

Start with a dream

Metacognitive skill targeted: Goal-setting and self-motivation

When to use it

Use this tool when you have a dream or wish, something you really want to do, learn, or become. It helps you take the first steps to make your dream come true!

What you'll do

You'll think about something you dream of doing and turn it into a goal. Then you'll plan small steps to get started. This tool helps you turn your dream into something real by making a simple plan.

What You Need

- The “Start with a Dream” worksheet
- A pencil or pen
- Colored markers or crayons (optional, for decorating)

How to use it

Print the sheet and complete the template by following the steps that are described below.

About this Template

Step 1: Think of a dream or goal you have (like “become a great football player” or “write a comic book”).

Step 2: Write your dreams in each category and why these dreams matter to you.

Step 3: Pick a dream and think of 2–3 small steps you can take to begin (like “practice 3 times a week” or “draw one page per day”).

Step 4: Add a fun drawing or symbol that reminds you of your dream.

Step 5: Put your page somewhere you can see it often!

Tips for Reuse / Continuation

Try making a new one when you have a new goal or idea.

Look at your dream each week. Have you taken a step?



Start with a dream



Goals often begin with a dream or a vision. Think of what things you would like to do or to have or to be.

Things I would like to do:

Things I would like to be:

Things I would like to have:

Choose a dream and think of
the steps to achieve it.
Add a fun drawing or symbol that
reminds you of your dream!

MY DREAM: _____

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: