BE A DREAM CATCHER,
NOT A DREAM CHASER
WITH JENNIFER STANLEY.

KIDS THESE DAYS...
Tools for supporting children's mental health
Hosted by child psychologist, Dr. Beth Trammell

Dream and do good.

KIDS THESE DAYS PODCAST
WWW.MAKEWORDSMATTERFORGOOD.COM

Kids These Days… podcast

Show notes for Dreaming with Jennifer Stanley

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Be a dream catcher versus a dream chaser!

Accessing our dreams (hopes, wishes, desires) gives us a glimpse into who we are called to be. They are cues about who we are to become.

Getting caught up in comparison IS A LIE. "You don't want HER dream!"

  –Find and love YOUR path to YOUR unique dream

All of our dreams are customed fit to us.

Let's go back. Realize that this is going to need to be strategically created. These goals we want to achieve toward our dreams need strategy.

1. Know your WHY AND… write it down – and put it all over your house, your car, etc.
2. Celebrate over and over.
3. Create community for when you don't want to keep going.

Again, remember it is a process to achieve your goals and dreams!

1. Grab a big sheet of paper – poster board or copy paper.
2. Write your categories – financial goals, health goals, social goals, etc.
3. Then begin dreaming! Ask yourself, "Wouldn't it be fun if…." Or "Wouldn't it be great if…"
4. THEN you write out your specific subgoals to reach those dreams.

Make sure your goals are measurable and celebrateable!

Dream catching is FUN!

Creating a community is for when you have hard days, and for celebrating with you!

You may need to start by creating a list of ways you will celebrate. How do you have fun? What do you enjoy? Create a list for reference.

Don't skip your celebrations. Keep these as a promise to yourself.

To keep your goal moving – ask yourself – "What do I need to say 'YES' to and what do I need to say 'NO' to?"

When you feel good, you DO GOOD. – WOWZA.

Pay attention to what happens when you feel amazing.

What makes you feel amazing? How do you act when you feel good?

What is the ONE thing you need to do today to FEEL good to catch your dreams??

What are you inspired to dream?

Who is going to walk alongside you?