



## Working Towards Your Dream

This week on the radio, I tuned into part of an interview with the late Frank McCourt, author of *Angela's Ashes*. In the course of that interview, Frank McCourt commented that he wanted to encourage children to read, to use their imaginations and to dream.

There is no doubt that the majority of children have big dreams and everything seems possible. As we get older we become aware of our limitations and our capabilities and dreams of ruling the world or becoming a princess are replaced with dreams of nice houses, good jobs, having a rewarding family life.

Despite the fact that dreams play an important role in our psychological well-being throughout our lives, most of us have encountered phrases such as "Stop dreaming and wake up to the real world" or "Dreaming is all very well but it doesn't pay the bills". And yet we need to dream.

Daydreaming has a number of functions including supporting creativity, future planning and rehearsal, learning from successes and failures, emotion modification and motivation. So daydreaming is not a waste of time at all but an essential mechanism to support us in dealing with the real world.

If I ask you, where do you see yourself in 10 years, what would the answer be? Would your answer be grounded in day to day responsibilities and doing essentially what you are currently doing today? Or would it be something completely different? What would your ideal world actually look like?

Sometimes we can get so caught up in the journey that we lose sight of where it is that we want to get to. Then 10 years later we look at our lives and realise that we have not made any significant progress in achieving our dreams. And so I have a wonderful, fun challenge for you this week.

What I would like you to do is to take some time out and spend an hour daydreaming about where you want to be in 10 years' time and what you want your world to look like. Then share your dream with those who are really significant in your life – particularly if you see these people in your world in 10 years' time.

Now I could suggest that you look at your current life and see how it is contributing to your achievement of your dream, but I am not going to. Instead I just want you to enjoy the time spent thinking of the possibilities. You can take on the challenge of converting the dreams into realities later.

For Now enjoy your dream.

Warm Wishes

Mary

*If you would like support and a coaching n your corner to make those dreams a reality then give me a call and let us see what we can do.*