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## DREAM ACTIVATION EXERCISE

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### *step one* | WHO ARE YOU

Take some time to direct your thoughts toward Heaven and experience His Presence with you. Meditate on who He is. Meditate on Mark 1:11 and Luke 15:31:

“You are my beloved son/daughter, in whom I am well pleased.”

“Son/Daughter, you are always with Me, and all I have is yours.”

Consider who you are in Him. Let go of the obstacles, restraints and limitations that you are acutely aware of because of past experiences. After a time of just enjoying Him, start to make the following declarations over your life. Pause after each, and repeat them until they become a reality for you:

I am a child of God

His Presence surrounds me.

I have permission to dream.

I have permission to try new things.

I have permission to fail.

I have permission to learn from my experiences.

I have permission to create.

I have permission to succeed.

Nothing is impossible.

### ***step two*** | 100 DREAMS EXERCISE

Go back to the Dream List that you started from the Dream Activity at the end of chapter two. Now it's time to write out more of your dreams. We suggest going for 100 dreams because that will challenge you to go beyond the surface and explore more of what is in your heart.

Find a place and time that works for you. That may be with a coffee in your hand sitting in a Starbucks, or alone in the woods surrounded by nature. How do you connect best with your Father and tap into your capacity to dream?

If it is helpful look over the Dream Starters listed in the Dream Resources at the back of this book. And remember:

**Nothing is impossible!**

### ***step three*** | DREAM CACHE

A Dream Cache is the place you record your dreams so you can return to them in the future. Your Dream Cache should be something that is at your fingertips when you want it and inspires you when you look at it. It should also allow you to record when you've reached a dream. It's tremendously encouraging to look back and see all the dreams you've fulfilled.

Your Dream Cache doesn't have to be just a list on your computer. Look over the following options (or make up one of your own) and choose one that fits you and you would love to use.

*Dream Board* – Take a bulletin board and put up lists, pictures, sketches and other articles that represent your dreams. If you are a visual person, seeing your dreams will inspire you whenever you look at them.

*Dream Journal* – Use a battered old notebook or a special

leather-bound journal with hand-made paper pages. What kind of book would you like to use to record your dreams? You may choose to make this a place to not only record your dreams but also to record the journey that you are on, and the thoughts, fears and successes you have along the way.

*Your Computer* – Make a simple list of your dreams or add pictures from the Internet to create a slideshow or screensaver to display your dreams. Do what works best for you. Make it inspiring and give yourself a reason to look at it over and over.

*Dream Poster* – Write your dreams on a sheet of poster board and put it on the wall or find a poster that inspires you and write your dreams on it. You might even take one of your big dreams, find a picture of it, frame it, and hang it on your office wall.

*Dream Box* – Find one item that represents each one of your dreams and treasure it in a special box. You may even find other items, words or articles that you can display on a bookshelf or another conspicuous place to remind you of your dreams.

#### **step four** | RECORD YOUR DREAMS

Transfer the dreams you've jotted down so far into your Dream Cache. Continue to increase your Dream List, adding to it or altering it as you are inspired.