EXPLORE Dream DISCOVER

1. Dream It

Welcome to our dream hack. Step 1 is to 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. Use the category headings to help you cover all areas of your life. To get started, it's worth setting aside a good chunk of time for this - 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.

Health, Fitness & Wellbeing

Career & Professional

Start my own business

Family & Home

Adventure

Go skydiving

Financial & Material

Character & Personal

Be more patient

Giving Back

Random

2. Plan It

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).

Short-term	Achieve By:	Mid-term	Achieve By:	Long-term	Achieve By:

3. Do It

You can't do everything at once. Focus on a few dreams to get going, or maybe even one. Use the questions to help you figure out small steps you can take. Make these SMART if you can (Specific, Measurable, Achievable, Realistic, Time-bound).

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?

Go to cookfood.net/confidence to download a PDF of our confidence book.