



HOPES & DREAMS

CREATING A VISION FOR THE FUTURE

We create visions of our futures from our hearts as well as our heads. Once we create a clear picture of our vision for the future, we can focus our attention on how to achieve that vision. We then think about new possibilities, open new opportunities and pave a pathway for moving forward. This experience can enhance the quality of the present as well as move us forward into the future.

In Hopes & Dreams, we work together to create a vision for the future using the Full Life Process™ Planning Process.

When I think about my Hopes & Dreams, I ask myself:

- Do I think about my future?
- When I think about my future, what thoughts come to mind?
- Where do I think I'll be in one year?
- Where do I think I'll be in three years?
- Where do I think I'll be in five years?
- Do I have dreams?
- Do I dream about anything special?
- Is there someone I look up to whom I would like to be like?
- Have I achieved any Hopes & Dreams already in my life?

When I'm done with this unit, I will have:

- A commitment to the Rules & Responsibilities.
- An understanding of my role.
- An introduction to the Full Life Model™.
- A document of my initial vision for the future based on my Hopes & Dreams.
- An initial understanding of and practice in team building.