10 DREAMS

START YOUR DREAMS

A SMALL STEP FOR CLARITY & FOCUS

FREE WORKBOOK ● SHORT VERSION

Roland Thunstedt

An Equipido Free Workbook

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10 DREAMS

A small step for clarity & focus

A short, practical exercise to explore your dreams, choose one worth exploring further and take a small step to learn more.

Purpose: to move from a list of dreams to one idea to explore and one practical next step.



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1. Build a first Dream Bank

Include things you would like to have, do, experience, become, learn, create, improve, contribute or change. Mix small and big ideas.

#	Dream / desire
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Do not solve HOW yet. Let the list show you what keeps returning.

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2. Find what keeps returning

Read your 10 lines again. Mark each item with any signal that fits: E = energy, I = important, C = curious.

#	Short version	E	I	C
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Theme 1 — what seems connected?

Theme 2 — what seems connected?

Theme 3 — what seems connected?

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3. Develop one — lightly

Choose one dream or theme that has enough energy, importance or curiosity to deserve a closer look. You are exploring, not making a permanent commitment.

The dream or theme I am exploring:

What do I actually want here?

Why might this matter to me now?

If this became more real over the next three years, what would be different?

What would I regret never even exploring?

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4. Make a temporary choice

Not everything has to be now. Sort your strongest ideas without deleting the others.

NOW — worth exploring	LATER — important, not now	MAYBE — keep without commitment

The ONE item I will explore now:

One research step, conversation or experience that would help me understand it better:

When will I do that?

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Optional next step

If this tool was enough, stop here and use what you learned. If you want more structure, continue with the full workbook.

100 Dreams expands the dream bank to 100, develops and tests the strongest themes, builds a three-year vision, clarifies why it matters, helps you choose one clear goal and turns it into a practical plan with actions and review.

This free tool gives you a useful first result. The full workbook is for the deeper process: more pages, more review, stronger follow-through and a clearer path forward.

What did this starter reveal that I do not want to ignore?

What would I want to explore more deeply in the full workbook? Want the full workbook? Continue with 100 Dreams.

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