



# How to Write a Dream

The following are specific tips for writing your dreams:

1. **Be Specific.** Make sure to be specific and thorough when you paint the picture of your dream. Capture what your dream looks and feels like so that, once you've written it, you can fully visualize it. Your dream should inspire you, give you goosebumps, and even scare you a little. It should be a stretch for you, but not a pipe dream.
2. **Write your dream in the present tense.** By writing, *I am now doing this*, e.g., "I run three miles a day," you are making yourself accountable for it right now, locking yourself in, instead of saying, "I'm going to start running" or "I will run," meaning: I'll get around to it sometime in the future, so I don't have to do anything about it right now. Writing your dream as if it's already happening gives you no choice but to accept your dream as a reality and act accordingly.
3. **Be kind.** This is easier said than done. Focus on what you want and not what you don't want. Be positive, but not Glinda the Good Witch goofy. Be sure to keep all negative digs out of your dream. What negative digs? Saying things like, oh, I don't know, "my spouse is no longer an asshole" in your LOVE dream, might just qualify as a dig. As opposed to the kinder, gentler (and less asshole-like of you to write), "my spouse is loving, compassionate, and generous."
4. **Be honest.** Though this might feel obvious to you already, be completely honest here. I mean, your very own dreams are at stake. If you can't admit every last thing you want, how can you get it? If you can't admit what isn't really working, how can you fix it?
5. **Breathe.** Note to your snooze-button-pushing, morning-muffin-eating self: Writing down your dreams is not meant to depress you. Truly. It is, however, a reality check, an honest measurement of where you are now in comparison to where you want to be. It also reveals what areas in your life are actually working and what areas are not. No matter where you are at this moment, even if it's a hot mess, I swear, this is the beginning of change and discovering your own favorite flavor of BS.