

Jon Egging Trust

Helping young people achieve

Stars and dreams

What you'll need

Pen / pencil and paper.

Old photos and magazines (make sure you have permission to use them)

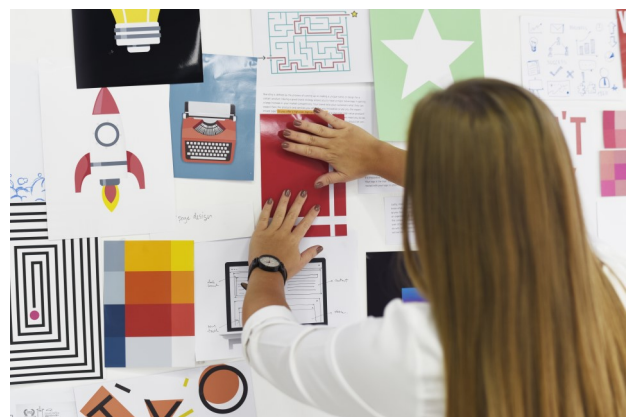
Something to stick these to, such as a large piece of paper or cardboard)

Glue

Activity

- Stars are things you know you're good at or enjoy doing. Write down three Stars.
- Dreams are the things you'd like to do even better or things that you hope to achieve. For example, it could be what job you want to do when you grow up or where you hope to travel. Write down three Dreams. These are also known as goals.
- Think about how you might achieve your dreams. What steps do you need in order to get there.
- Why not create a dream board? This can help turn your dreams into a reality by focusing your mind on what you want to achieve.
- Take a look through old magazines, books and photos and look for the pictures and quotes that resonate with you and your goal.
- Stick these to your board (this could be a large piece of paper or cardboard).
- Once you have created your dream board, display it somewhere in the house where you will see it every day and use it as a visual reminder of what you are trying to achieve.

After a few weeks / review your dream and see how much closer you are to seeing it come true!



The only way to achieve the impossible is to believe it is possible

Alice – Alice Through the Looking Glass