

“Live the Life of Your Dreams: Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others.”

Roy T. Bennett, *The Light in the Heart*

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next question and so forth. A person can pass.

- 1) **Share one of your dreams.** (i.e., dreams about your future, travel, relationships, marriage, parenting, grandparenting, career, success, fame, etc.)
- 2) **Share about a dream that came true. How did it feel then and now?**
- 3) **Share about a dream you decided to let go of because of the “expectations and opinion of others.” Looking back, would you have changed your decision to let go of your dream if you could do it over?**
- 4) **Share about a dream that did not come true as you had originally dreamed. How did you grieve (or still are grieving) the loss of your dream? Have you found a way to accept your loss of dream(s)? Why or why not?** (i.e., relationships, being parents, being grandparents, health issues, unexpected death, accident, career, fame, etc.)

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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