.**

**~ Eleanor Roosevelt**

# How to Create a DreamBook™



Here is a list of what you will need to create your DreamBook™

1. Three-ring binder with inside pockets
2. Three-hole punch
3. Divider pages with tabs (three-hole punched)
  - White card stock (8 ½ X 11)
  - See sample categories below
4. Notebook paper
5. Plastic pen holder, used to hold the following:
  - Pens and pencils
  - Glue stick
  - Tape
  - Small sticky notes and dots
  - Small scissors
  - Stickers (fun stickers)
  - Colored markers

Here are some sections you may want to use in your DreamBook™

- My Master Dream List
- My Treasure Map
- My Journal
- My Dreams & Goals

Below are a list of the “specific” categories you may want to use under the “My Dreams & Goals” section:

- Personal Growth & Development
- Work & Career
- Family & Relationships
- Finances & Investments
- Travel & Entertainment
- Creative Expression
- Make-a-Difference

We recommend that you have at least a **Master Dream List, My Treasure Map, My Journal and My Dreams and Goals** for your DreamBook®.

Your **Master Dream List** is a list of everything and anything you might want to do, be, or have, or places you’ve always wanted to visit, or people you’ve wanted to meet. It ALL goes here. As you choose to work on a specific dream from your Master Dream List you will move it to your **Dreams and Goals** section for charting current goals.

The **Journal** is your special writing place where you can chart your progress, moan and groan, or write about your challenges and special issues. It’s kind of like talking to yourself on paper. It’s a great way to process your stuff and focus on “what you really want.” Journaling is an amazing tool for clarity and cleansing.

In your **Dreams and Goals** section you, will chronicle your current goals, including an action plan for each goal and a visual DreamMap® that represents you achieving that goal.

Create each of your divider pages either manually or with your computer. Divider pages may be custom designed using 8½” X 11” white or colored card stock paper. You can add the divider tabs (we use small address labels, stuck on the divider page and folded in half), or you can buy the divider tabs that furnish labels you fill in and slide into the tabs.

Label each page according to the categories you’ve thought of or from those listed above. Add whatever additional categories you’d like. The listed categories are merely a starting place and should cover all the basic areas of your life for which you may have dreams and goals.

Next, add your divider pages in order, starting with **Master Dream List, My Journal** and so forth. It’s important to have your Master Dream List and Journal at the front. They are the categories that you want to focus on and access most frequently. Behind each divider page, add several pages of notebook paper for your special notes and for writing down your goals and action plans. Below you will see a sample action plan and visualization page.

Excerpt from *Dream Circles, How to Make Your Dreams Come True Through the Power of Sharing*, Katreena Hayes-Wood and Candace Ryan, ©2005. For more information you may contact Katreena at 623-561-6838, or email her at [Katreena@StriveForStudents.com](mailto:Katreena@StriveForStudents.com).