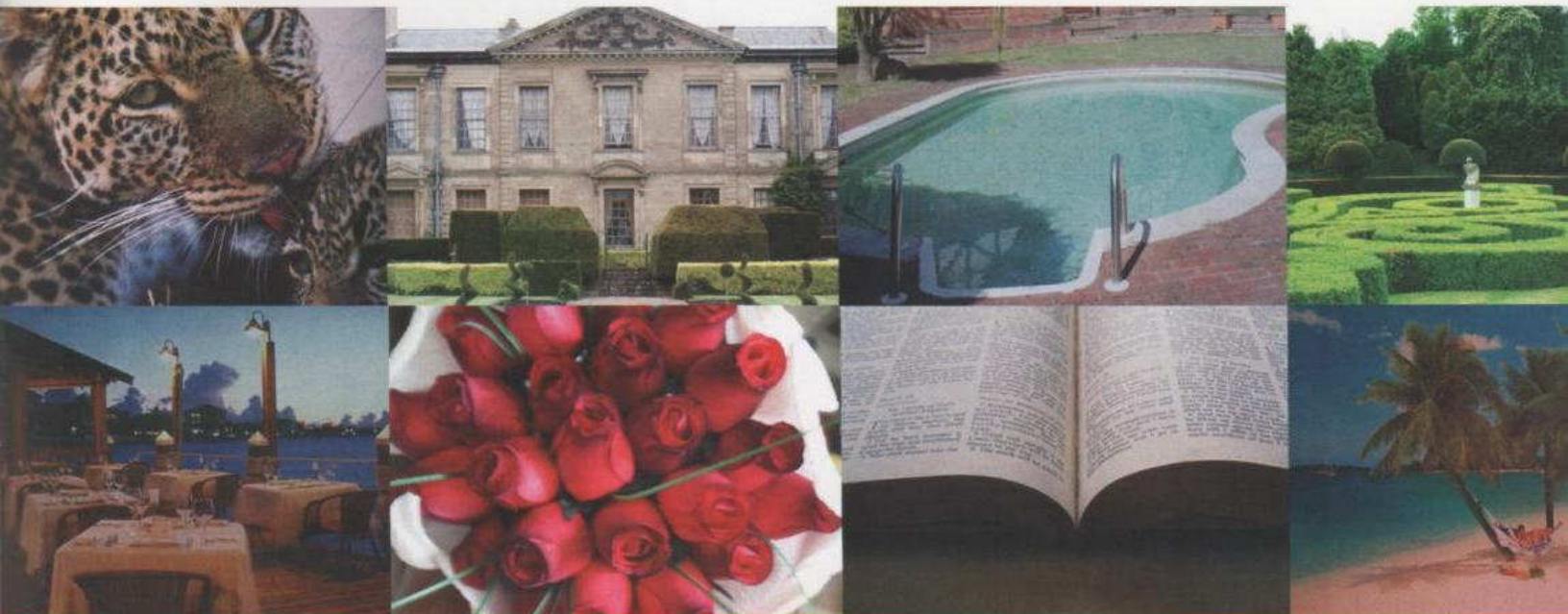


PICTURE YOUR  
**Dreams**  
Goals & Plans

DENISE FARQUHARSON



## **Contents**

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**Dreams, Goals & Plans**

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**Pictures, Photos and Visualise!**

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**How to fill in your dream book?**

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**Dream:**

To make more money at work or in business.

**Picture:**

Place a photograph of the amount of money or yourself holding it.



**Dream:**

Publishing or writing a book.

**Picture:**

Have a picture of the possible book cover or a sample chapter.



**Dream:**

To be on holiday in the Caribbean.

**Picture:**

Get pictures of the Caribbean from travel brochures.



**Dream:**

Start your own business.

**Picture:**

Get some sample letterheads and envelopes with your company name on them.



**Dream:**

Travel to various places in the world.

**Picture:**

A picture of the country and a picture of you beside it.





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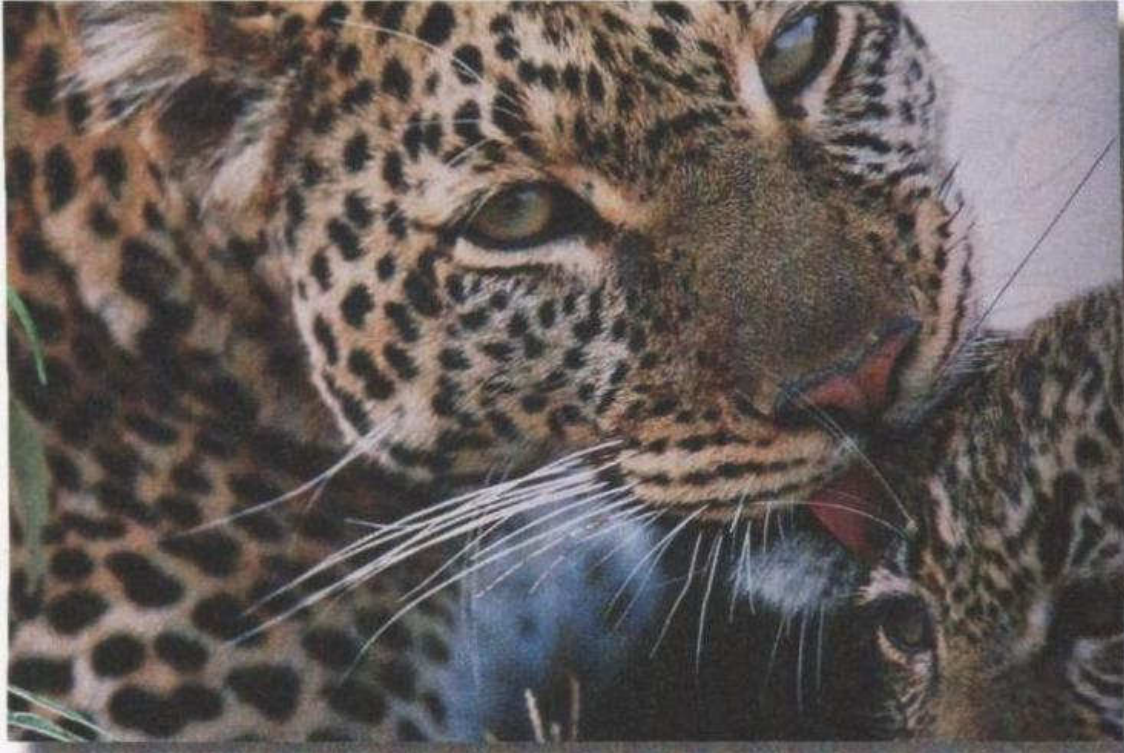
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# EXAMPLE

## Description of My Dream

Go to Kenya, Africa in 2009 and have a 5 day safari and see the animals, especially the tigers in their natural habitat.



## Date Set

1st Dec 2006

## Date Achieved

2nd February,  
2009

## Goals & Plans

What I will do to achieve my dream.

Plan - Starting Dec 2006, I will save £100 a month and put it in a savings account.

Goal - I will save £2,400 by Dec 2008 and book the Safari Dream Holiday.

## Notes

My grandfather always told me about the African safari. He painted a beautiful picture in my mind that made me want to experience it myself. Now my dream has become a reality - Yes!