

"GIFTED" FUN WORK EXERCISES - WORKSHEET INSTRUCTIONS



BELOW ARE INSTRUCTIONS TO HELP YOU GET THE MOST OUT OF EACH OF THE FUN WORK EXERCISE WORKSHEETS. ALL FUN WORK SHEETS ARE IN PDF FORMAT AND CAN BE PRINTED OUT TO COMPLETE BY HAND.

FUN WORK EXERCISE #1 WORKSHEET - GIFTS

In this worksheet, you can hand write as many gifts as you can think of, directly into the gift basket on the page.

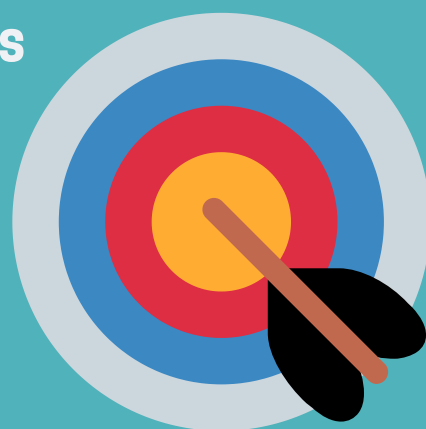


FUN WORK EXERCISE #2 WORKSHEET - DREAM

Use this worksheet to write in your gifts at the bottom of the page and proceed upward on the page. Next, (A.) write in the things you would do if you had \$1 billion. Then, (B.) write the \$1 billion words that are in common with your gifts. Next, (C.) write what you want to accomplish with your dream. Finally, put the wording in A-C together to create a first draft of your dream at the top of the page. Remember to use powerful and emotionally-charged wording in your dream to move you toward it!

FUN WORK EXERCISE #3 WORKSHEET - GOALS

Use this worksheet to write in your dream from Exercise #2 into the top of the page. Next, write in your I AM POSITIVE and S.M.A.R.T. goals into each of the numbered spaces on the page. Please use the Dream Map described at the bottom of this page if you wish to write more than one goal.



FUN WORK EXERCISE #4 WORKSHEET - ACTION STEPS



Use this worksheet to write in your dream from Exercise #2 at the top of the page. Write one of your goals from Exercise #3 below your dream. Next, write in up to 6 action steps below your goal. If you have 2 or more goals or more than 6 action steps for a goal, please use the Dream Map described below. In the Dream Map, you can also write multiple dreams!

THE DREAM MAP™

Use this worksheet to write in your gifts, dreams, goals and action steps from Fun Work Exercise Worksheets 1-4 into the corresponding spaces of the Dream Map. It's an easy way to write out your dreams and goals daily and track your progress on your action steps.

