Welcome
Picture Your Dreams Monthly Dreamletter – June 2009

Latest News!

- **June 2009** - **Picture Your Dreams Workshop**
  I will be providing you with ten tips on how to start a New Habit!
  Once you start to have some dreams in mind that you want to make happen, these ten tips will be just what you need for that little extra push.

  Come along and start filling your book with some of your aspirations
  No book – don't worry you can purchase one on the night!

  Next workshop date is Tues 23rd June 2009 – cost £10.00.
  @ Campanile Hotel – Coventry UK.
  Find out more and book now!
  http://www.pictureyourdreams.co.uk/14.html

- **New CD Launched !**

  Denise has launched her New CD entitled
  'The 7D's to Picture Your Dreams, Goals & Plans'

  - **Destination**
  - **Dream**
  - **Deadline**
  - **Decision**
  - **Drive**
  - **Discipline**
  - **Determination**

  Includes bonus material!
  Order your copy now
  http://www.pictureyourdreams.co.uk/9.html

- **June 2009 Achievers** - **Picture Your Dreams Achievers**

Read the story of how Beverley , Sandra and Annemarie reached their dreams by using the book – 'Picture Your Dreams Goals & Plans'
Would you like to share what you have done?
Send me the details and of course, a picture!
achievers@pictureyourdreams.co.uk and I will publish it for you.
Let's celebrate your dream!

What type of friends do you have?

Friend 1 - Refreshers

Who strengthen your faith and energise you.

These are the type of people you really want to be around. They can help you with your dreams, goals and plans just by their simple encouragement and showing you where you can go above and beyond what you ever imagined.

Friend 2 - Refiners

Who sharpen and clarify your vision.

They can spark ideas, and can run with your ideas and show you a different aspect to your dream. They can infuse different aspects to your goals that you might not have thought about.

Friend 3 - Reflectors

Who mirror your energy neither adding to nor subtracting from you.

These are usually good friends who you really do not mind having around. Nice and steady. Neither intrusive or fussy. They will still be your friend whether you achieve or not.

Friend 4 - Reducers

Who try to diminish your goals and efforts to their comfort level.

Every one has this type of family member or friend. They always turn up at the time when you need the greatest encouragement too.
They will always be around. They may annoy you so much they make you achieve your goals persistently and consistently, just to prove them wrong!

Friend 5 - Rejecters

Who don’t understand you or the talent or gifts that you have.

Don’t let them allow you to lose your vision and focus. Stay grounded and determined to head straight for your dream.

Your dream – Next steps – Quick tips

Tip 1 – Think carefully about the type of friends you have around you to make you head towards or away from your dreams.

Tip 2 - Think about the type of friend you are to someone else.
Are you helping to make your friends plans come together for their life?

Help!
Need help with getting started on your dreams, goals and plans? Send me an email with your queries and let me help you get on track.
denisef@pictureyourdreams.co.uk

Dreams can be achieved!

Denise Farquharson

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Got a dream? Start with a picture!
www.pictureyourdreams.co.uk