

Dreamlining

Tim Ferriss popularized this exercise in his book 4-Hour Workweek. Its goal is to help you get clear on what you want your life to be so you can make better decisions about how to make it happen. Its real purpose is to help you get specific. Just as I created outcomes around leadership, this exercise should help you create outcomes around your life including what you dream of having, who you dream of being, and what you dream of doing.

Question	Answer
What are five things you dream of having? <i>Including material wants, lifestyle, etc.</i>	
What are five things you dream of being? <i>If you were to describe your dream self in five terms, what would they be? What skills would you possess?</i>	
What do you dream of doing? <i>How do you want to spend your time or what new adventures would you like to undertake?</i>	

Ideas for improvement: