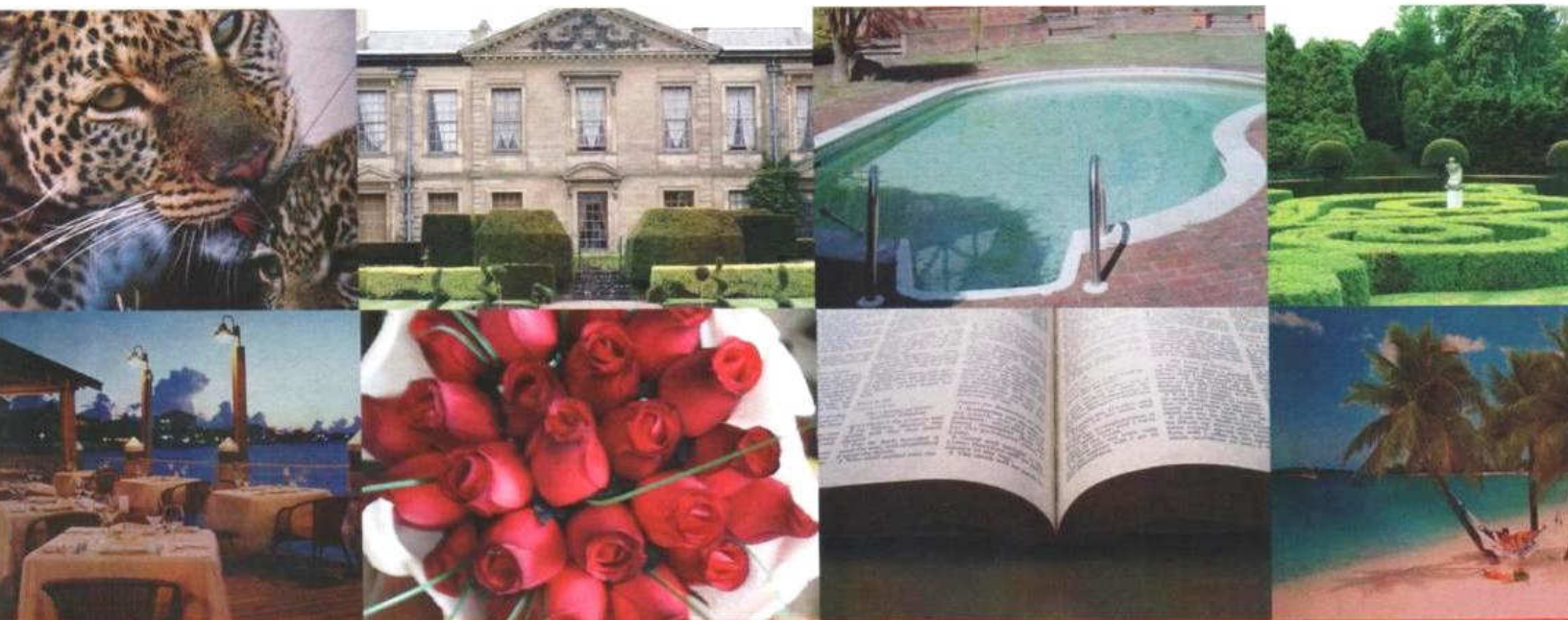


PICTURE YOUR
Dreams
Goals & Plans

DENISE FARQUHARSON



Contents

Dreams Goals & Plans	5
How to get started	5
Pictures, Photos and Visualise!	6
Examples of some dreams and pictures	6
Once my pictures are in place what do I do next?	9
What if I don't achieve my dream?	9
How to fill in your dream book	10
Example of a completed dream page	11
My Dream Pages	12-31

Dream:

To go to Disney in Florida, USA.

Picture:

Get pictures of Mickey Mouse or brochures of Florida from the travel agent.



Dream:

Playing a musical instrument

Picture:

A picture of you playing or a picture of the instrument.



Dream:

To have a brand new home.

Picture:

An example of the type of home with the building style you would like to have.



Dream:

Drive a top of the range car.

Picture:

Get some pictures of the car you want from car showrooms or magazines.



Dream:

Wear nice designer clothes.

Picture:

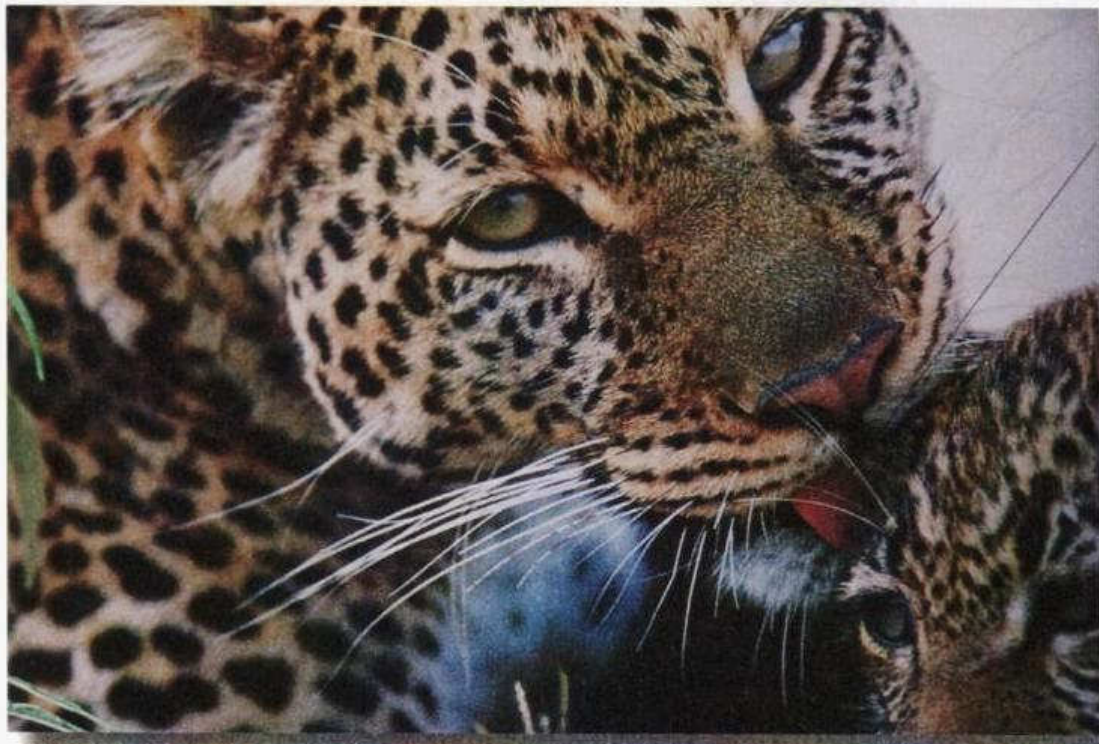
Get some pictures of your favourite pieces. Place your photograph on them.



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!

Description of My Dream

Place photograph
or
picture here

use paper or craft glue

Date Set

Date Achieved

Goals & Plans

What I will do to achieve my dream.

Notes



A practical self help book, that will give you an opportunity to make your dreams come true. Use this book to make a collection of your hopes and dreams in a picture form and set some specific goals and plans for yourself.

FULL OF POSITIVE QUOTES TO KEEP YOU FOCUSED

An ideal book for the person who wants to fulfil their dreams and more



Includes a step by step guide to help you picture your dreams
www.pictureyourdreams.co.uk

ISBN 142512223-X



9 781425 122232

 **Trafford**
PUBLISHING™