

DARE TO DREAM

Find a quiet space, somewhere completely private, where you won't get interrupted. Start by reading through the following questions. Stop and think about them for about 10 minutes (set a timer on your phone if that's helpful). Then, stand up, move around, shake out your arms and legs and then settle at a point in the room. Studies by neuroscientists have shown that moving our bodies allows our brain to open up and think in different, more expanded ways. Now, close your eyes and imagine yourself in exactly two years' time. Open your eyes and answer the questions as fully as you can.

01

What does your life look like?

02

If time and resources were not a concern what would you be doing?

03

Where would you be living?

TIME TO WRITE

04

What does your home, feel, sound and smell like?

05

Who would you be sharing your life with?

06

What would your daily routine consist of?

07

Where would you be working?