

The following exercise will help develop the 'Art of Dreaming' and assist in the discovery of what dreams can become a reality.

- Write down all the things that you are really passionate about or really enjoy .
Example - bike riding, dancing, gardening
- Look at the top 3 things on your list that you really enjoy and think of roles that could be connected with each.
Example – if you are passionate about bike riding – you could be a professional cyclist, run your own bike tours through the countryside in Italy, own a bike shop)
- Next, write down what you love most about this passion.
Example – great exercise, being outdoors, being autonomous and a free spirit
- Look at the themes that are becoming obvious through your top 3.
Example – the need to be independent, travel, outdoors, seeing new places
- What will having this fabulous career in each area give you?
Example – it will keep me fit, my day will always be different, I can see my picture in local papers with praise for my success
- In 5 years time – what do you see yourself doing after this job?
Example – mountain cycling, writing articles for national geographic
- 10 years time – what do you see yourself doing after this job?
Example – teaching geography and known throughout Europe as the expert

Recommended Book:

Live the Life you Love – Barbara Sher