

# Welcome

## Picture Your Dreams Monthly Dreamletter – January 2009

### **In this month's newsletter**

1. Latest news
2. Picture your dreams for a dream filled year
3. Resolutions Dreams List
4. Your Dream – Next Steps – Quick tips

What does your  
dream picture  
look like?



### **1. Latest News**

#### **Magazine Feature – “Picture Your Dreams Goals & Plans”**

Appeared in the magazine TalkAbout – published on Dec 14<sup>th</sup>. With a circulation of over 5000. See the article <http://www.pictureyourdreams.co.uk>

**Workshops** – Thank you to everyone who is really interested in getting started with picturing their dreams and keeping up the momentum.

Attending a workshop 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 some inspiration plus goals and plans to get started.

**Next workshop date is Campanile Hotel – Coventry UK.  
Tuesday 27<sup>th</sup> January 2009 – cost £10.00.**

**Find out more or book now! -**

<http://www.pictureyourdreams.co.uk/14.html>

### **2. Picture your dreams for a dream filled year!**

My take on Wikipedia's definition of a New Year's Resolution goes like this: -

“A commitment that you make to a project or reforming of a habit. A change in lifestyle change that will help you progress. It's a time to reflect on the changes we want or need to make and be sure you follow through on those changes.

Resolutions do work, goal-setting is a highly effective tool, and change is possible, but only if you know the right way to approach it.

Here are some ideas to get you started.

- Get some dreams specifically for home, work, school, college, church, business or social life.
- Set some resolutions that include your spouse or children, family or friends.
- Running a business? Set some new plans to achieve the long term vision.
- Set mental, spiritual, emotional, physical and financial dreams.

How do I do it?

- Be realistic by setting achievable goals.
- Describe your resolutions in specific terms. Instead of "I don't want to be lazy," opt for "I want to exercise regularly"
- Break down large goals into smaller ones. For instance, commit to losing weight by resolving to join a gym and improve your eating habits.
- Find alternatives to a behaviour that you want to change, and make this part of your resolution plan. So you want to quit smoking but you smoked to relax yourself? What other forms of relaxation are available to you?
- Aim for things that are truly important to you, not what you think you should do or what others expect of you.

### **3. Resolution Dream List**

Use these ideas to get your dreams started.

<ul style="list-style-type: none"><li>➤ To get organised</li><li>➤ To help others</li><li>➤ To Learn something new</li><li>➤ To get out of debt</li><li>➤ To quit drinking or smoking</li><li>➤ To enjoy life more</li><li>➤ To fit in fitness and be healthy</li><li>➤ To spend more time with family and friends</li><li>➤ To learn to cook</li><li>➤ To start a business</li><li>➤ To improve my vocabulary</li><li>➤ To eliminate stress in my life</li><li>➤ To dive the Great Barrier Reef</li><li>➤ To landscape the yard</li><li>➤ To be a good husband and father</li><li>➤ To learn Spanish</li><li>➤ To write a novel</li><li>➤ To earn a performance bonus this quarter</li><li>➤ To get married</li><li>➤ To run a marathon</li><li>➤ To pay off my debt</li></ul>	<ul style="list-style-type: none"><li>➤ To change careers</li><li>➤ To learn to fly</li><li>➤ To lose 15 pounds</li><li>➤ To teach my son to read</li><li>➤ To get 8 hours sleep every night</li><li>➤ To patent my invention</li><li>➤ To spend more time with my parents</li><li>➤ To get my MBA</li><li>➤ To eat more vegetables</li><li>➤ To learn to play the piano</li><li>➤ To laugh more</li><li>➤ To sail the Caribbean</li><li>➤ To learn to swing dance</li><li>➤ To finish what I start</li><li>➤ To read the classics</li><li>➤ To benchpress 225</li><li>➤ To climb Kilimanjaro</li><li>➤ To remodel the kitchen</li><li>➤ To retire comfortably at 55</li><li>➤ To become a good negotiator</li></ul>
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**Set the date, start to plan, aim for your dreams & keep going!**

#### **4. Your dream – Next steps – Quick tips**

- i) Get pen and paper and start writing down a list of goals, resolutions or dreams straight away.
- ii) Start to get pictures to match your list, so you can start to visualise them and start to make them happen.
- iii) If you need extra help email [denisef@pictureyourdreams.co.uk](mailto:denisef@pictureyourdreams.co.uk) for some inspiration.

Happy New Year 2009

Keep Dreaming !

*Denise Farquharson*

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**Got a dream? Start with a picture!**  
**[www.pictureyourdreams.co.uk](http://www.pictureyourdreams.co.uk)**