



Are You Dreaming Big Enough?

A self-reflection questionnaire to expand your vision for life

Use this questionnaire periodically when you feel stuck, uninspired, or like you've been settling for "just enough." These prompts are designed to help you step back, reflect on the dreams you've already accomplished, and then push yourself to imagine something bigger.

Looking Back

Can you recall a time when you set a clear dream or goal for yourself? What was it?

Did that dream come true? If so, how did it feel when it did?

Looking back, do you think you could have asked for something even bigger? What might that have been?

Present Reality

What goals or dreams have you achieved so far that once felt "impossible"?

Are you currently settling for "just enough"? Where in your life do you notice yourself shrinking your dreams to fit what feels plausible?



Dreaming Bigger

If money, experience, or credentials didn't matter, what would you be asking for right now?

What is a dream you've secretly wanted but haven't spoken out loud because it feels "too much"?

Take one current dream you have, what would a slightly bigger, better version of it look like? Write both down side by side.

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Belief & Possibility

What beliefs hold you back from asking for more (fear of greed, not enough experience, feeling undeserving, etc.)?

Imagine your life five years from now: what would it look like if you gave yourself permission to dream without limits?



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www.AprilTapia.com



FINAL NOTE:

As we go through life, we often forget about the seeds we planted along the way. If you were to take a look back at your life, you might find that many of your seeds came to bear fruit.

Keep on dreaming ❤️

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