



**BUILD YOUR  
DREAM**

*Journal*



**DREAMBANK**  
AMERICAN FAMILY INSURANCE

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This series of worksheets will provide you with tactical tools and activities to help you achieve your dream. We've broken it down into three simple steps: **Discover**, **Define**, **Build**.


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“

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. ”

*- Harriet Tubman*

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# DREAMS ARE POWERFUL

One way to hone-in is to zone out. Take some time to color in this page and get lost in the flow of color. In the back of your mind, contemplate your passions and interests.

# create **A MIND MAP**

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**A helpful way to think about possible dreams is to create a mind map.** Use the three categories to brainstorm your wildest dreams. And use a timer to limit yourself to one minute per category. Come up with as many as you can in the minute. Nothing is too crazy or unattainable! Now is not the time for limits.

What dreams do you have **for yourself?**

What dreams do you have **for others?**

What dreams do you have **for the world?**

**My dreams  
for others are...**

**My dreams  
for myself are...**

**My dreams  
for the world are...**

**Don't know what your dream is?**

That's alright. This is what the **discover** phase is for. Immerse yourself in the dream-building process.



# choose **A DREAM**



**PICK THREE DREAMS TO EXPLORE USING THE CHART BELOW.**

Take some time to consider the “pros” (the positive changes that can result from the dream) and “cons” (some of the setbacks or challenges that come with pursuing this dream) for each.

- What benefits will come from this dream?
- Who will you meet?
- What will you gain?
- What could you possibly learn?
- What impact would you make?
- What are possible setbacks that might occur in this dream?
- What challenges will you face?
- What sacrifices will you need to make in order to bring this dream to life?

**DREAMS**

**PROS**

**CONS**

	Possible Dream #1
	Possible Dream #2
	Possible Dream #3

Is there a dream that seems more promising or fulfilling than the others?



# draw IT OUT

BUILD  
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DREAM

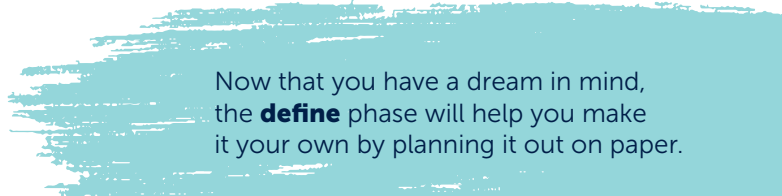


## WHAT DOES SUCCESS LOOK LIKE FOR YOU?

**Write a story or draw a picture of you accomplishing your dream.**

Where are you? Who is there? What are you wearing?

What are you holding? What is happening?



Now that you have a dream in mind,  
the **define** phase will help you make  
it your own by planning it out on paper.

# expect CHALLENGES



**CHALLENGES WILL ARISE WITH ANY DREAM,  
BUT THE IMPORTANT PART IS HOW WE  
OVERCOME THESE CHALLENGES.**

## Challenge #1:

Write down some  
of the obstacles  
that might pop up  
during your dream  
journey.

## Challenge #2:

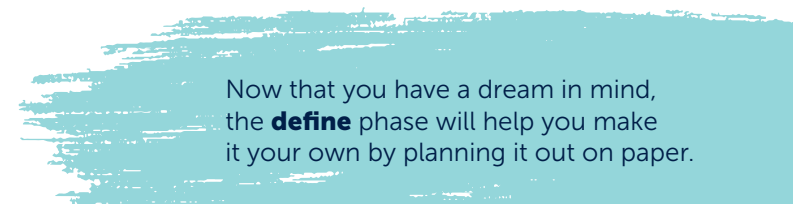
## Challenge #3:

## How I will overcome:

Now, write down  
how you will overcome  
each and every one of  
these challenges.

## How I will overcome:

## How I will overcome:



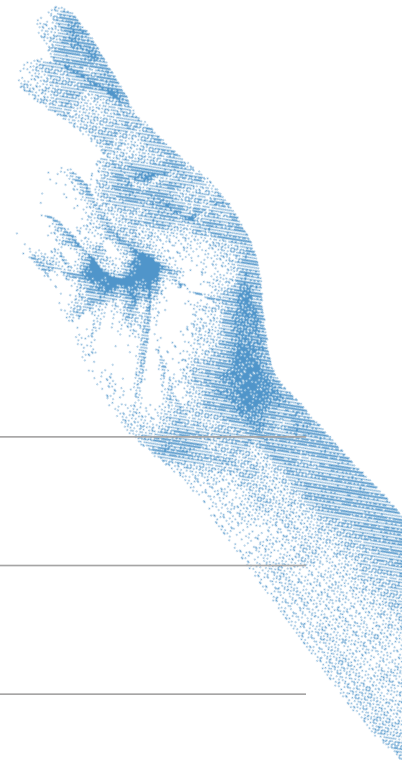
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it your own by planning it out on paper.

# make A 'WILL DO' LIST



**DON'T GET OVERWHELMED! MAKING A TO-DO LIST IS A GREAT WAY TO GET ORGANIZED AND FOCUSED.**

**Make a list of the tasks** that need to get done for the day — or even just this week. Then, prioritize the tasks. Add a completion date next to each item to hold yourself accountable!

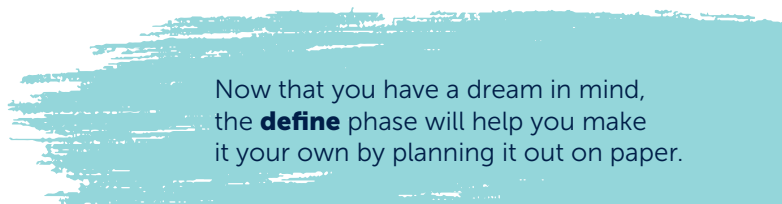


NICE

YAAAS

CHECK!

KILLIN' IT

Now that you have a dream in mind, the **define** phase will help you make it your own by planning it out on paper.



# celebrate **WINS**



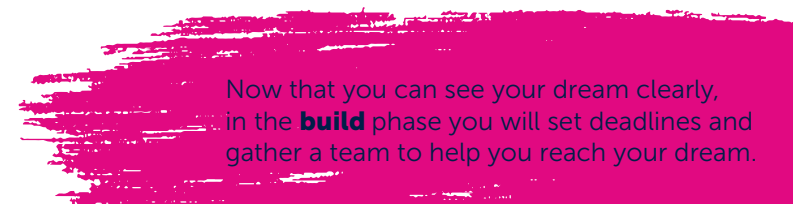
**REFLECT ON YOUR ACHIEVEMENTS AND THE PROGRESS YOU'VE MADE. IT'S GOOD TO GIVE YOURSELF A PAT ON THE BACK EVERY NOW AND THEN!**

**Use this page to keep track of your accomplishments**

(big or small!) in pursuit of your dream.



Come back to this page as you keep working toward your dream.



Now that you can see your dream clearly, in the **build** phase you will set deadlines and gather a team to help you reach your dream.

# build YOUR TEAM



**YOU'RE GOING TO NEED HELP SOMETIMES.  
TEAM WORK MAKES THE DREAM WORK.**

**Add people below that you consider to be "on your team."**

Note what role they play in your dream / what they can help you do.

<b>1</b>	<b>Name</b> _____
<b>Dreamer (You)</b>	<b>What I Do</b> _____ _____
	<b>How I Help</b> _____ _____ _____

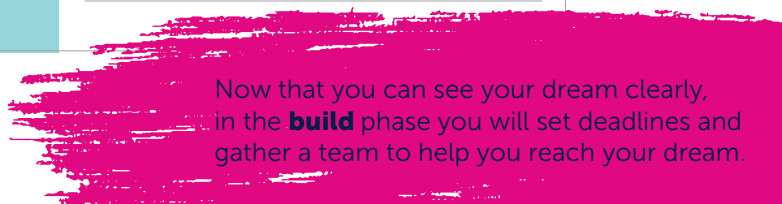
<b>2</b>	<b>Name</b> _____
<b>Mentor</b>	<b>What I Do</b> _____ _____
	<b>How I Help</b> _____ _____ _____

<b>3</b>	<b>Name</b> _____
<b>Advocate</b>	<b>What I Do</b> _____ _____
	<b>How I Help</b> _____ _____ _____

<b>4</b>	<b>Name</b> _____
<b>Collaborator</b>	<b>What I Do</b> _____ _____
	<b>How I Help</b> _____ _____ _____

<b>5</b>	<b>Name</b> _____
<b>Supporter</b>	<b>What I Do</b> _____ _____
	<b>How I Help</b> _____ _____ _____

<b>6</b>	<b>Name</b> _____
<b>Visionary</b>	<b>What I Do</b> _____ _____
	<b>How I Help</b> _____ _____ _____



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# stay **MOTIVATED**

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 **SOME DAYS ARE GOING TO BE BETTER THAN OTHERS. WRITE YOUR FUTURE SELF A LETTER OF ENCOURAGEMENT.**

**On those days when you feel like giving up, you might lose track of the reason you wanted to pursue this dream in the first place.**

Use the space below to remind yourself why you're doing this, what it means to you, and why it's meaningful. And most importantly, tell you not to give up!

*dear*  
**FUTURE SELF,**

*signed,*

Date

Now that you can see your dream clearly, in the **build** phase you will set deadlines and gather a team to help you reach your dream.

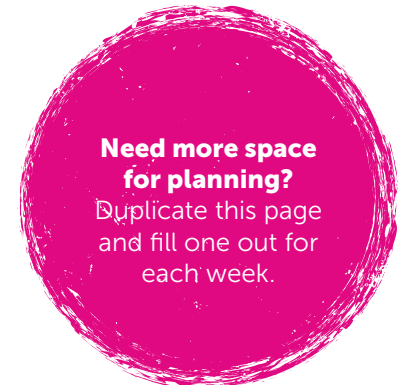
# my WEEK

to



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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NOTES:





# my YEAR



01

S M T W T F S

02

S M T W T F S

03

S M T W T F S

04

S M T W T F S

05

S M T W T F S

06

S M T W T F S

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S M T W T F S

08

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S M T W T F S

10

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11

S M T W T F S

12

S M T W T F S

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