

Don't dream cheap, dreaming is free



When you dare to dream, you are actively giving yourself permission to expand on life and its experiences. Daring to dream brings hope, creativity, and change, both to you the individual, and to the work you do. It helps you to set and achieve goals, experience failure, and dream anew.

List 10 things you dare to dream both personal and professionally.



Doodling



Doodling is a spontaneous artform which allows you to get in touch with your own innate creativity. The added bonus is that it can calm a busy mind and bring it back to a more peaceful, restful space. Doodling can also help to access the body's healing wisdom, allowing your spirit to rest, recover and regroup.

Use the blank page to doodle. Remember that there is no right or wrong way to do this – simply let go of your temptation to control the outcome.

