

Dream Sheet

1. Interpersonal Relationships

Who are the most important people in your life?
Who is not in your life now who you would like to be?
What do you look for in a close relationship?
What qualities do you bring to a relationship?
What keeps you from having close relationships?

2. Hobbies/Activities

What things do you enjoy doing
-at home?
-in the community?
-alone?
-with others?
What activities do you not do now that you would like to try?
What skills/abilities do you have? What would you need to add?
Do you have activities that you used to do that you don't do now that you would like to do again?

3. Career/Employment/Education

When you were young, what did you want to be when you grew up?
Has that changed?
What jobs have you have that you liked?
What did you like about them?
What did you like best about school?
What did you like least about school?
What do you see yourself doing in 2 years?
Can you list the things you are good at or can take pride in?

4. Living Situation/Residence

Close your eyes and imagine yourself in your perfect home.
What does it look like?
Who are you living with?
What keeps you from having this dream house/apartment?
What is important for you in your housing?

5. Healthy Living

What does a healthy you look like?
What is keeping you from that?
Do you have any health concerns now?
If so, do you know how to take care of them?

6. Spirituality

What is unique and special about you that you have to offer the world?
Is there are group, belief system and/or organization that you identify with?
What is your "chicken soup for the soul"?