

Welcome
Picture Your Dreams Monthly Dreamletter – December 2008

In this month's newsletter

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What does your
dream picture
look like?



1. Latest News

Picture Your Dreams Goals & Plans is appearing in a FTSE 100 company magazine called TalkAbout – to be published on Dec 14th. With a circulation of over 5000 it allows more people to get to know that their dreams can happen. A link will be added to the next dreamletter.

Workshops – Some great feedback from the workshops. Thank you!

Attending a session will help you to: -

- Be focused on thinking specifically about your dream
- Take time out from your everyday distractions.
- Meet some likeminded people who want to ensure they act and don't just talk about their dream.
- Leave with at least 3 – 6 pages of aspirations filled in, with goals and plans to get started.

For those interested in attending one in Coventry or the Birmingham Area in January 2009 please email workshop@pictureyourdreams.co.uk

2. Dream Quotes

- ~ There will always be someone who tells you, "You can't do it."
Do it and show them you can.**
- ~ When things don't go the way you expect.
Expect to do something different the next time.**
- ~ Stay focused, stay on the path, stay with your dream.**

3. Give away your dream gift!

Many of us want to receive a gift this season, but how many of us want to give our gift away? Let me explain.

Over the next few weeks and during the Christmas / New year period you will meet with a lot of family and friends. As usual there will be plenty of conversation and during that time they will share their dreams and aspirations with you.

Why you? Well, most people who aspire for a dream have a passion and vigour for life. That passion is catching. They will not share their dream secrets with Auntie Sue who will laugh and dismiss it quickly, but they will with you!

You have a dream for many things in life, so as soon as they share you can give away your gift of encouragement. You can give away that smile of excitement. You can give away ideas, tips and suggestions to help them get started on their dream journey.

The dream gift that can bring pleasure to those around you is encouragement. This season you can give that dream gift away. The opposite; discouragement; brings uncertainty, misery, negative feelings and despair. Life is too short to take that route. It is proven that when you encourage someone, you get excited too.

We touch the lives of others in ways we often never know. People sometimes come into our personal world for just a moment and can leave us forever changed. We have more power to create encouragement or to destroy dreams than we can imagine. We can leave things or individuals better or worse than we found them.

So make an extra effort to give away your dream gift of encouragement.

A look, a word, a gesture will have a tremendous impact on those around us and allows others the freedom to picture their dreams, goals and plans for their life.

4. Your dream – Next steps – Quick tips

- i) Be prepared over the next few weeks to meet and encourage someone else. It will excite them and boost your energy to achieve your own dreams.
- ii) Look out for those that you share your own dream with, who encourage you without even realising it. It makes sense to keep them as cheerleaders in your life and value their friendship.
- iii) Let me know if you have a story to tell about giving your dream gift away. Email denisef@pictureyourdreams.co.uk

Have A Blessed Christmas Season
Keep Dreaming !

Denise Farquharson

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