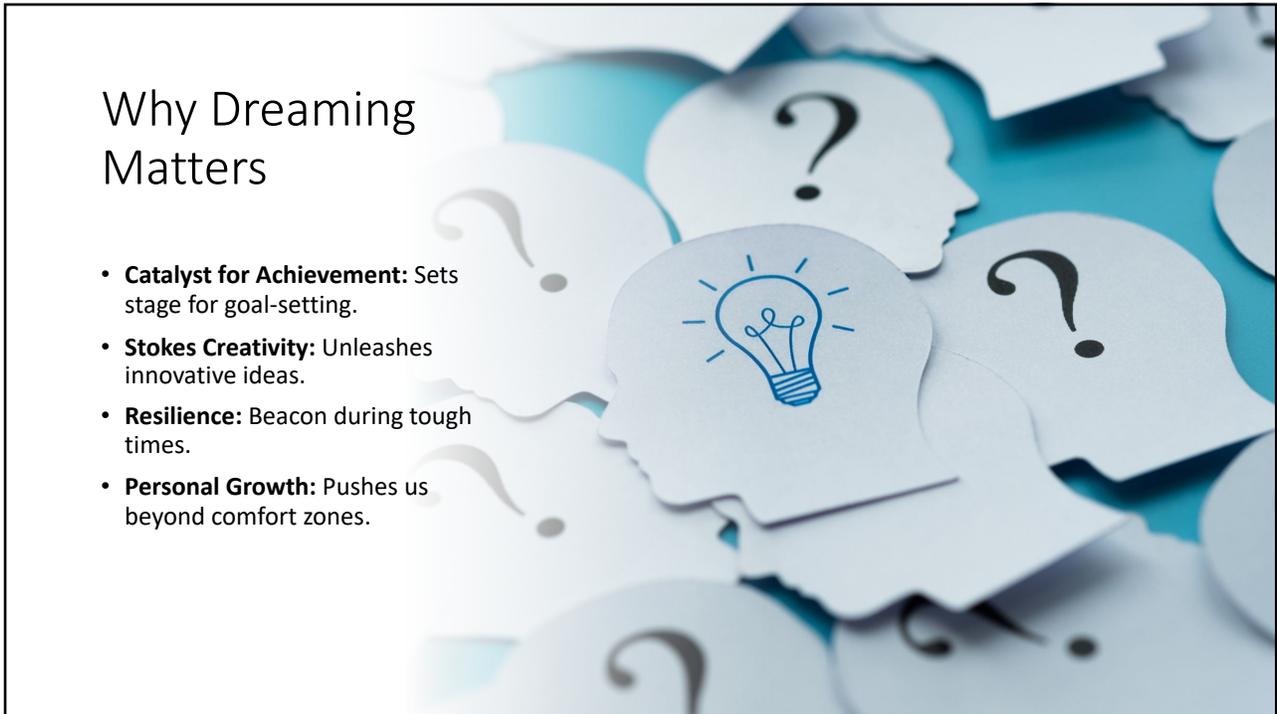


Dream Big Framework

1. Why dreaming matters
2. Conducting your first Dream Big session
3. Revisiting your dreams
4. Continuous dreaming cycle

4



Why Dreaming Matters

- **Catalyst for Achievement:** Sets stage for goal-setting.
- **Stokes Creativity:** Unleashes innovative ideas.
- **Resilience:** Beacon during tough times.
- **Personal Growth:** Pushes us beyond comfort zones.

5

Why Dreaming Matters

- **Enhances Problem-solving:** Offers insights & solutions.
- **Helps Define Purpose:** Identifies life's path & goals.
- **Promotes Optimism:** Instills hope for a brighter future.
- **Enhanced Focus:** Directs efforts towards vision.
- **Life Satisfaction:** Journey & destination both reward.



6

Exercise for Participants

- Reflect on a past dream that came true
- How did it feel?
- How did envisioning it help you achieve it?

Ready, Set, Go



7