

# Worksheet # 1 – “Hopes and Dreams”



Think back to a time in your life when you were optimistic and idealistic. Have this younger version of yourself take a critical look at your present day self and answer the following questions:

- 1) How true to yourself would your younger self think you've been in pursuit of your hopes and dreams?
- 2) Complete this sentence: If I could change my life right now, I would...
- 3) Complete this sentence: If my life ended tomorrow, I would regret not having achieved...