



# Build A Wish List with Luna

Instructions: In this reflective activity, think about all the things you believe you are and all that you wish to become. Dream big and cast your wishes! There's always a chance they'll come true.



Meet Luna, a Dream Seeker doll who loves to dance and will stop at nothing until she reaches her dream. Luna is creating a wish list so she can envision where she wants to go and who she wants to become. Just like a dance unfolding, imagine yourself expanding in dreamy new directions with Luna.

## I Am

List All The Words That Describe Who You Feel You Are Today, Right Here, Right Now. Examples could be: Happy, smart, awkward, unique, special, etc.

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## I Am Becoming

List All The Ways You Want To Grow And Expand...All The Things You Want To Do And All The Ways You Want To Show Up In The World. Examples could be: Wise, strong, passionate, confident, healthy, etc.

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"DANCE IS BIGGER THAN THE PHYSICAL BODY. WHEN YOU EXTEND YOUR ARM, IT DOESN'T STOP AT THE END OF YOUR FINGERS, BECAUSE YOU'RE DANCING BIGGER THAN THAT; YOU'RE DANCING SPIRIT."

- Judith Jamison

