DISCOVER YOUR LIFE DREAMS & DESIRES



Discover your dreams and desires, your passions and aspirations, so that you can cultivate a sense of purpose and direction in your life.

with Julie Stevens

Dedicated to all the Dreamers - those who seek to
BE More, DO More, HAVE More, GIVE More
May you pursue your dreams with passion, courage
and steadfastness.

May God be glorified in all our dreams.

Discover your Life Dreams and Desires by Julie Stevens
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Welcome!

Thank you for investing time in yourself and for finding some time to think and to reflect. To discover your dreams and desires it's good to ask yourself some deep and meaningful questions. You will find these prompts inside - take your time and write your thoughts in the spaces provided.

Think freely.

The first things that pop into your head are likely to be the most revealing about your dreams and desires.

Enjoy your journey of discovery.

Julie Stevens

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Hello

I believe that the dreams stirring within you aren't random. They are divinely inspired whispers of the life God is inviting you to live.
But I also know dreaming can feel risky.

Maybe you've tucked your dreams away after disappointment. Perhaps you've been told they're unrealistic, selfish, or "not God's will." Or maybe life's demands have simply crowded them out, leaving you wondering if it's too late to dream again.

Here's what I've discovered in my years as a Christian Life Coach: God doesn't plant dreams in our hearts to torment us, He plants them to transform us. Those longings for impact, creativity, adventure, deeper relationships, or meaningful work. They're not accidents. They're invitations. The dreams that surface in this workbook might surprise you. Some clients rediscover childhood passions they'd forgotten. Others uncover bold visions for ministry or business. Many find simple desires for rest, play, or authentic community. All are sacred. All matter.

You can email me at julie@youniquedesigns.co.uk or scan the QR code to book a free call to explore the possibilities.

It's time to dream again.



SCAN HERE

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

Ephesians 2.10

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“Where there is no vision,
the people perish”

Proverbs 29.18



Module 1

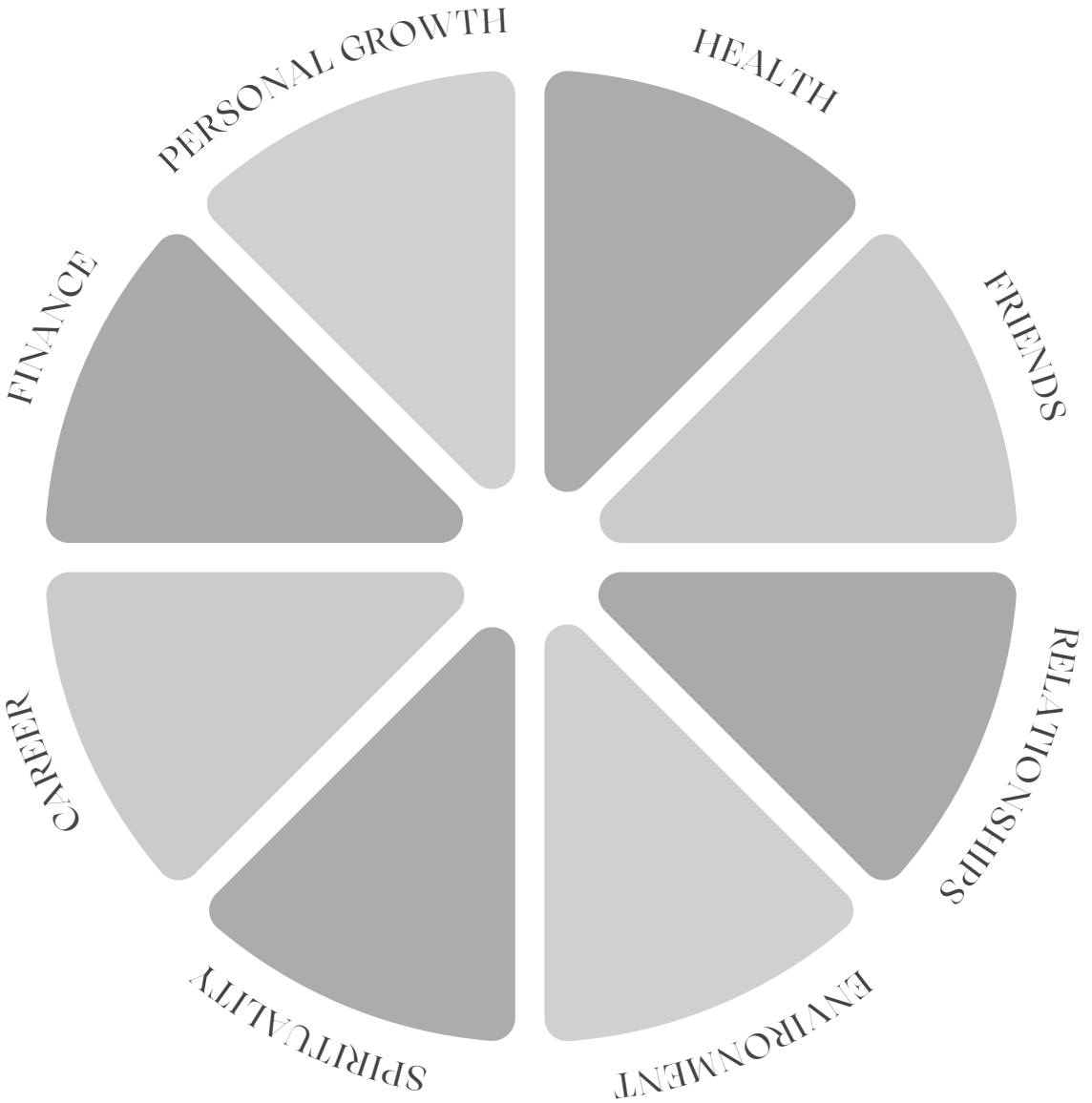
GETTING STARTED

Use the Life Wheel and note your dreams for each area

YOUR LIFE WHEEL DREAMS

The Life Wheel is a popular coaching tool that helps reflect on the key areas of life. Here, it's your starting point for dreaming with God.
As you look at each segment, pause to consider what a beautiful, fulfilling life could look like in that area. Jot down a few words that capture your hopes or longings. Sometimes, those first thoughts are gentle whispers of the dreams God has placed within you.

For example: Environment - create a perfect work from home space.

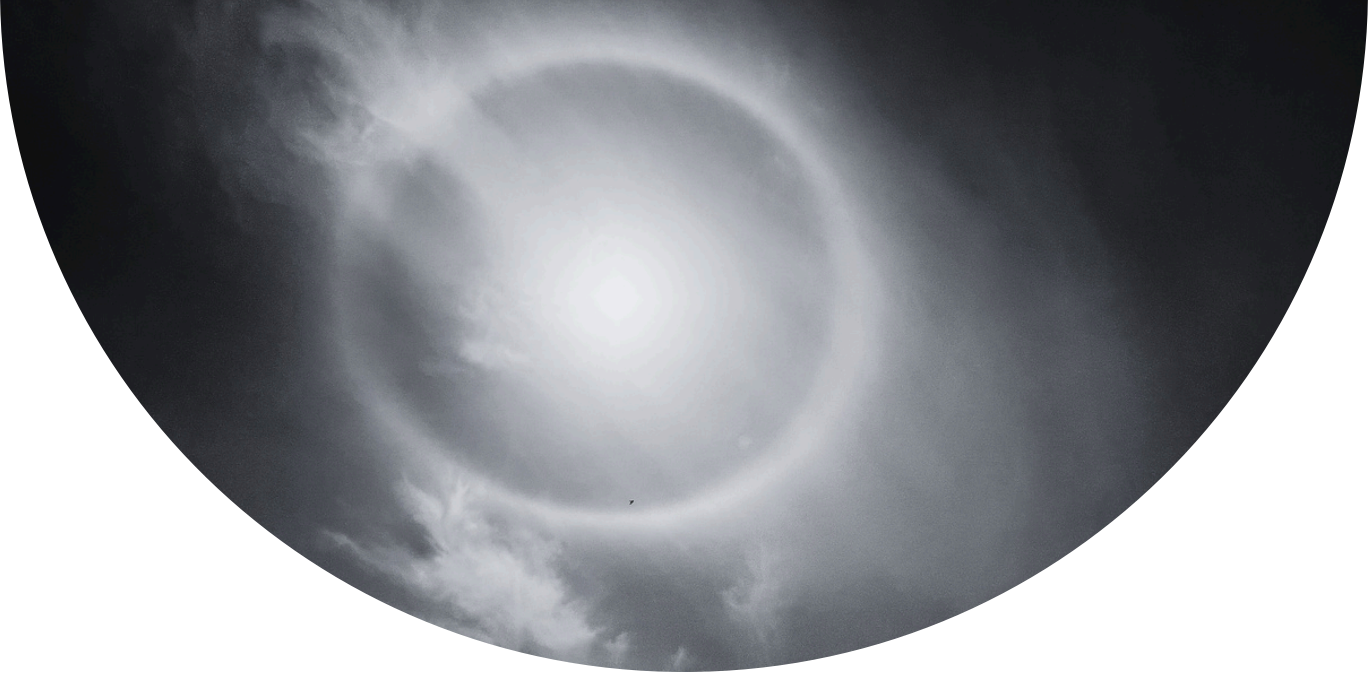


"Dreaming is fundamental to personal growth and discovering purpose." Julie Stevens

What would you like to do in your life?

What do you dream of doing?

Write more, doodle or draw, let your mind wander in wonder of what could be.



Module 2

BIG DREAMS

Call out those big dreams that you have for your life

"The biggest adventure you can take is to live the life of your dreams." Oprah Winfrey

If you had unlimited resources, courage, and time, what bold, beautiful dream would you pursue?

What's a dream that feels far away, but won't leave your heart?

“The future belongs to those who believe in the beauty of their dreams” Eleanor Roosevelt

What is the dream that feels too big, too bold, or too much to say out loud?

Which dream feels so vast it scares you yet it still stirs something deep within you?

“Dream big and dare to fail” Norman Vaughan

What would that dream look like if you gave it your full self, your gifts, faith, and imagination?

Write down the dream that excites you the most and scares you a little too. This is often where growth begins and joy abounds.

Write more, doodle or draw, let your mind wander in wonder of what could be.

Write more, doodle or draw, let your mind wander in wonder of what could be.



Module 3

FUN DREAMS

The things we want to do just for fun

Fun Dreams are things we want to do just to learn, for fun, or to say we've done them. These dreams offer clues to our larger purpose by showing us what we love and are drawn to.

What experiences would fill your life with joy, wonder or stories worth telling?

What have you always wanted to learn, a subject or a skill, just because it excites or inspires you?

“You are never too old to ... dream a new dream.” Denis Waitley

List 10 things you’d love to do just for the sheer fun of it - no pressure, no purpose, just play.

Where in the world calls to your soul? What adventures or places light you up inside?

"Take delight in the Lord, and he will give you the desires of your heart." Psalm 37.4

What brings laughter, colour, and sparkle into your life right now?
Could you do more of that?

What did 'fun' look like for you as a child?
How might that version of you play again?

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in wonder of what could be.

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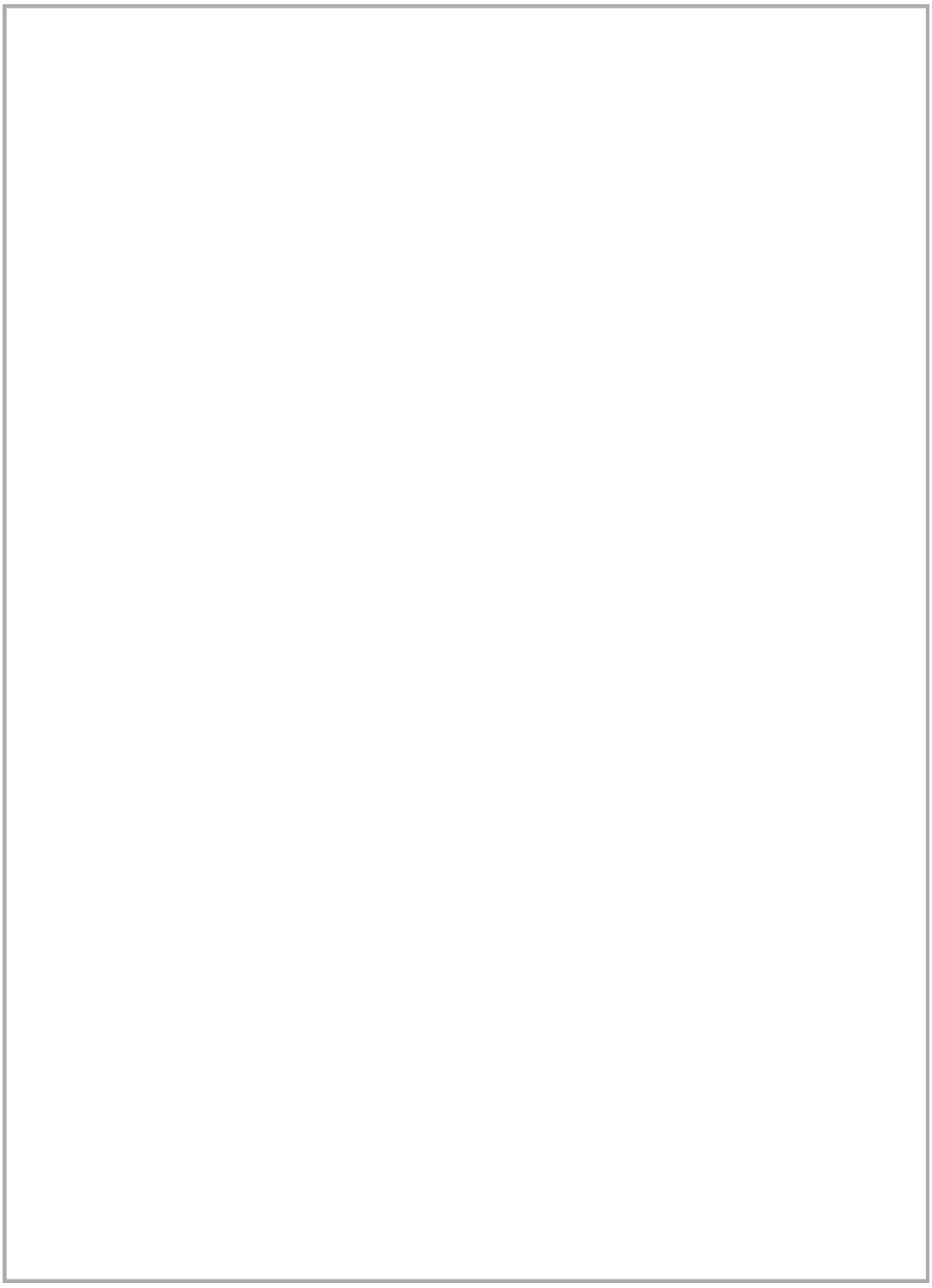




Module 4

REGRETS

The dreams and desires that when your time is up, you will regret not giving a go.

“Your time is limited, don't waste it living someone else's life” Steve Jobs

Imagine you’re 80, looking back on your life. Which dream would you most regret not giving a go?

If you never chase your dreams, what part of your heart, your soul, your mind, your spirit, might quietly fade away unnoticed but deeply missed?

Write more, doodle or draw, let your mind wander in wonder of what could be.

What's one thing that surprised you in this module?

“Whatever you can do, or dream you can, begin it.”

Goethe



Module 5

100 DREAMS

Live Brilliantly in the beauty of your dreams

“God is able to do immeasurably more than all we ask or imagine.”

Ephesians 3.20

100 DREAMS

You've taken time to reflect deeply and to dream in different directions:

- In the everyday rhythms of your life
- In the bold, adventurous "what if's"
- In the joy of fun and play
- And even in the quiet ache of unfulfilled longing.

Now I encourage you to gather everything you've uncovered, and let the dreaming continue.

Creating a list of 100 dreams might feel ambitious, but don't let that hold you back.

There are no right or wrong dreams, only honest ones.
Let your heart speak freely. You don't have to filter it here.

This is a space for your imagination to stretch, your faith to rise, and your heart to speak freely.

Include your dreams that are big and bold, but also the dreams that feel small, simple, or just for fun. Every dream tells you something important.

Let this list be a living, growing reflection of the person you are, the person you are becoming and a map to guide you as you cultivate your beautiful life.

100 DREAMS

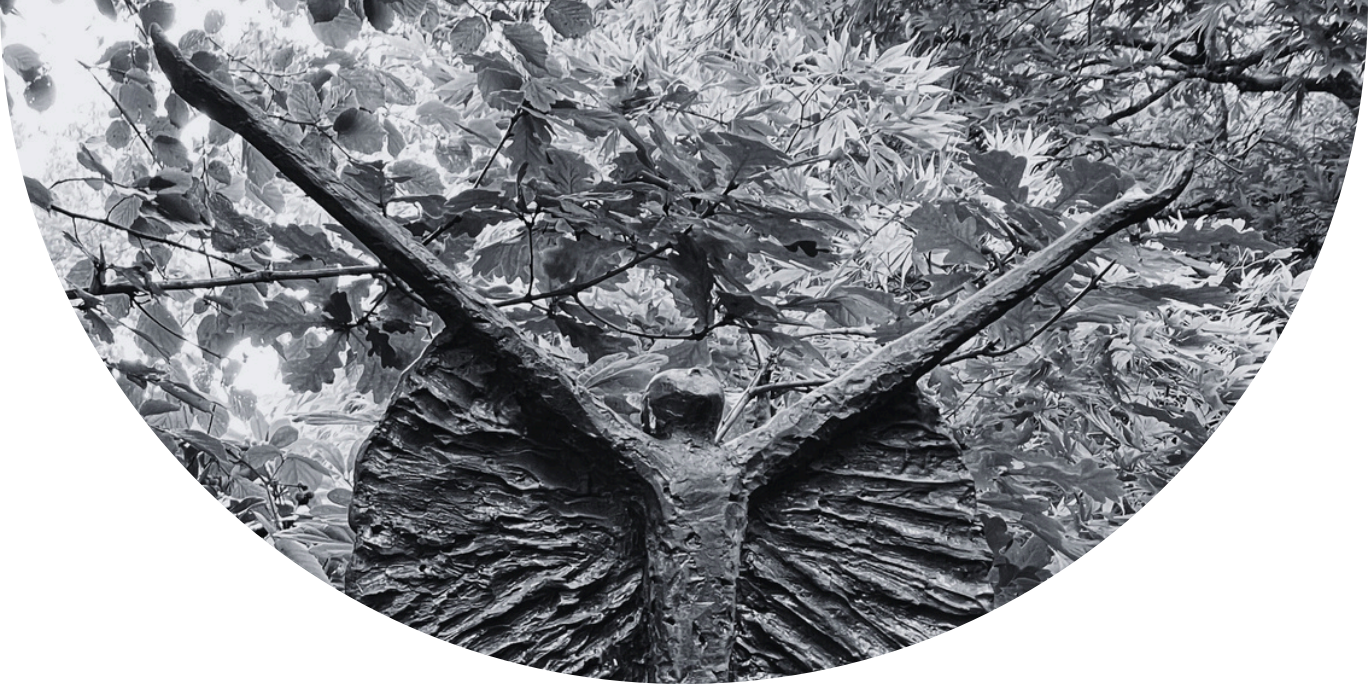
100 DREAMS

100 DREAMS

100 DREAMS

Let your dreams dwell in your heart, may they arise with a sense of urgency and cause you to step up and take action.

Go!
BE more, DO more,
HAVE more, GIVE more



Module 6

WHAT NEXT?

Bring your Dreams to Life with an Action Plan

What Next?

I do hope you have enjoyed taking some time out to reflect on your dreams, desires, passions and aspirations. Taking time out for yourself is very precious and indeed time never wasted.

Well done.

Take Action

You have an amazing list of dreams. Choose one big dream you would like to achieve and consider what actions you need to take to bring it to life.

Start to list out those actions and set a target date for each one.

Be realistic and remember every action should have an element of fun to it.

Every dream should carry a spark of joy, even the small steps toward it.

MY ONE BIG DREAM

MY DREAM ACTION LIST

☐	TARGET DATE
☐	TARGET DATE
☐	TARGET DATE
☐	TARGET DATE
☐	TARGET DATE
☐	TARGET DATE
☐	TARGET DATE
☐	TARGET DATE
☐	TARGET DATE
☐	TARGET DATE

Sparks of Joy

And Finally ...

Coach with Me

Ready to Go Deeper?

If this workbook has stirred something in you, and you'd love guidance, clarity, or even just someone to process it with, then let's get together to do that.

Through one-to-one coaching, I'll help you explore your dreams more deeply, uncover any obstacles holding you back, and create a faith-filled plan for moving forward. You don't have to figure it all out alone.

This is your invitation to invest in yourself and in the life God has uniquely designed for you.

If you're ready to take that next step, email me at **julie@youniquedesigns.co.uk** and let's arrange a free, no-pressure conversation to see what's possible.

Alternatively scan the QR code and book your free call.



SCAN HERE

Help Others



If you know anyone that would appreciate the time to explore their own dreams please do share this link with them.

juliestevens.co.uk/dreams

Enjoy the Adventure of your Dreams