



# Thirty Questions to Unearth Your Dreams

As we discussed in chapter eight of *A Wife's Secret to Happiness*, I define a *dream* as anything you hold as a valuable goal for someday. Dreams are desires usually not close enough to be realized, or factored into tomorrow's schedule. They loom in the distance, like glorious snowcapped mountains glistening in the sunlight.

More permanent than passing thoughts or random ideas, dreams carry weight in your spirit. You visualize their fruition, and those images bring happiness. Your spouse deserves to know about anything that important to you. To share your joy in future potential, carry the burden in prayer, and allocate resources as you both deem beneficial—the opportunity to work together for the fulfillment of your deepest desires.


But what if you don't know those dreams yourself? How can your hubby possibly identify longings your heart has yet to acknowledge? To help in this discovery process I offer a list of thirty thought-provoking questions to unearth your dreams. Use this list to consider the things you're most passionate about. Journal. Pray. Start conversations with your spouse as you work through this process and foster the intimacy you share.

## Dreams by Category

1. In chapter eight, we named six categories that most dreams fall within: Faith, Family, Marriage, Profession, Fun, and Finances. What are some dreams or goals you're already aware of in each of these categories?
2. Are there any categories (Faith, Family, Marriage, Profession, Fun, and Finances) where you don't have a single dream? Why do you think that is?

## Faith

3. How would you describe the health of your relationship with God right now? What steps are you hoping to take to build the connect that He's invited you into?

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4. Every believer has a role to play in the body of Christ. We are all called to ministry and to make disciples. What does your ideal ministry or charitable work look like? Are you involved in vocational or volunteer ministry? How frequently are you serving in this capacity?

### **Family**


5. When you envision the growth of your family, what different milestones do you picture?
6. If you have kids, what hopes do you carry for their development and childhood experiences?
7. Imagine yourself reflecting on your life at ninety years of age. What family qualities and relational experiences do you hope to look back on?

### **Marriage**

8. What are your favorite activities to do together as a couple?
9. What new or infrequent experiences do you hope to someday enjoy together?
10. What hopes did you have for your spousal relationship that don't match up with your current experience?
11. What areas of life, teamwork, and ministry do you excel at when working as a couple? Why do you think you're so strong in these areas?

### **Profession**

12. If money was no object, and you could have any job in the world, what vocation would you choose?
13. What qualities about your dream job make it so appealing?
14. What activities give you a sense of purpose or meaning?
15. Often times our passions bubble out with enthusiastic conversation when



we're talking with family or friends, or even strangers. What topics do you find easy and enjoyable to talk about for hours at a time?

### **Fun**


16. What are your top five dream vacations?
17. Do you have any bucket list adventures that you're serious about completing?
18. What activities replenish to you?

### **Finances**


19. When you think about your ideal retirement what does that look like? How important are those things to you?
20. What things are you willing to sacrifice to meet financial goals?
21. What ongoing expenses help satisfy your dreams? For example, private school costs, car payments, non-profit contributions, or luxury purchases. From the outside, someone may see these expenses as unnecessary, but do they connect to dreams rooted in your heart?

### **General**

22. What are you ridiculously good at?
23. When you picture your life in five years what does it look like? What about in fifteen years?
24. Have you tabled any dreams, hoping they'll come around again on a later date? What prompted you to pause on pursuing those goals in the past, and what needs to happen to enable you to pick them up again?
25. Often times, the dream we carry is really connected to the big picture value, not a specific activity. What core values or qualities do these aspirations represent to you? For example:

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- a. A professional dream to be a corporate VP can have many motivations. Maybe you like the company or the industry. Maybe you like the responsibilities or respect of the position. Or maybe you like the stability that position and income would bring to your family.
  - b. A family dream may be for all your kids to receive an Ivy League education. Perhaps that's because you had that opportunity—or wished you had the chance to go to one of those schools. Maybe it's that you want them to achieve higher financial status. Or it's a personal dream they've already expressed and you want to champion them in it.

- 26. We've all overcome obstacles in our lives, and these struggles often leave us with residual passion and compassion to help others in similar circumstances. What obstacles have you overcome and how have these experiences contributed to the things you're passionate about?
- 27. What tasks or activities do your friends and family always ask for you to help with? What does this say about your unique talents and abilities?
- 28. Think back to various seasons in your life. When were you the happiest? What were you doing, where were you, and who were you with when creating these happy memories?
- 29. Sometimes dreams are about avoiding negative circumstances, too. As you consider difficulties from your past, are there any dreams or promises you've made to yourself about avoiding these events in the future? For example, if you grew up in a home with limited financial means, perhaps you promised yourself that you wouldn't have kids until you reached a certain dollar threshold in your bank account. Inner vows are powerful things, so as you uncover commitments you've made to yourself in the past, make time to reconsider these internal contracts. These vows may offer a sense of protection, but you may want to reevaluate their usefulness. Sometimes internal promises we make as children or young adults can limit our dreams later in life.

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30. As you consider the goals you've unearthed so far, where do these heartfelt desires come from? Are they coming from childhood or life-long aspirations? Have you spoken with the Lord about them, and if so, what input does he share? Are any of these individual dreams in conflict with the overall goals and vision for your family? Are there ways you can adapt them to be beneficial to everyone involved?