



# DREAMSCAPES

## Dreamscapes:

Show us what your ideal life looks like. Not your possible life, or the life you realistically think you might have one day, but an ideal life.

Some areas you might cover are: social, cultural, community, contribution, spiritual, financial, physical, emotional, environmental, educational and recreational.

How you might get inspired:

Think about the subjects of books, articles and web sites you read most often.

What TV shows or movies do you watch?

What are you doing when you feel the most joy?

What words or pictures intrigue you or give you energy?

Look through old photo albums, letters, journal entries.

Listen to music, notice lyrics you like.

Flip through magazines on your shelf and cut or rip out anything that appeals to you.

Clip or copy photos and sayings off the web.

Go to blogs you read, pull phrases.

Thinking slows you down. Work quickly, responding reflexively.

Assemble images, words, phrases, colour onto a foamcore board.

Use paint or markers or other media to embellish, add texture or form if you wish.

Take 2-3 hours maximum.

What is practical or possible or probable is not a factor.

It's all about dreaming.

It's a DREAM board (not a goal or reality board).

Drink some of your favourite tea or wine, listen to some great tunes, and have fun!

Show your board to your partner(s), team, colleagues, family. Talk about it with them. Before you tell them anything about it, ask them what they see in the board. Discuss it like a piece of modern, expressive art. Learn what they see in your board and maybe even what they don't see. Share your intention in creating the board.

I always wish that I had recorded what others say. If you've got an audio recorder, you might want to do that. Insights can slide out of memory when it's all about you.