

SWEET DREAMS

Confront fear and self-doubt

Materials: Worksheet copies, red and blue construction paper, pens or pencils

Directions: Read the worksheet, complete the activity and discuss as a group.

You have a goal. You've dreamed about it, perhaps you've begun working towards it.

But then... Fear takes over and your dream is on hold.

Overcoming fear and self-doubt puts you on the road to reaching your dreams.

It's not always easy, but facing fear can put us in the driver's seat of life.

Today, let's explore our fears and dreams so we can stay focused on meeting our goals.

ACTIVITY INSTRUCTIONS

- 1 Think about your fears. Write your fears on the sheet of red paper. Then, crunch the paper into a ball.
- 2 Think about your dreams. Write your dreams on the sheet of blue paper. Then, crunch the paper into a ball.
- 3 Form a circle. On a count of three, toss both balls of paper into the center of the group. Everyone will pick up one red ball and one blue ball. Taking turns, first read the red fears, followed by the blue dreams.
- 4 Let's discuss how fears can slow us down, while dreams can move us toward our goals. How can we move past fear and push forward toward our dreams?

Whenever you feel stuck in reaching your goals, make a list of ways to confront your fears.

