

A photograph of a modern living room. In the foreground, a white coffee cup with the Starbucks logo sits on a white table next to an open laptop. The laptop screen displays a desktop background of a beach with waves. In the background, there are grey armchairs and a small round table with a bottle of water. A text box is overlaid on the image, containing the title and a short paragraph.

## 10 Dreamwork Questions

If you want better answers, ask better questions! These dreamwork questions will help provide you with more clarity in your life.



# IT ALL STARTS WITH A PLAN

Would you agree that having a plan makes achieving our goals much easier? Setting time aside to create actionable steps is one of the most powerful and effective ways to attain what you want.

Before we dive in there are two things that I want you to know about planning:

## Point 1: Plans are not Linear

The road to achieving your dreams is not a straight shot. Accomplishing your goals may need you to take some back roads and some of those roads are not pretty or paved at all. We need to acknowledge that our challenges and struggles are a normal part of the process.

## Point 2: Don't Keep Your Plan a Secret

Share your dreams with people who are important to you and will hold you accountable. We're not meant to go on this journey alone so have the courage to share your goals with those who will uplift and support you.

## Ready to Get Started?


In order to create a powerful plan you must start by asking yourself powerful questions. When you ask and answer powerful questions, you are more likely to put an actionable plan in place.

I created this guide with you in mind. Answering these questions will provide you with the clarity you need to start moving forward with your goals.

Have a question? Shoot me an email at [paula@pauladoroff.com](mailto:paula@pauladoroff.com) and I'll be happy to help!

# Dreamwork Questions

1. What type of person achieves X? Who do I need to become to achieve x?



2. Why is this my goal? Get clear about your why (the purpose)



3. What's one action that I can take today that will help me get a step closer to my goal?



4. What would my life look like if I achieved my goals?



**Pro Tip:** The answers to these questions will always lead you to something can “DO” to help you design a solid plan for your life. Set aside some time to sit quietly at a place of solitude that will allow you to reflect on the answers to these questions. You might say to yourself how will I find the time to do this with all I have going on? I challenge you how can you afford not to? I promise it'll be worth it!

# Dreamwork Questions

5. How will I hold myself accountable when motivation is long gone?



6. What are some potential barriers that could come up?



7. Who will and can hold me accountable?



8. What will I lose if I don't follow through with my plan? What will I gain?



“The quality of our lives is a direct reflection of the questions we are asking ourselves.”

-Tony Robbins

# Dreamwork Questions

9. How will I measure my progress, time line and success of my goal?

10. Where do I need to go? Who can support me in my journey?

## Bonus!

Lists three actions you can take this week towards making your goal a reality? Don't forget to write down who you need to share your goal with in order to help you stay committed!

- 1
- 2
- 3



## YOU DID IT!

My name is Paula and I'm a Life Design Strategist. I help professionals find more fulfillment, purpose, and clarity in their lives. If you're ready to take the next step and begin working towards your goals sign up for a complimentary 30 minute discovery session with me.

[CLICK HERE TO LEARN MORE](#)