



CHAPTER 10 WORKSHEET: DREAMS

Believing is seeing. This is unlike what we've heard most of our lives, and it works.

- 1. Collage:** To get you started believing in your big dreams and goals for the various aspects of your life, create a collage. Include images that connect to each of the areas of your life where you identified specific goals in the worksheet for chapter 9. Gather a bunch of magazines, cut out photos and words you like and paste them onto paper or pin them to a bulletin board. John Assaraf, author of the *Street Kid's Guide to Having it All*, created a collage with a magazine picture of a palatial home in the center. Three moves and 5 years later, he was unpacking his collage, which he hadn't seen in a while, and was stunned to realize that he was unpacking in the actual house he had pasted into his collage!
- 2. Affirmation:** Find an affirmation that works for you, and repeat it whenever you have a moment. Breathe, and believe.
- 3. Visualization:** You must see this vision of your goal *as if you already have it!* See yourself welcoming guests to your restaurant or health center, performing on stage, receiving a degree, helping others, whatever goal it is you choose to focus on in your visualization. Make it real, and it will become real.