

Dreamer

- ☑ Take a blank sheet of paper, a pen (or better, a set of colour pencils) and find your most comfortable and creative space
- ☑ Imagine that you are 10-20 years older than you are now
- ☑ On your sheet of paper **draw** what your life looks like at that time. Pay attention to the people and things that surround you; the activities that you do; the place where you live; how you work, etc. Pay attention to the smells and the sounds around, the emotions that you experience.
- ☑ To make this exercise more impactful and practical, repeat it every day for 1 week, describing each new day in your future life.
- ☑ At the end of the week, highlight the key aspects of your dream life and work.
- ★ *Don't yet rush into putting a name to your dream profession or dream town where you live (for example). This exercise isn't yet the answer, it's just the beginning.*

