WORKSHEET 1

# WISH LIST

**EXERCISES**

1. "What do you hope for in life? What are your dreams and desires?" Fill out the wish list.
2. Mark now your wishes of material kind - i.e. objects (like cars etc.) in RED and your wishes of immaterial kind (like peace etc.) in BLUE.



## Wish List



3. Were there new wishes and ideas that came up that you had not previously considered? This could also be about the development of inner qualities and values.



## Wish List

