

If I Could Do Anything
Worksheets & Checklists
To Inspire Dreams

[illegible]

If I Could Do Anything

What I love doing in my free time:

- ☐ _____
- ☐ _____
- ☐ _____

What I'd do with my days if money were no object:

- ☐ _____
- ☐ _____
- ☐ _____

People I'd love to spend more time with:

- ☐ _____
- ☐ _____
- ☐ _____

Things I've always wanted to do:

- ☐ _____
- ☐ _____
- ☐ _____

Books I'd love to read:

- ☐ _____
- ☐ _____
- ☐ _____

[illegible]

If I Could Go Anywhere

Where I'd love to go:

Why I'd like to go there:

Who I'd like to go there with:

Things I'd like to do when I get there:

What I can do to make this dream a reality:

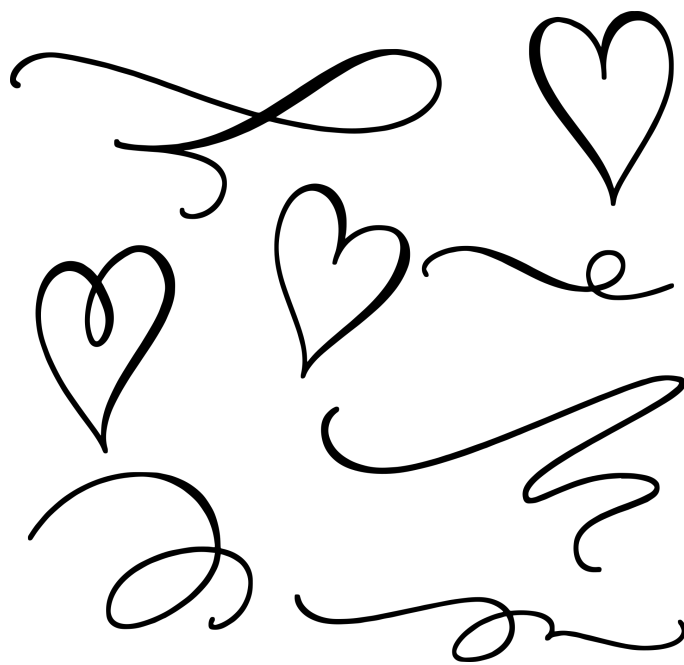
If I Could Design My Life

When I'd Get Up	What I'd Do with My Time	Who I'd Be Around
What I'd Eat	What I'd Wear	What I'd Buy
What I'd Give	Hobbies I'd Pursue	Dreams I'd Fulfill

Bucket List

[illegible]

What You Focus on
Get's Bigger
So... Focus on the
Things That Matter!



If I Could Be Granted a Wish...
This is What I'd Wish For

A large, empty, rounded rectangular box with a dotted border, intended for writing a wish. The box is centered on the page and occupies most of the lower half of the image.

What I Am Grateful For

What you focus on, gets bigger. Each day, list something you're grateful for.

Start Date: _____ 16. _____

1. _____ 17. _____

2. _____ 18. _____

3. _____ 19. _____

4. _____ 20. _____

5. _____ 21. _____

6. _____ 22. _____

7. _____ 23. _____

8. _____ 24. _____

9. _____ 25. _____

10. _____ 26. _____

11. _____ 27. _____

12. _____ 28. _____

13. _____ 29. _____

14. _____ 30. _____

15. _____ 31. _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Keep Your Dreams in Front of You

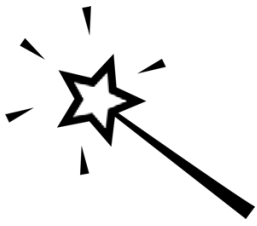
My Hopes and Dreams for This Month

Fun Things I'd Like to Do This Month

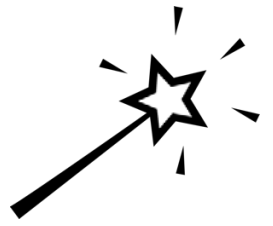
Things I'd Like to Accomplish This Month

A Letter to My Future Self





Wave a Magic Wand
What Do You Want Your Life Be Like



If you could wave a magic wand, what would you like for your life to be like?

- There are no limitations so dream as big as you'd like.
- Get really clear on what it is you'd truly like to come to be.
- Write, draw or mindmap about that vision in the space below.
- Then tape this page someplace where you will see it every day.

Do Things to Enjoy Life

It's important that you take time to unplug and recharge. This will give you renewed energy for your work, writing, family, friends, and other areas of your life. Making it a priority to have fun and enjoy life will enrich you in many ways!

What do you love doing?

What brings you joy?

Who do you enjoy spending time with?

Make a list of special activities you'd love to make time for:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Take Time to Smell the Roses

What "Smelling the Roses" Means to Me

—



A Letter to Myself

Date: _____

[illegible]

Journal Page

Date: _____

[illegible]