

DREAMING



I can suggest three key steps that may help you in your Dreaming process.

First, you need to believe in yourself. Give yourself permission to dream, to let your imagination run wild.

Find a quiet space, take a few deep breaths and then ask yourself – if time and money did not matter, what would I want for my life? See where your imagination takes you. Perhaps write down a list of Dreams that arise. Don't put any limits on this. 'Dream' about every aspect of your life – education, Family, career, health, hobbies, interests, friends, community – whatever comes to mind that talks to your heart and sits well in your gut. Then take a day or two after this exercise before settling on one or two Dreams that you would like to focus on in the immediate future. Write these down and place them somewhere safe or keep them with you all the time. Whatever has meaning for you.

The last step is up to you. You can either keep these special Dreams safe and close in your mind, waiting for opportunities to arise for them to come true. Or you could start to break your Dreams down into smaller goals, or actions to take, and set milestones for these goals. Or you could use a combination of both these approaches.

This Dreaming process is adapted from the work of Kristina Karlsson. If you need more support on this journey, I highly recommend her book **Your Dream Life Starts Here** or check out the [website](#) for details on courses and other resources to help you on your Dreaming Journey.

A large sheet of white paper with horizontal blue lines and a vertical red margin line on the left. In the top right corner, there is a simple line drawing of a pencil. The paper is intended for writing down dreams.

Consider these self-reflection questions about Dreaming:



If time, money and your current circumstances were irrelevant, what would your DREAM life look like?

What would have to change for you to give yourself permission to DREAM?

What could you do in your life to find more time to DREAM?

Who could you talk to more about this idea of DREAMING?

Is there a Place for Nature or the natural World in your DREAMS? Why, or why not?