

# MODULE 1

## DREAM BIG



### To start, we are going to begin with the end.

Oftentimes, when someone is battling cancer, they forget to dream. They are so focused on getting through the day, that they lose sight of their dreams and aspirations. This is understandable, but it can leave you feeling hopeless and discouraged.

So, lets take a minute to peek into the future.

If you were to step into your life 1, 3, and 5 years from now, what would you find? How would you feel? What would your daily life look like? How would your relationships be? Would you have the energy and stamina to accomplish your tasks?

Take a minute to dream below. Don't sell yourself short – imagine the absolute best case scenario. If you had absolute control, what would your dream life look like?

1 Year \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3 Years \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5 Years \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_