

Dream: an aspiration, idea or something greatly desired.
Goal: the goal is the intention of an activity or a plan.
Realistic: showing a sensible idea of what can be achieved.
Unrealistic: having ideas or hopes that are too big, silly, or not based on what's actually possible.

- What are my dreams and goals?
- How can I stay focused on these and not give up when things get tough?
- How do I cope with new challenges?

