

DARE to Dream!

A Dreamer's Workbook



Can you describe your dream in 500 words or less? Do you even know what your dream is?

Your dream is whatever makes you say, “YES, I want that.” One of my dreams is to help you uncover yours!

DARE to Dream!

Discover; Articulate; Realize, Expand

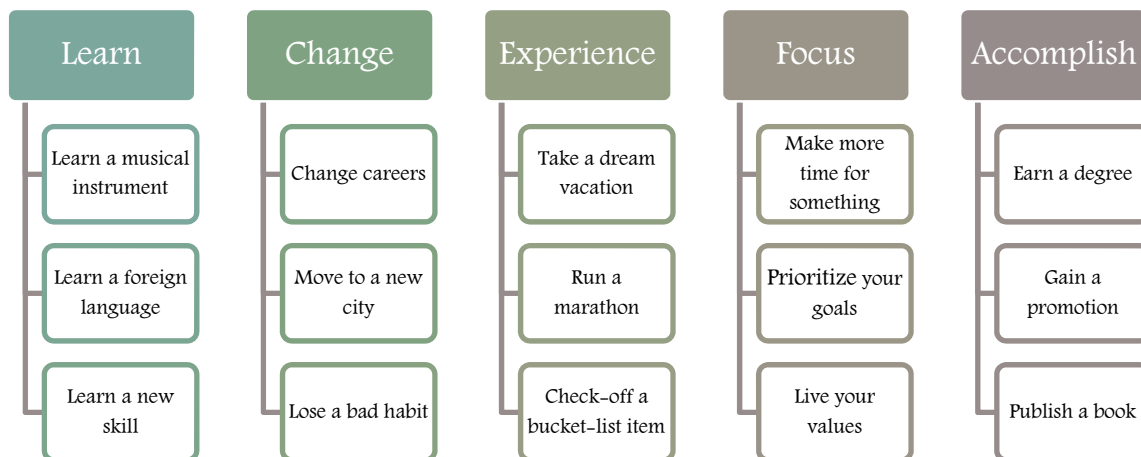
What Is a Dream?

A dream is anything you want as a part of your life experience that isn't there yet.

Dreams can be big or small.

- You can dream about a high-powered career.
- You can dream about asking your crush on a date.
- You can dream about making a splash at your high school reunion.
- You can dream about getting over a fear of flying.
- You can dream about an early retirement.

If you're new to dreaming, or haven't done it in a while, it can be overwhelming at first. There are so many things you could dream! To help narrow things down, take a look at some categories many dreams fall into. Does one column draw you in?



Step One: Discover Your Dream

If you don’t have a dream yet, maybe it can be to discover your dream!

Your dream doesn’t have to be huge, like become president or start your own business. Your dream is whatever would make your life more **fulfilling**. It’s important to have a dream; otherwise you’re like an automaton in your own life. Don’t settle for an unfulfilling life!

If you don’t know what your dream is, take a few minutes to **day-dream** or **journal** and ask yourself how you would spend your time if you didn’t have any obligations, if you suddenly won the lottery and could do whatever you want. Think about activities you loved in your childhood or youth. That will help you **uncover clues** for what would make your life more fulfilling. Write down these clues!

Here are some dreamy clouds into which you can write your clues ...



Step Two: Articulate Your Dream

Once you’ve collected some clues, try to articulate one or two into a dreamy idea.

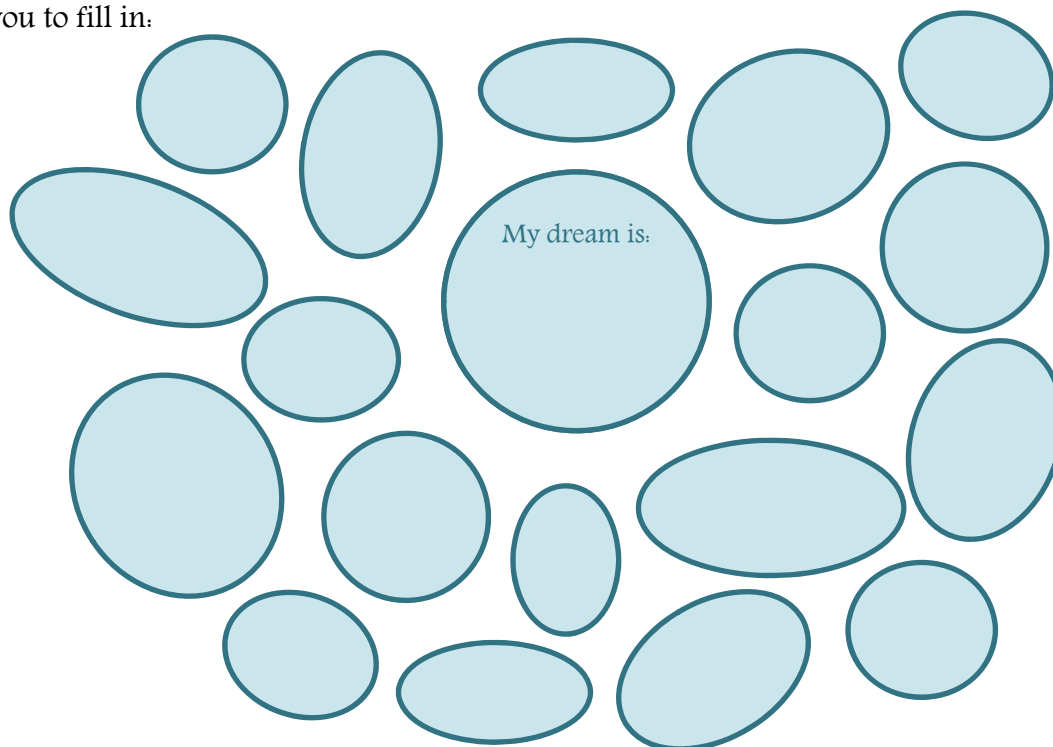
A single clue can go in many **different directions**. For instance, if you loved ballet class as a child but you haven’t danced in years, maybe it is a clue toward your dream. But that could look like taking adult dance lessons or opening your own dance school or joining a professional dance troupe. Which direction is right for you? Which feels most thrilling? Write this down.

Step Three. Realize Your Dream

Once you have your dreamy idea, **fantasize** about all the **details**. Make it as real as possible in your imagination.

At this stage, you might feel a little push-back. Is it fear making you hesitate? Or is this just not the right dreamy idea for you at this moment? Journal or meditate about any hesitation. Then tweak your idea until it feels good, but not “easy.” Anything worthwhile will take some effort!

To help crystalize your dreamy details, consider making a word collage, sketch, or vision board (see page 4) to represent the nuances. Here is a sample word collage for you to fill in:



Step Four. Expand Your Dream

Once you have imagined some dreamy details for your dreamy idea, begin to expand those from your mind into your daily life. Take baby-steps. Make your dream into something **tangible**. Manifest it! *For more information on action plans, check out my blog (link below).*

Dreams love company! Have lots of dreams and try to do something about some of them. Share your dreams with good friends. Encourage them to dream. Then dream more.

Don't accept a life without dreams!
They are the coffee in your life cup.



How to Make a Vision Board

For “Step Three: Realize Your Dream”, I suggested making a Vision Board. But what is that, and how do you make one?

A Vision Board is a physical, creative reminder of what you want to manifest. It can be a poster board onto which you glue magazine images representing what you want to create. It can be a shoebox mod-podged with pictures and holding trinkets relevant to your dream. It can be a drawing or painting of yourself in the new future you're creating. It can take any form you like; what's important is your intention.

If you're doing a collage/assemblage project, it may take some time to collect lots of images and embellishments that evoke what you want, but you can start creating it a little at a time. It can be a work-in-progress, just like your future!

Step One: Have a vision!

- Before you can start your project, you need to know what you're trying to manifest.
- Pick a dream and set an intention to make it real in your life.

Step Two: Decide what form you want and how big it will be.

- Canvas
- Poster board
- Index card series
- French Memo Board
- Scrapbook, altered book
- Shoebox, cigar box, hat box, etc.
- Old suitcase, table top, mural, etc.
- Coffee mug, lamp shade, planter, etc.
- Anything else you can imagine!



Build your castles in the sky, then
bring them down to earth!

Step Three: Collect your materials.

- Again, this may take a while. Browse magazines, store catalogs, old used books, online digital libraries, Pinterest, wallpaper remnants, stickers, stamps, etc. Look for 3D elements as well for added texture.

Step Four: Put it together.

- It can be as elaborate or as simple as you choose. Don't make it into a huge project if that isn't fun for you. This isn't another chore to undertake, it's part of bringing your dream into reality and it should be a process you enjoy!

Step Five: Hang it somewhere you'll see it often!

- As a physical, creative reminder, it has to be somewhere you'll see it to remind you, not collecting dust in a closet. If you don't have a lot of space, make a small one.

Step Six: Enjoy it! Let it inspire your daily dream actions!

- Next time you have a dream, make a Vision Board for it, too!

Want more great information like this ebook?
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Tarot Reader and Teacher

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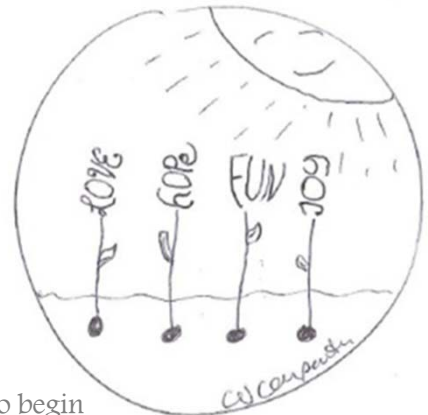
Creativity and Life Coaching

I have four coaching options including a free session.

Free

Free "Depth-Charge" Session, 30-45 minutes.
Set a Depth-Charge to shake things up!

If you are overwhelmed with the change(s) you want to make in your life and aren't sure where to begin



Paid sessions range from \$125-495 and focus on Work-Art balance, creative abundance and vitality, and accountability to make your creative dreams real!

See the [Coaching page](#) on Cathy's website for more information.

Tarot Reading and Classes

Are you confused, frustrated, and seeking answers? Have you over-thought an issue so much that you can't stand to think about it, but you still need to find a solution? Are you looking for outside help, a fresh pair of eyes, to help you work through your issue?

Let's ask my cards to help you with your issue! Book a reading today. Prices range \$25 to \$55.

Cathy also teaches a tele-class series, "Find Yourself in the Cards", based on the tarot archetypes of the major arcana. See [her site](#) for more information.

- * Fooling Around * Magician Ignition * High Priestess Secrets * Empress Yourself * Emperor Treasure *
- * Hierophant for Hire * Lovers Lane * Chariot of Fire * Strength Training * Hermit Haven *

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