

DREAM IT!

A Playbook to Spark
Your Awesomeness



by
Scott Stoll
and
Sara E. Williams
and

.....
[Your Name]

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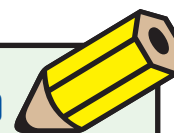
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Contents

Introduction: Awesomeness	7
Chapter 1: Dream Basics	9
Chapter 2: Dream Theory	17
Chapter 3: Dream Ingredients	29
Chapter 4: Fill Your Bucket	37
Chapter 5: Sort Your Treasure	51
Chapter 6: Build a Dream	61
Chapter 7: Choose Your Dream	69
Conclusion: Take a Step of Action	77
Note to Dream Advisors	80



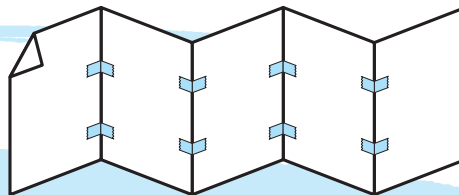
Tip



Follow these pencil icons for tips and instructions to maximize your dream potential.

Bucket List

Welcome to one of our favorite and most powerful tools in the book—the Bucket List. It is so important we put it up front. You will be constantly returning to this page to fill your bucket with more dreams. As you continue to become a better and better dreamer, we think you'll be amazed at the unique dreams you imagine. And, we promise, someday you'll be surprised how many dreams come true!



Instructions: Below, write everything—and we mean every little thing—that you think you might want to do in your lifetime. It doesn't matter how small and silly or how big and impossible; just throw it in your bucket and tell yourself, "I'll do it someday." We're going to refine this list throughout the book. Please dog-ear this page or mark it with a sticky note, so that you can easily **return and enter more dreams the moment you think of them**. And remember, you can always tape more pages to your Playbook. There are no limits to dreams.

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Dream Advisor



If you want to become a better dreamer, we recommend that you nominate your hero, parent, caregiver, teacher, or trusted friend as your Dream Advisor. This book is about you finding YOUR dream; the Dream Advisor just helps you along the way.

Note to the Advisor: Set a schedule to meet with your dreamer and lend a helping hand. Get started now and suggest some fun dreams that match your Dreamer's interests.

Introduction: Awesomeness

You don't have to wait until you grow up, graduate from school, get the perfect job, or earn a million dollars—you can begin living your dream now! ~ Scott

Welcome. Do you want to live the biggest, brightest, best life possible? Do you want to create things never seen before? Do you want to do things never done before? Do you want your life to mean something and make a difference? In other words, do you want to feel and be awesome? If so, this book is for you!

To dream—to discover new possibilities in ourselves and the world—is what makes us human. If you look around, dreams are what the world is made of. The dream to stay warm and safe at night created homes. The dream to move easier and faster created the bicycle. The dream to heal people created medicine. Every human invention is a literal dream come true. Dreams make humans awesome, and your dream makes you an awesome person.

Chances are that you have the seeds of a dream inside of you already; for example, maybe you love animals, and even though you don't know exactly what it is yet, one of your dreams in life will involve animals. Or maybe you already have a dream that we can help grow bigger and more real. No matter what, by the end of this book, you'll have a lot more dreams, and best of all, you will choose one dream to make real. It will be a dream that gives your life a sense of meaning, powered by the emotions that make life fun and fulfilling, like hope, excitement, curiosity, and confidence.

To do this, we'll teach you **How to Turn Dreams Into Reality**. (The process is half science, half mystery.) Next, we'll help you fill your bucket with some awesome dreams. When your bucket gets full, we'll dump it out and sort your dreams into piles and prioritize them using tools like our **Gut Check**. Then, we'll combine all these pieces into exciting and never-before-seen dreams. Finally, we'll give you tools to test whether your dream is possible and ways to transform an impossible dream into a fun, feasible, and fulfilling dream.

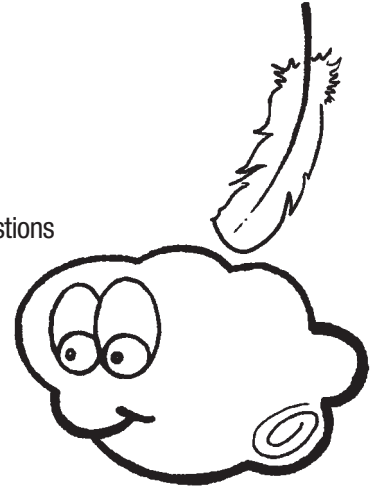
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Pictured above is Leonardo da Vinci's dream to fly. This was his design for a type of helicopter. Da Vinci didn't live long enough to see his dream come true, and he thought he had failed; however, his dream continues to inspire us. What would da Vinci think if he were alive now to see the reality of flying—even into outer space—that he helped create?

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Scott's Would-You-Rather Questions

1. Would you rather ☐ 1 big dream come true, or ☐ 100 little dreams come true?
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3. If you were an actor, would you rather earn ☐ one million dollars and have one person watch your movie, or ☐ one dollar and have one million people watch?
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7. If you could be the CEO of a charitable organization, what charity would you pick and what would you do?
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8. If you could switch places with one person, who would it be?
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9. If you won the lottery, what would you do with your winnings?
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Friend Challenge

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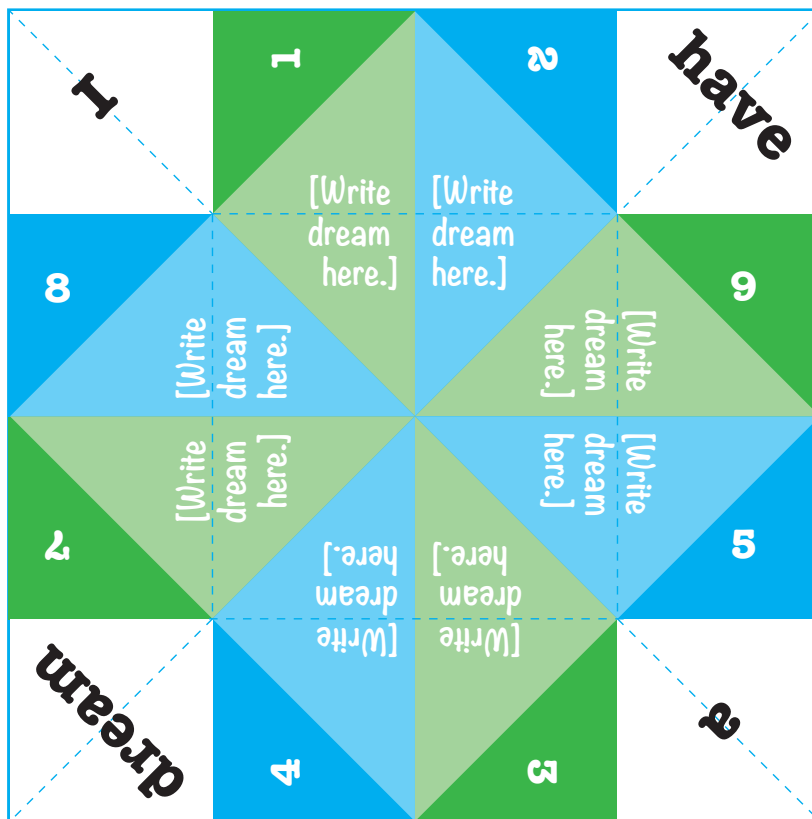


Origami Fortune Teller

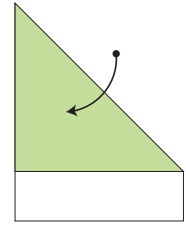
Here is a game to help generate fun new possibilities. We're going to make our own dream fortune tellers using origami (the Japanese art of paper folding). You might already know how to make one of these origami fortune tellers. It's easier than it looks.

Instructions: Follow the steps on the right to make your fortune teller. Then write down some fun and silly dreams as indicated in the triangles below. When you complete your fortune teller, find a family member, and predict each other's dreams. First pick a word. Then spell out that word by opening and closing the fortune teller with your fingers and alternating between horizontal and vertical, calling out each letter as you go. Look inside, and pick a number. Now count that number in the same way. Then pick a number one more time and open the flap to see your dream.

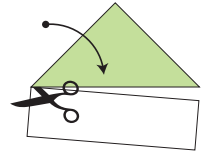
Extra credit: Make a second fortune teller, and label the odd numbers (green) as what the dreamer is doing. Example: Playing a piano. Then label the even numbers (blue) as where the dreamer is doing it. Example: On the moon. First, your family member will have to pick an odd number and then an even number to form a whole sentence to get a funny new dream.



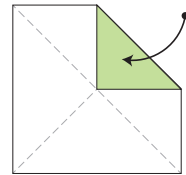
- 1 Start with a blank piece of paper, and fold one side over to match the illustration.



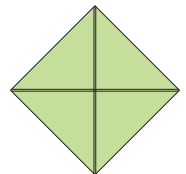
- 2 Fold the triangle in half. Cut off the excess. Open.



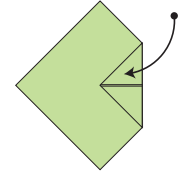
- 3 You should now have a square piece of paper with two creases that you can use as a guide. Fold over one corner like a dog ear.



- 4 Fold the other corners over to match the illustration.



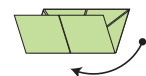
- 5 Flip it over, and once more fold the corners over to match the illustration.



- 6 It should look like this.



- 7 Now fold it in half.

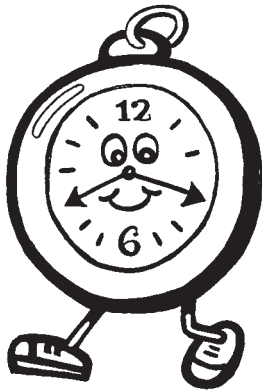


- 8 This is the tricky part. Put your thumbs and fingers under the flaps and gently expand the fortune teller into this shape.



- 9 You can temporarily unfold your fortune teller and use the creases as guides to label it like the illustration on the left.

Three More Wishes



Time Travel Machine

You've just been given a special pocket watch that will let you bend the laws of time and space. You can go whenever and wherever you want. When and where are you going to go with these special powers? If Sara could time travel, she would go back and watch the Incas build Machu Picchu, and Scott would go back and give this book to himself. **Extra credit:** On a separate piece of paper, draw your time machine visiting somewhere in space and time.

.....
Your destination

.....

.....

Lifetime Achievement Award

Imagine that you are receiving an award for having made a great contribution to your chosen field. What kind of award did you win? **Example:** It could be an existing award like a Pulitzer Prize, Nobel Prize, or Oscar, or you can invent a new award, like an Awesome Cup for Being Awesome. **Extra credit:** Write your acceptance speech on a separate piece of paper.



.....
Your award title

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Ticket Anywhere

You've been given a free VIP (Very Important Person) Pass to see or do anything anywhere. What are you going to do? **Extra credit:** On a separate piece of paper, create your ticket.



.....
Your ticket name

.....

.....

.....

What Is Your Superpower?

We have always dreamed of having superpowers to make the world a better place. Imagining yourself as a superhero is a fun way to explore your unlimited potential. Imagine the kind of superhero you would like to be, and answer the questions below.

1. If you were a superhero, what would be your superpower?

.....

2. What would you do with your superpower?

.....

3. Who are your super friends?

.....

4. What is your secret weakness? Every superhero has one.

.....

5. Who is your supervillain nemesis (biggest enemy)?

.....

6. What is their superpower?

.....

7. How would you defeat your supervillain and bring justice to the world?

.....

8. Does this imaginary superpower give you any ideas for a real-life dream?

.....

9. Name a real-life superhero that you admire.

.....

Illustrate Your Superhero Logo



Dynamic Duo

1. Ask a friend what their superpower would be, and form a dynamic duo.
2. On a separate piece of paper, draw yourself as a superhero. Include your super friend.



Is Life Like a Game?

Does your life have a goal? Is it fun? Can you win? Who designed the rules? **Instructions:** For this game, try designing your life like it is a video game.

1. What kind of game would you create? **Example:** action, puzzle, simulation, adventure, crafting, sports, strategy, cooperative, or something else? Remember this is the game of *your* life. Pretend you really have to live in this game world.

2. What kind of characters can you choose from?

3. What is your character's goal?

4. What kind of upgrades does your character have?

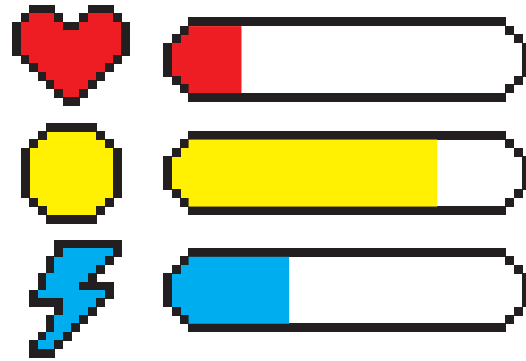
5. Does your game include other players? If so, what role do they play?

6. What kind of challenges prevent you from reaching your goal? **Example:** is there an enemy, barrier, prize, puzzle, or something else?

7. What kinds of motivation does your character have to keep playing when the game is tough?

8. What is your most valuable resource? **Example:** health, gold, energy, friends, or something else?

9. How can you measure your progress?



10. How can you win the game?

11. How can you lose the game?

12. How do you know when to quit?

13. Can you start over?

14. What is your reward for playing the game? Why is this game fun or worthwhile?

15. List any other features you would like your game to have.

16. Are there any ideas from this game that you could apply to your real life?

Keep Filling Your Bucket



Add any new dreams you have from these brain-tickling and brainstorming activities to your Bucket List on **Page 6**. Remember: It doesn't matter how small and silly, or how big and impossible. We'll sort them out later.

Dream Board

Dear Dream Collector,

Our one of our favorite tools is the dream board. Every time you think of a new dream, write it down and pin it to a corkboard. It's like a three-dimensional Bucket List. The difference is that it will be a visual reminder to you and an inspiration to everyone that sees it. Pretend these dreams are like seeds germinating in the garden of your mind. It will be fun to see what grows.

You can also fill your dream board with souvenirs, like tickets or postcards, from any dreams that did come true to remind yourself that anything is possible if you take the steps of action. When the dream board gets full, we like to take a picture as a memento of our journey through life. Then we remove everything to make room for new dreams. You'll notice that empty spaces love to be filled!

Sincerely,
Sara & Scott

Often you can find clues to your inner world by observing the environment you create. A simple way to find out what is valuable to you is to look around your home or favorite room. Maybe you'll find the clue to your dream hanging in the garage just like Scott found his bicycle.

Instructions: Imagine sitting in your favorite place with your favorite things such as the birds singing outside or the smell of fresh-baked bread. Write five of your favorite things on a sticky note, and stick it on this page. Next, write what these things have in common. For example, is there a travel theme? Are they all the same color?

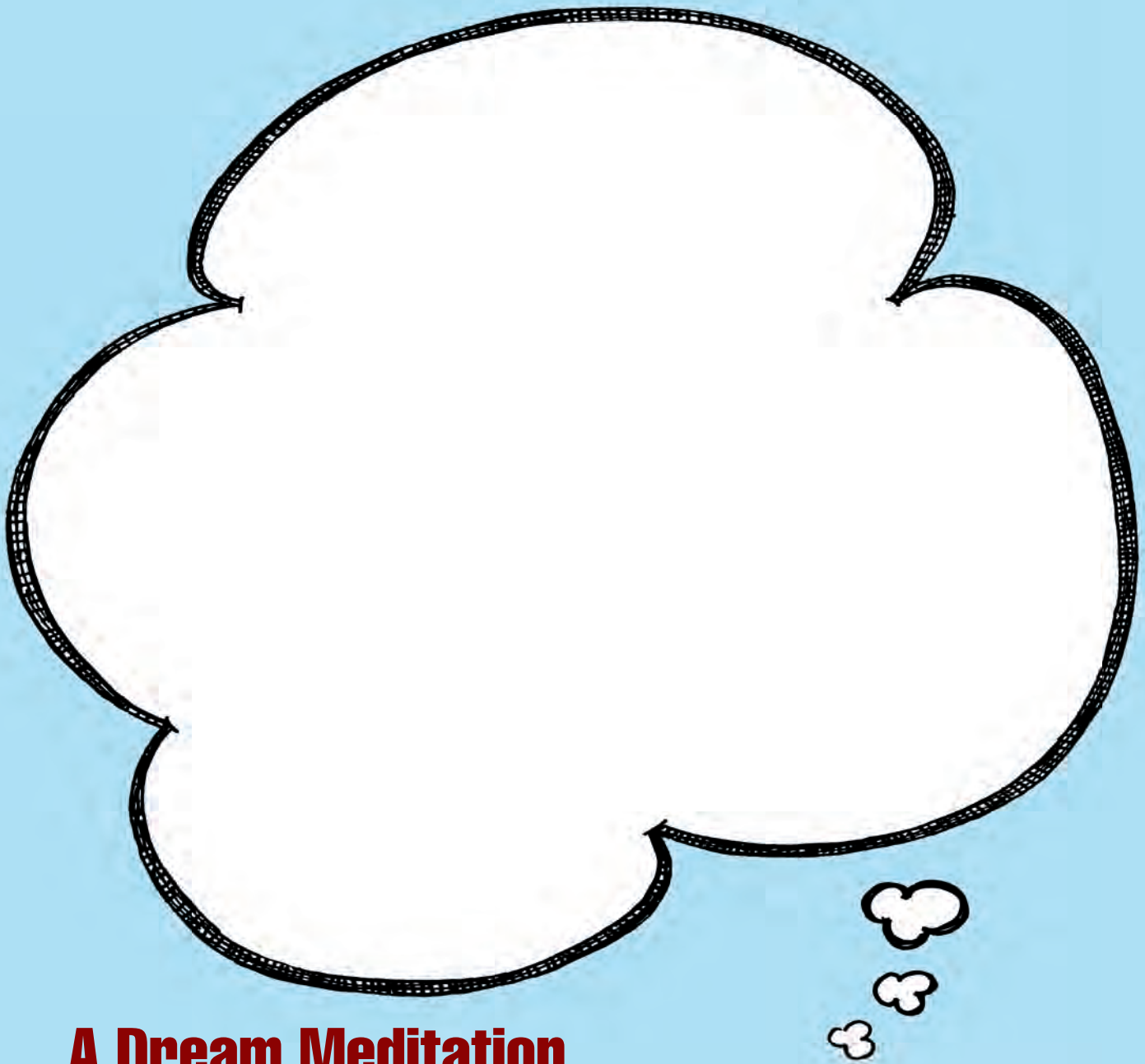
Back-Burner Tool

If your dream to shoot for the moon misses, maybe you'll land on the stars.

If you could go anywhere, where would you go?

WAIT! Do NOT answer. Let that question simmer on the back burner of your mind. Meanwhile, guide your rocket ship through the maze to the moon. When you're finished, turn the page upside down for an explanation.

Explanation: While you were doing the maze, did you forget the question? If so, good. Now ask yourself again: If I could go anywhere, where would I go? Did a surprising answer pop into your head? (Write your answer inside Saturn's ring.) The reason this tool worked is that it tapped into something called your subconscious mind—the powerful part of your brain that thinks even when you are not trying to think. The maze helped you forget about thinking long enough to let your brain process the question and create a unique dream. Another good trick is to ask yourself a question and just sleep on it. You might dream of a new solution.



A Dream Meditation

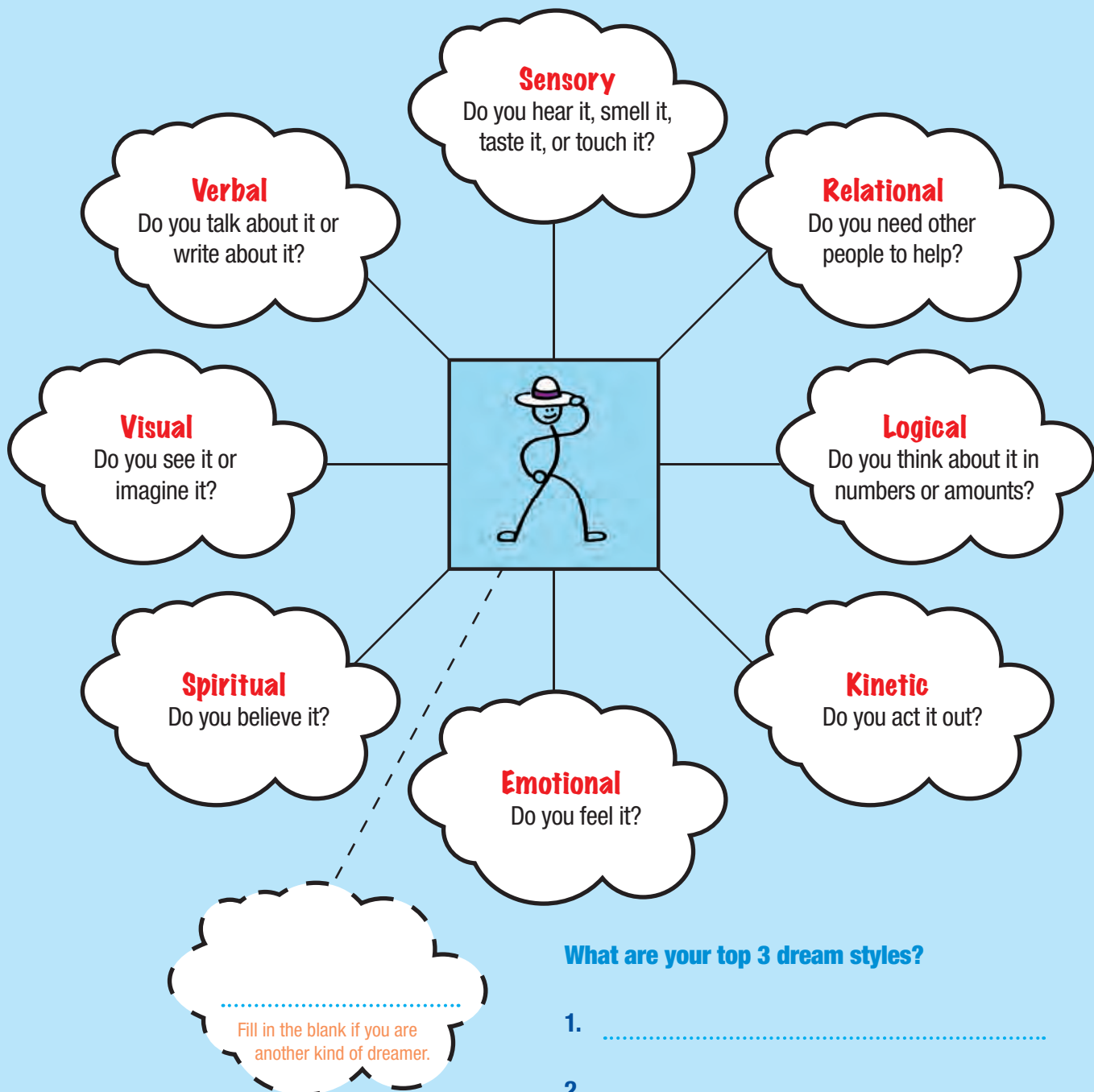
Welcome to **the most powerful tool in the book!** Has anyone ever described you as being a daydreamer? Well, that's like accidentally meditating. Rather than forgetting about your question by putting it on the back burner, meditating encourages your mind to jump in and float free with the idea. It is an easy but powerful brainstorming technique because you are giving your mind permission to go anywhere! Meditation is also used as a relaxation tool. So be careful not to fall asleep. We don't want you to do that kind of dreaming!

1. Close your eyes.
2. Breathe deeply and slowly.
3. Ask yourself: "What is my dream?"
4. Allow yourself to follow your dream wherever it takes you.
5. When you are ready, open your eyes and bring the feeling of the dream with you.

Did you enjoy your dream? You may keep it private. Or if you wish to save it as a souvenir, you may write it down or draw it above. Doing something creative can be a soothing meditation, too! Zen masters use their art, like drawing or flower arranging, to train their brains.

What Kind of Dreamer Are You?

Just like people have different styles of learning, they also have different styles of dreaming. When you just did the meditation and imagined your dream, how did you do it? Were you thinking about your dream in words? Or was it a feeling? Or did you talk about it with other people like Sara? Or see pictures like Scott? Once you understand your style of dreaming, it can help you imagine new dreams or focus on the dream you do have.



What are your top 3 dream styles?

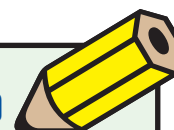
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Contents

Introduction: Awesomeness	7
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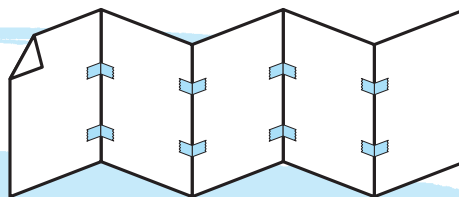
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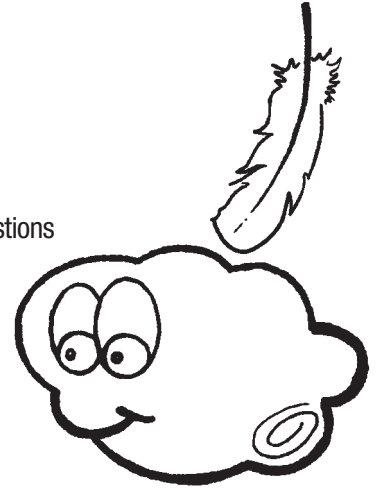
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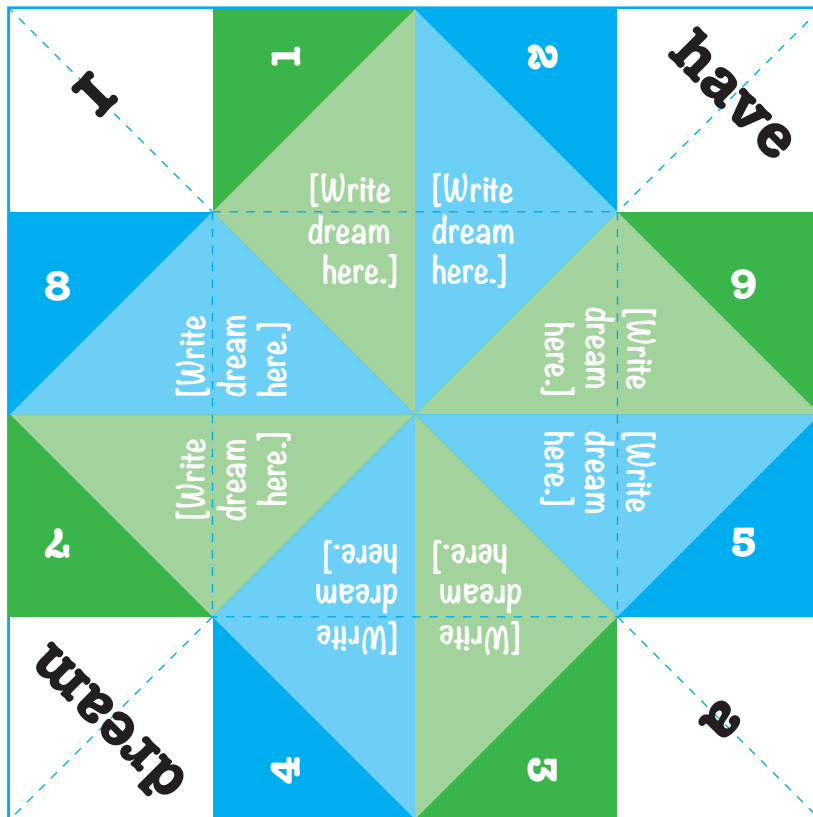


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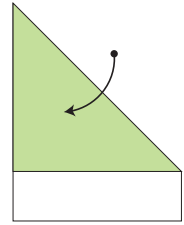
Here is a game to help generate fun new possibilities. We're going to make our own dream fortune tellers using origami (the Japanese art of paper folding). You might already know how to make one of these origami fortune tellers. It's easier than it looks.

Instructions: Follow the steps on the right to make your fortune teller. Then write down some fun and silly dreams as indicated in the triangles below. When you complete your fortune teller, find a family member, and predict each other's dreams. First pick a word. Then spell out that word by opening and closing the fortune teller with your fingers and alternating between horizontal and vertical, calling out each letter as you go. Look inside, and pick a number. Now count that number in the same way. Then pick a number one more time and open the flap to see your dream.

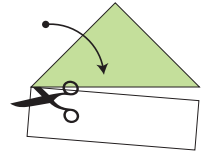
Extra credit: Make a second fortune teller, and label the odd numbers (green) as what the dreamer is doing. Example: Playing a piano. Then label the even numbers (blue) as where the dreamer is doing it. Example: On the moon. First, your family member will have to pick an odd number and then an even number to form a whole sentence to get a funny new dream.



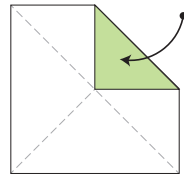
- 1 Start with a blank piece of paper, and fold one side over to match the illustration.



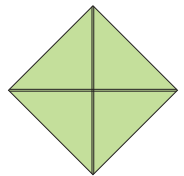
- 2 Fold the triangle in half. Cut off the excess. Open.



- 3 You should now have a square piece of paper with two creases that you can use as a guide. Fold over one corner like a dog ear.



- 4 Fold the other corners over to match the illustration.



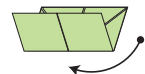
- 5 Flip it over, and once more fold the corners over to match the illustration.



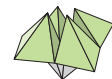
- 6 It should look like this.



- 7 Now fold it in half.

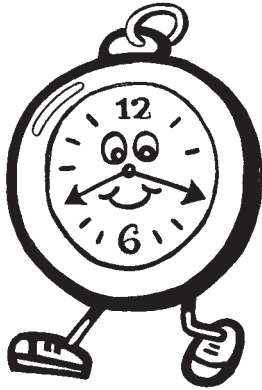


- 8 This is the tricky part. Put your thumbs and fingers under the flaps and gently expand the fortune teller into this shape.



- 9 You can temporarily unfold your fortune teller and use the creases as guides to label it like the illustration on the left.

Three More Wishes



Time Travel Machine

You've just been given a special pocket watch that will let you bend the laws of time and space. You can go whenever and wherever you want. When and where are you going to go with these special powers? If Sara could time travel, she would go back and watch the Incas build Machu Picchu, and Scott would go back and give this book to himself. **Extra credit:** On a separate piece of paper, draw your time machine visiting somewhere in space and time.

.....
Your destination

.....

.....

Lifetime Achievement Award

Imagine that you are receiving an award for having made a great contribution to your chosen field. What kind of award did you win? **Example:** It could be an existing award like a Pulitzer Prize, Nobel Prize, or Oscar, or you can invent a new award, like an Awesome Cup for Being Awesome. **Extra credit:** Write your acceptance speech on a separate piece of paper.



.....
Your award title

.....

Ticket Anywhere

You've been given a free VIP (Very Important Person) Pass to see or do anything anywhere. What are you going to do? **Extra credit:** On a separate piece of paper, create your ticket.



.....
Your ticket name

.....

.....

.....

What Is Your Superpower?

We have always dreamed of having superpowers to make the world a better place. Imagining yourself as a superhero is a fun way to explore your unlimited potential. Imagine the kind of superhero you would like to be, and answer the questions below.

1. If you were a superhero, what would be your superpower?

.....

2. What would you do with your superpower?

.....

3. Who are your super friends?

.....

4. What is your secret weakness? Every superhero has one.

.....

5. Who is your supervillain nemesis (biggest enemy)?

.....

6. What is their superpower?

.....

7. How would you defeat your supervillain and bring justice to the world?

.....

8. Does this imaginary superpower give you any ideas for a real-life dream?

.....

9. Name a real-life superhero that you admire.

.....

Illustrate Your Superhero Logo



Dynamic Duo

1. Ask a friend what their superpower would be, and form a dynamic duo.
2. On a separate piece of paper, draw yourself as a superhero. Include your super friend.



Is Life Like a Game?

Does your life have a goal? Is it fun? Can you win? Who designed the rules? **Instructions:** For this game, try designing your life like it is a video game.

1. What kind of game would you create? **Example:** action, puzzle, simulation, adventure, crafting, sports, strategy, cooperative, or something else? Remember this is the game of *your* life. Pretend you really have to live in this game world.

2. What kind of characters can you choose from?

3. What is your character's goal?

4. What kind of upgrades does your character have?

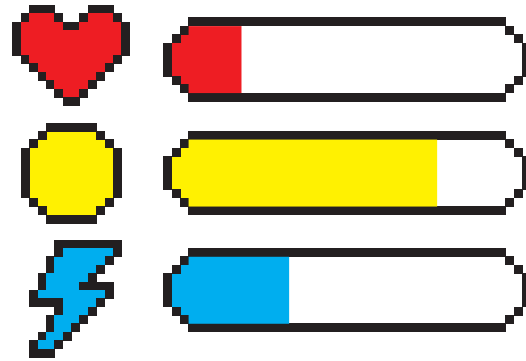
5. Does your game include other players? If so, what role do they play?

6. What kind of challenges prevent you from reaching your goal? **Example:** is there an enemy, barrier, prize, puzzle, or something else?

7. What kinds of motivation does your character have to keep playing when the game is tough?

8. What is your most valuable resource? **Example:** health, gold, energy, friends, or something else?

9. How can you measure your progress?



10. How can you win the game?

11. How can you lose the game?

12. How do you know when to quit?

13. Can you start over?

14. What is your reward for playing the game? Why is this game fun or worthwhile?

15. List any other features you would like your game to have.

16. Are there any ideas from this game that you could apply to your real life?

Keep Filling Your Bucket



Add any new dreams you have from these brain-tickling and brainstorming activities to your Bucket List on **Page 6**. Remember: It doesn't matter how small and silly, or how big and impossible. We'll sort them out later.

Dream Board

Dear Dream Collector,

Our one of our favorite tools is the dream board. Every time you think of a new dream, write it down and pin it to a corkboard. It's like a three-dimensional Bucket List. The difference is that it will be a visual reminder to you and an inspiration to everyone that sees it. Pretend these dreams are like seeds germinating in the garden of your mind. It will be fun to see what grows.

You can also fill your dream board with souvenirs, like tickets or postcards, from any dreams that did come true to remind yourself that anything is possible if you take the steps of action. When the dream board gets full, we like to take a picture as a memento of our journey through life. Then we remove everything to make room for new dreams. You'll notice that empty spaces love to be filled!

Sincerely,
Sara & Scott

Often you can find clues to your inner world by observing the environment you create. A simple way to find out what is valuable to you is to look around your home or favorite room. Maybe you'll find the clue to your dream hanging in the garage just like Scott found his bicycle.

Instructions: Imagine sitting in your favorite place with your favorite things such as the birds singing outside or the smell of fresh-baked bread. Write five of your favorite things on a sticky note, and stick it on this page. Next, write what these things have in common. For example, is there a travel theme? Are they all the same color?

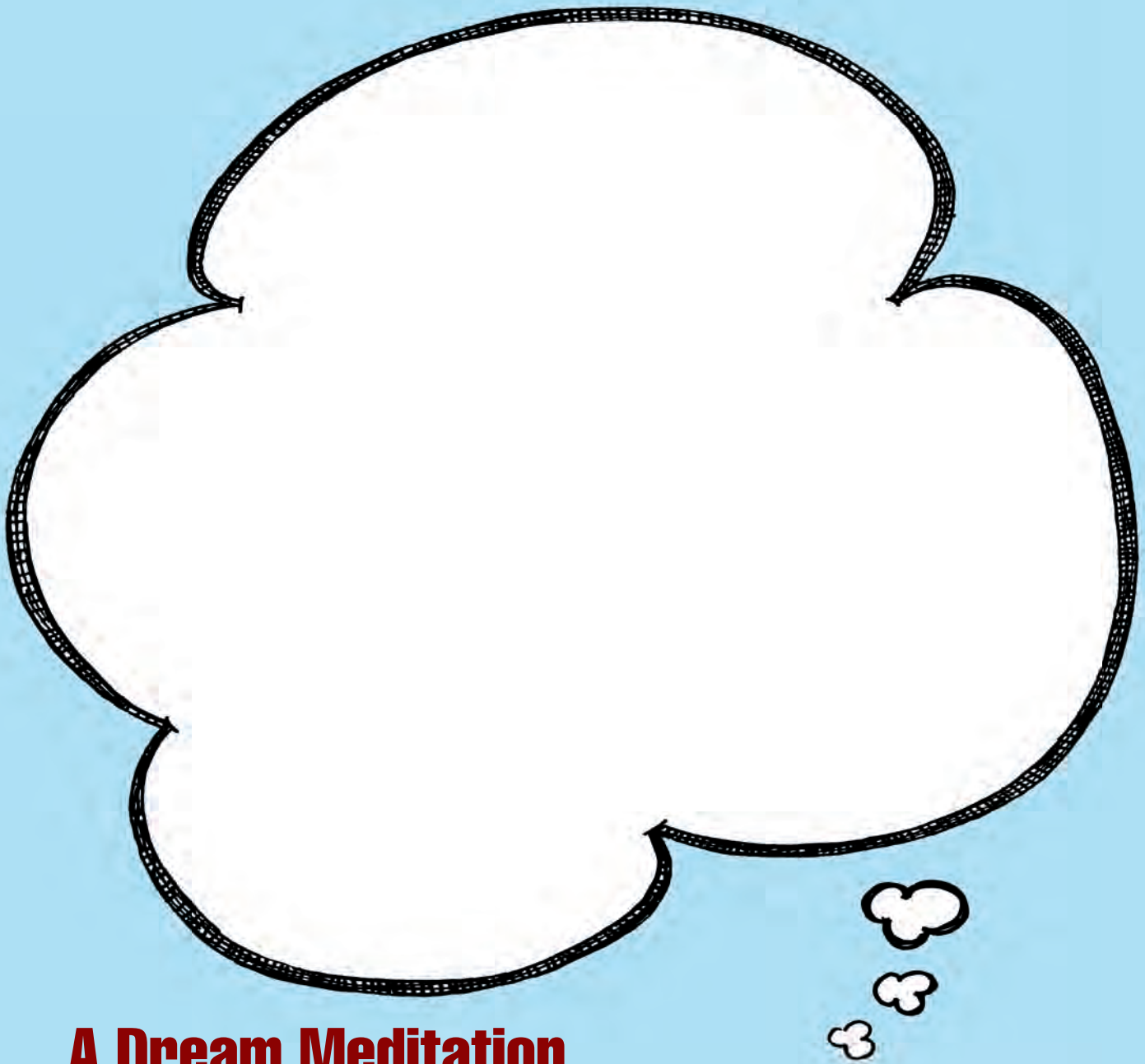
Back-Burner Tool

If your dream to shoot for the moon misses, maybe you'll land on the stars.

If you could go anywhere, where would you go?

WAIT! Do NOT answer. Let that question simmer on the back burner of your mind. Meanwhile, guide your rocket ship through the maze to the moon. When you're finished, turn the page upside down for an explanation.

Explanation: While you were doing the maze, did you forget the question? If so, good. Now ask yourself again: If I could go anywhere, where would I go? Did a surprising answer pop into your head? (Write your answer inside Saturn's ring.) The reason this tool worked is that it tapped into something called your subconscious mind—the powerful part of your brain that thinks even when you are not trying to think. The maze helped you forget about thinking long enough to let your brain process the question and create a unique dream. Another good trick is to ask yourself a question and just sleep on it. You might dream of a new solution.



A Dream Meditation

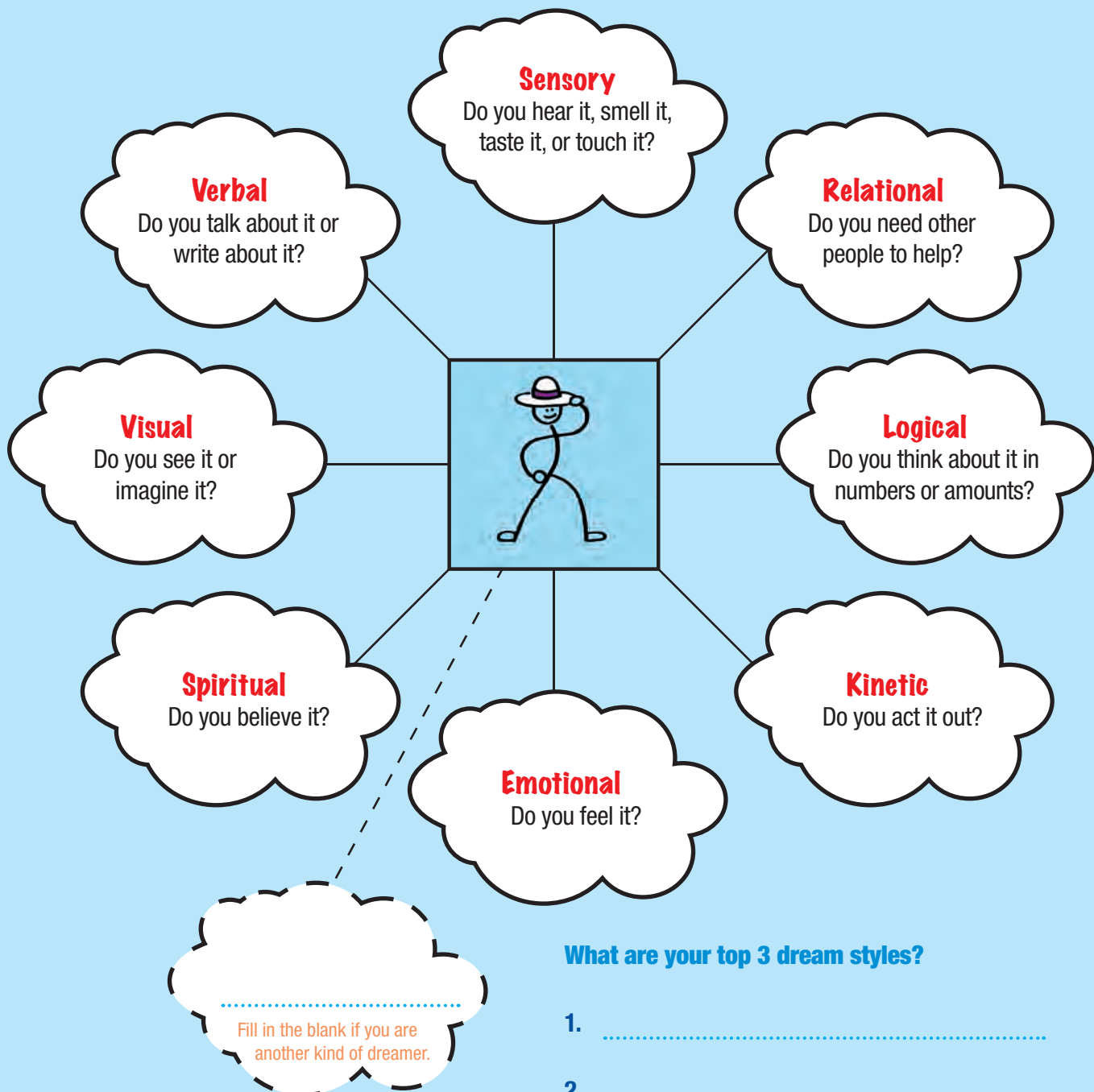
Welcome to **the most powerful tool in the book!** Has anyone ever described you as being a daydreamer? Well, that's like accidentally meditating. Rather than forgetting about your question by putting it on the back burner, meditating encourages your mind to jump in and float free with the idea. It is an easy but powerful brainstorming technique because you are giving your mind permission to go anywhere! Meditation is also used as a relaxation tool. So be careful not to fall asleep. We don't want you to do that kind of dreaming!

1. Close your eyes.
2. Breathe deeply and slowly.
3. Ask yourself: "What is my dream?"
4. Allow yourself to follow your dream wherever it takes you.
5. When you are ready, open your eyes and bring the feeling of the dream with you.

Did you enjoy your dream? You may keep it private. Or if you wish to save it as a souvenir, you may write it down or draw it above. Doing something creative can be a soothing meditation, too! Zen masters use their art, like drawing or flower arranging, to train their brains.

What Kind of Dreamer Are You?

Just like people have different styles of learning, they also have different styles of dreaming. When you just did the meditation and imagined your dream, how did you do it? Were you thinking about your dream in words? Or was it a feeling? Or did you talk about it with other people like Sara? Or see pictures like Scott? Once you understand your style of dreaming, it can help you imagine new dreams or focus on the dream you do have.



What are your top 3 dream styles?

1.
2.
3.