

I Say Yes Week Eight Journal Sheet
Connecting our Deepest Heart Desires

When you stop and get quiet what do you think about?

Make a list of your childhood Dreams

Is there a thought, a wish, something you want to badly in your life that sometimes it's all you think about? Write it down!

If you could do ANYTHING in your life what would you do?

Gather your answers from above and create your Master Dream List. What on that list is your Deepest Heart Desire?

Write out the steps you need to take to make your Deepest Heart Desire a reality.

