DYNAMIC PARISH: 100 Dream Challenge

1. Get a dream book to capture your dreams.
   • Place a headline (like “Physical Dreams”) on the top of each page.

2. Make a list of 100 dreams for your life.
   • To stimulate your thinking, Matthew Kelly wrote 12 areas of dreams in the book “The Dream Manager.”
   • To get to 100 dreams, you would need an average of 8-9 dreams per area. You can also add your own areas or categories to this dream list.
   • Alternative: If you consider yourself too old to write 100 dreams for yourself, choose to do this 100 dream challenge thinking about your kids or grandkids.

12 Dream Areas

1. Physical Dreams
   • To look and feel healthy?
   • To run a marathon?
   • To quit smoking?
   • To lose weight?
   • To drink less?
   • What are your physical dreams?

2. Emotional Dreams
   • To help my spouse and children discover and pursue their dreams?
   • To buy my own home?
   • To be in a great relationship?
   • To take your spouse on a trip to ___?
   • To really try to listen better?
   • What are your emotional dreams?

3. Intellectual Dreams
   • To go back to school?
   • To learn another language?
   • To read more?
   • What do you want to learn?

4. Spiritual Dreams
   • To develop greater inner peace?
   • To learn to enjoy uncertainty?
   • To study the Scriptures?
   • To grow closer to God?
   • To better pass on the faith to loved ones?
   • What are your spiritual dreams?

5. Psychological Dreams
   • What fear do you want to overcome?
   • What anxiety do you want to conquer?
   • What addiction do you want to break?
   • To strengthen your willpower?
   • What bad habit or tendency do we want to change?
   • What are your psychological dreams?

6. Material Dreams
   • What do you need and desire?
   • What do you want to de-clutter or get rid of?
   • To buy a new car?
   • To give what you have in storage to those who need it?
   • What are your material dreams?

7. Professional Dreams
   • To get a promotion?
   • To become #1 or a leader in the market?
   • To build a dynamic team or department?
   • To develop a new product?
   • To reach $___ in annual sales?
   • To launch your own organization?
   • What are your professional dreams?

8. Financial Dreams
   • To have a budget?
   • To pay off credit card or student loan debt?
   • To start a college fund for your children?
   • To earn $___ per year?
   • To build a stock or retirement portfolio worth $______.
   • To give ___% more to charity and/or my parish?
   • What are your financial dreams?

9. Creative Dreams
   • To write a book?
   • To learn to play guitar?
   • To take a painting course?
   • To study photography?
   • What are your creative dreams?

10. Character Dreams
    • To develop patience?
    • To follow-through on what I say I’ll do?
    • What are your character dreams?

11. Legacy Dreams
    • To help children have a healthy sense of who they are?
    • To volunteer at your favorite charity or ministry?
    • To donate to your favorite charity or ministry?
    • To do my part to preserve the environment?
    • To be known as a person of ______?
    • What are your legacy dreams?

12. Adventure Dreams
    • To visit ______? To travel to ________?
    • To see ______ in concert?
    • To walk the Camino de Santiago in Spain?
    • To climb _____ mountain?
    • To go skydiving? To go scuba diving?
    • What are your adventure dreams?