



DREAM BIG
WORKBOOK

www.dreamtrinitiagreen.com

Discover Your Dreams

This workbook is designed to help you find the path to your dreams and goals by writing them down and helping you come to the truth of what is that lies in your heart, mind and soul. It's that thing that you've kept buried inside because you have been afraid of it and don't think you can accomplish it. Let's remove doubt and fear and journey forward in this workbook and find out who you are and the legacy you want to leave in this world. **GOT DREAMS? DREAM BIG!!!**



Introduction

Are you satisfied with your life? Is there something that you keep wishing or thinking about doing? Has anybody told you you're too young or too old to do anything different with your life? Guess what? That's only true if you believe it. Do you believe it? If not, then this workbook is your head start to fleshing out your dream or goal.

Today is all you have because yesterday is already behind you and tomorrow is already ahead of you. Life is short and full of regrets and lost moments. The world needs what you have. Your gifts and talents were meant to be a blessing to someone in this life. Your legacy matters.

Identifying and exploring your dreams and goals will naturally help you to uncover what you really want to do in life. Understanding your strengths and weaknesses and likes and dislikes can lead you to your best self.

Discover Your Dreams

Your Dreams

1. What's something you really want to do before you die?
2. Why is it important for you to do this before you die?
3. How would you feel if you actually accomplished this before you die?
4. What keeps you from doing this before you die?

Unexplored Dreams

1. What unexplored dream have you ever thought about?
2. What are the benefits of making this dream happen?
3. What minor steps could you put in place to pursue this dream more?



DECIDE YOU WANT IT



Make the decision to pursue your dream because you want it!

Dream:

Strengthening your dream

What strengths would support your dream?

How would that support your dream?

What actions will lead you towards your dream?

Challenging your dream

What weaknesses can impact your dream?

How would that affect your dream?

What strengths will help you overcome you challenge?

REALIZE IT CAN HAPPEN

List 3 benefits you would gain if you do THIS



List 3 benefits you would lose if you don't do THIS



1

Which of your strengths support you the most in doing what dream?

2

Do any weaknesses affect you to do more of what you dream?

3

What strengths drive you towards doing strenuous activities?

EXPECT opportunities for your dreams to become reality and aspire to obtain them by pursuing them. DON'T GET COLD FEET! GO FOR IT!



MAKE IT HAPPEN

Use your strengths to overcome difficulties and take positive action to move forward

Your Challenge

1. What's your number one priority to keep in front of you to reach your dream?
2. What combinations of strengths can you use to support your dream?
3. What steps will you now take to move forward in going after your dream?

1. What or who can hinder you from pursuing your dream?
2. What habit or thing do you need to use less of to stop hindering your pursuit of your dream?
3. What steps will you put in place to track your pursuit of your dream?

INSPIRING MOMENTS W/TRINITIA

Turn Your Desires into Dreams

My heart's desire is to **INSPIRE -
MOTIVATE - ENCOURAGE!!!**

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media platforms to so we can
grow and share and be inspired
together!

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