



Write it Down

A Guide for Reflecting on 2025

2025 © CHRYSTAL EVANS HURST

How to Use Your Dream Guide

Hey there, friend —

Before you dive into these pages, I want you to know this isn't just another workbook. It's a journey — one that starts with remembering where you've been and leads you toward dreaming about what's still ahead.

This Dream Guide is divided into **three parts** — each with a purpose that works together to help you make room for what God wants to do next.

Part One: Reflect & Remember

This first section is your **prep work** — your time to take an honest look back before you start building forward.

It's personal. Quiet. Reflective.

Here's where you pause to remember the highs and lows, the lessons and blessings. It's where you ask, *How have I really been doing? What has God been teaching me? Where do I see His hand at work?*

Take your time here. Brew a cup of tea, grab your pen, and let your thoughts flow. There's no rush and no right answers — just space for honesty and awareness. The more intentional you are in this part, the clearer your vision will become for what's next.

Part Two: Dream & Build

Once you've looked back, it's time to **look ahead**.

This second section walks hand-in-hand with the *Dream Builders Experience* — a multi-day journey you can join on YouTube. Each day's prompts line up with the videos, guiding you to think, pray, and plan with purpose.

Here's where reflection turns into action. You'll dream about your life, relationships, career, health, finances, and faith — all through the lens of God's purpose for you.

Part Three: Refine & Focus

Based on the work you've done, decide which 3-5 areas of focus will matter most for the coming year. Here's some encouragement as you plan:

- **Be honest.** This is between you and God — no need to edit or perform.
- **Be gentle.** Growth is a process. You don't have to have it all figured out today.
- **Be hopeful.** You are not behind. You're right on time for what God wants to do next.

BE SURE TO REMEMBER, you don't have to rush through this. Take one day at a time, one question at a time, and one dream at a time.

I can't wait to see what God births in your heart as you make space for Him to move.

With love,
Chrystal

Review & Reflect — Because Your Story Matters

Best Thing

*What was the best thing
that happened to you
this year?*

Worst Part

*What was the worst
part of this year?*

Don't Forget

*Apart from the
best and the worst
moments, what are
three moments from
2025 you don't want to
forget?*

Overall

*How do you feel about
2025 overall?*

Review & Reflect — Your life...is an unrepeatable miracle!

Excites

*What excites you
about 2026*

Your Soul

*What is the state
of your soul?*

*As you end the year,
how are you really
doing?*

Spiritually

*How is your
relationship with God?*

*How do you plan
to grow spiritually
in the days to come?*

I must...

*To live a life I love in
2026 I must...*

Dream and Build — Your Workshop Viewing Guide

Day 1

- 1. What has happened this year?*
- 2. What is lying dormant in your life that shouldn't be? (What needs to be uprooted in your life, because it shouldn't be in your life to begin with?)*
- 3. What have you intentionally (or even unintentionally) been nurturing and cultivating this year throughout your life?*
- 4. Where has He been faithful?*

Dream and Build — Your Workshop Viewing Guide

Day 2

- 1. What are your financial goals?*
- 2. What is your dream career and the process to achieve it?*
- 3. Where are you located?*
- 4. What does it look like for you to be holistically healthy?*
- 5. What does pin-pointed emotional and mental health look like?*

Dream and Build — Your Workshop Viewing Guide

Day 5

1. *What will people remember about you?*

2. *What do you want your legacy to be?*

3. *Write down a little of your obituary.*

4. *What does God require of you?*

Your 2026 Areas of Focus

Write Your 3-5 Areas of Focus for 2026.

Based on the work you've done, decide which 3-5 areas of focus will matter most for the coming year.

01

02

03

04

05