

What are Your D.O.B.S. (Dreams, Opportunities, Barriers, and Strengths)?

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| Dreams  1.  2.  3.  4.  5. | Opportunities  1.  2.  3.  4.  5. |
| successes  1.  2.  3.  4.  5. | barriers  1.  2.  3.  4.  5. |

Instructions:

Please complete each section of the chart using the following perspectives as your guide.

* **Dreams:** If you could wave a magic wand and make it happen with no restrictions or limitations
* **Opportunities:** Could potentially occur in the near future
* **Barriers:** Would like to do it, but there are things or systems that prevent or limit your ability
* **Successes:** Previously or currently implementing with positive or promising outcomes