

MY DREAMS AND HOPES

This is your space to let your imagination run wild. Think about your dreams—from the big and abstract to the ones that feel almost within reach.

Don't hold back. Reflect on the kind of person you want to be, the things you'd love to do, and the habits you'd like to build in your life. Forget about material things and focus on what truly matters to you.

How you'd like to be / Habits you'd like to build and pass on to your child

Examples:

- Stay positive even after a tough day at work.
- Show that I work hard to reach my goals.
- Be more patient and understanding during difficult moments.
- Support my community.
- Learn to manage my emotions and teach my child to do the same.
- Be more present and in tune with my child's emotional needs.
- Follow through on the projects I start.
- Teach the importance of teamwork and respect for others.

What would you like to do with your child?

Examples:

- Travel around the world together for 6 months before they turn 20
- Visit animal shelters to help them develop love and care for animals
- Go on nature walks as a whole family
- Do craft projects together
- Organize family reading afternoons
- Learn a new language together
- Play sports together twice a week
- Watch a movie together once a week
- Take part in volunteer activities to support the community
- Spend time cooking healthy meals together
- Set aside 10 minutes a day to talk about how our day went
- Plan small trips or outings that spark curiosity about the world

Remember: Dreaming big and reflecting on who we want to become helps us envision the path to that version of ourselves. Writing down your dreams makes you more aware of what you genuinely wish to do and motivates you to take small, meaningful steps toward making them happen. The more precise your dreams and goals are, the easier it will be to move in that direction.

Dare to dream—and write from the heart!

WHO YOU'D LIKE TO BE / HABITS YOU'D LIKE TO BUILD AND TEACH YOUR CHILD

*You can use the 47 values from the book as a guide.

WHAT YOU'D LIKE TO DO WITH YOUR CHILD