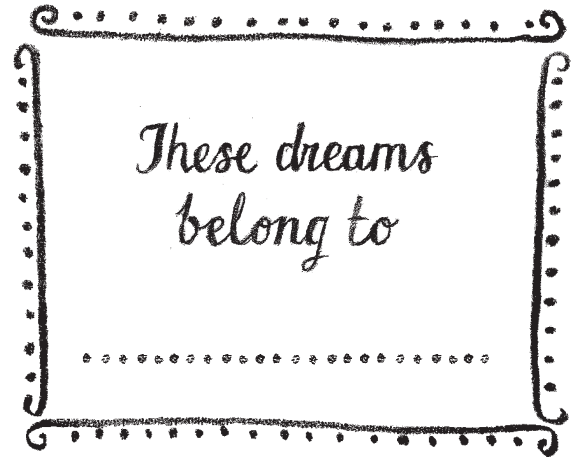
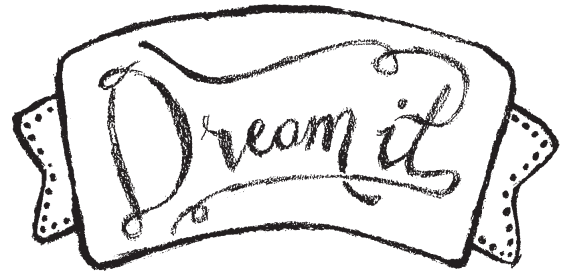


THE  
— COOK —  
DREAM  
BOOK



*These dreams  
belong to*



Here's where you get those dreams down on paper. Write down everything that pops into your head. Nothing is off limits. Don't worry about whether something might be possible or not, just get it down. We've included some category headings to help you cover all areas of your life and a few examples under each category. To get started, it's probably worth setting aside a good chunk of time to sit down and think and write down your dreams - an hour at least. Then go back and read through your list every day for a week. Add other dreams that come to mind and feel free to cross out any that, on reflection, you don't think are very important.



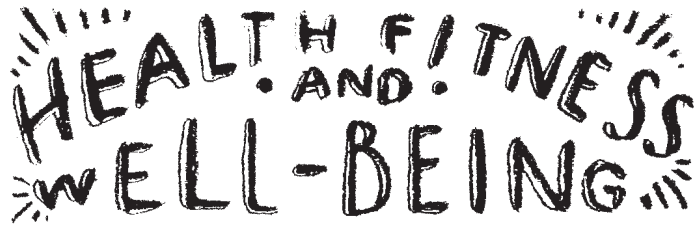
# FAMILY & HOME



MOVE TO  
THE SEASIDE



TAKE A  
FAMILY  
HOLIDAY



QUIT  
SMOKING



# CAREER & PROFESSIONAL

Handwriting practice lines for the 'CAREER & PROFESSIONAL' section.



Handwriting practice lines for the 'START MY OWN BUSINESS' section.

Handwriting practice lines for the right side of the page.



Handwriting practice lines for the 'GET A PROMOTION AT WORK' section.

# Character & Personal Development

BE MORE  
PATIENT

# LEARN TO PLAY GUITAR

# FINANCIAL & MATERIAL

PAY OFF MY  
OVERDRAFT

OWN A  
BMW



GO  
SKYDIVING

**GO**



- Giving Back •

VOLUNTEER  
FOR A  
CHARITY

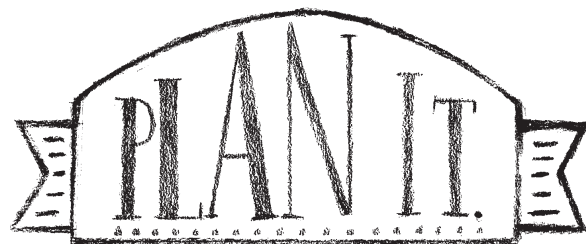
BE MORE  
ECO-FRIENDLY



# LEARN TO JUGGLE

GROW A  
MOUSTACHE

GO  
CONFIDENTLY  
IN THE  
*Direction*  
OF YOUR  
DREAMS  
*Live* THE LIFE  
YOU'VE IMAGINED



Read through your list and give each dream a realistic timeframe. You should have some that you believe you can achieve within the next 12 months (short-term); some that will take longer, probably up to five years (mid-term); and others that are likely to be further out in the future, beyond five years (long-term). If you like, pick out the most important ones and write them again on the lists on the following pages.

# Short-term DREAMS\*

achieve by...

[illegible]

# Mid-term DREAMS\*

achieve by...

A blank sheet of white paper with a light gray grid pattern. The grid consists of horizontal and vertical lines forming small squares across the entire page. There are no margins or other markings on the paper.

# Long-term DREAMS\*

achieve by...

		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

## PLAN IT

# SMART DREAMS

The whole point of this book is to help you turn some dreams into reality. As you plan how you're going to do so (with the help of the following section), try and make sure you're taking SMART steps towards your dream.

- S** - Specific: you know exactly what you need to achieve in this step.
- M** - Measurable: you have a way to measure the step.
- A** - Achievable: this is something that is within your power to achieve.
- R** - Realistic: you've got enough time and resources.
- T** - Time-bound: you're going to do this by a particular date.

The trick is to break your dream down into much smaller SMART steps and then steadily work your way towards your big goal. The next section of the book is designed to help you.

*to accomplish great things*

• WE MUST NOT ONLY •

**ACT**

-- BUT ALSO --

**Dream**

-- NOT ONLY --

**PLAN**

-- BUT ALSO --

**Believe**

**DO IT.**

You can't do everything at once. You need to focus on a few dreams to get going. Pick a handful that you want to start working towards. One might be something that you're very confident you can achieve in the next 12 months, if you put your mind to it. Another could be something bigger and mid- or long-term that you want to start working on now. Ask yourself a few important questions: what will you need to achieve it? Who will help you achieve it? What might stop you from achieving it? What are the steps you could take to achieve it? This should help you figure out the SMART steps you need to take to make it happen. If you like, keep track of progress and make a note of when you get a step closer to achieving your dream.

# Progress

What will you need to achieve it?	
Who will help you achieve it?	
What might stop you from achieving it?	
What are the steps you could take to achieve it?	

1

# Dream

---

# Deadline

What will you need to achieve it?	
Who will help you achieve it?	
What might stop you from achieving it?	
What are the steps you could take to achieve it?	

Dream

.....

Deadline

.....

Progress

What will you need to achieve it?	
Who will help you achieve it?	
What might stop you from achieving it?	
What are the steps you could take to achieve it?	

What are the steps you could take to achieve it?

# Progress

# Dream Checklist

\_\_\_\_\_ ☐

\_\_\_\_\_ ☐

\_\_\_\_\_ ☐

\_\_\_\_\_ ☐

\_\_\_\_\_ ☐

\_\_\_\_\_ ☐

\_\_\_\_\_ ☐

\_\_\_\_\_ ☐

\_\_\_\_\_ ☐

## Acknowledgement

We can't take credit for the Dream Academy idea, we've borrowed it pretty much lock, stock and barrel from a book called *The Dream Manager* by Matthew Kelly. It's short (big tick); written as a story not a self-help book (another tick); and is an inspiring read. If you'd like to borrow a copy, let us know.

Any questions, suggestions or feedback contact  
[rosie.brown@cookfood.net](mailto:rosie.brown@cookfood.net) in strictest confidence,

—COOK—  
*Dream*  
ACADEMY