Tip for Transition: Have Students Map Out Their Dreams Using a Dream Sheet

DREAM SHEET

Use this powerful tool with students to help them:

1. formulate a dream
2. identify strengths
3. maximize resources
4. develop action steps

Download a FREE Dream Sheet

Adapted from Your Complete Guide to Transition Planning and Services by Mary E. Morningstar, Ph.D. & Beth Clavenna-Deane, Ph.D.
### The Dream Sheet

<table>
<thead>
<tr>
<th>My strengths</th>
<th>Support I need</th>
</tr>
</thead>
</table>

---

**My Dream**

**Steps for achieving my dream**

Source: Snow & O’Brien, n.d.