

# Susan Elizabeth Young

## The Language of Style Dreams

- 1) What do you dream of?
- 2) Without worrying about “as if this could possibly happen” I want you to write out all of your dreams, even if you feel that they are completely ridiculous!

| What are my dreams? | How would I feel if this became a reality? | What is my commitment to my goals and if I can achieve them, how can I commit to this dream? |
|---------------------|--|--|
| 1                   |  |  |
| 2                   |  |  |
| 3                   |  |  |

- 4) Using the “ideal perfect day” cheat sheet, see if any of your dreams align with your “imaginary, but almost real” day.
- 5) As with your goals, focus on 1 - 3 of your dreams per day and start to create a Vision Board with pictures or words that match these dreams.
- 6) Be grateful for what you have and what is about to come to you.

