

Welcome Picture Your Dreams Monthly Newsletter

In this month's newsletter

1. Latest news
2. Your dream is important, so stop comparing!
3. Your dream can give you a knot inside – enjoy the knot!
4. Your dream is important so take action now!
5. Your Dream – Next Steps

What does your
dream picture
look like?



1. Latest News

- * Picture Your Dreams Goals & Plans * has won the National USA Book News, Best Book Awards –Award Winning Finalist 2008 (Self Help, General)
A great achievement amongst the thousands of books published each year!
- Workshops – Well done to all who attended the dreams workshop in Coventry UK on Monday 19th Oct. At least all attendees filled in their book with 3 – 6 different aspirations. A follow up workshop will take place in January 2009.
Email: workshop@pictureyourdreams.co.uk if you would like to attend.

**Have a passion for your dreams goals and plans.
Each time you see a picture of something that matches the dream
you have, get hold of it, start working towards it and fulfil.**

Your Dream.....

2. Your dream is important, so stop comparing!

"My dream is not as grand as someone else I know, but I really want to travel coast to coast across the UK." That is the response I received from a lady I was speaking to. Notice the first thing she did was to compare her dream with someone else. Immediately it belittles what she wants. Immediately it reduces the importance in her life. This response is not intentional but it can cause you to not give your dream the momentum it needs.

3. Your dream can give you a knot inside – enjoy the knot!

When you really picture that dream and visualise it, it creates a knot inside you. I call it the dream knot that drives you. The dream knot that draws people to you, who can help you with your vision. The dream knot that whenever your dream is mentioned or seen, it excites you. That knot is also part of the passion of the dream, that drives you into action.

4. Your dream is important so take action now!

The importance you place on your dream will determine how much action you put in place. Are the goals written down and the dates set? Have you put daily, yes daily plans in place to take steps towards achieving those goals? No action means no achievement and no dream. Simple!

5. Your dream – Next steps

- i) Picture your dreams as being big and grand with no comparisons, they belong to your heart so go after them with as much vigour.
- ii) Get hold of your book and look at your goals and plans to achieve your dreams and start one of the plans – TODAY.
<http://www.pictureyourdreams.co.uk/12.html>
- iii) Go over the dreams that you have already pictured. Do they give you that knot? Do you go after them with a passion? If not, then review the dream to see if it is what you really want. If it isn't then make room for something that will.

Keep Dreaming !

Denise

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Got a dream? Start with a picture!
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