

# *101 Dream Dates*

*How to say I love you to the most  
important person in your life...YOU!*

**Debbie Spector Weisman**



# *Foreword*

I'm a practical person. I don't resonate well with philosophies that spout oodles and oodles of generalized thoughts sprinkled with lots of flowery prose that mask the sad fact that behind those florid words is a lot of nothing.

I'm writing this book for one simple reason. I truly believe that nothing good happens in our lives unless and until we face ourselves, and truly believe that we are uniquely special and worthy of deep and unconditional self love. Without this core belief, we don't have much to offer others.

I had to learn this lesson the hard way. For a good part of my life I hated myself. It wasn't the type of ugly emotion that manifested with lots of self-destructive behavior. No, that would be too easy and obvious. Mine was more insidious; an unspoken yet festering belief that I was worthless and was

living here on earth as a result of some stupid cosmic accident, and it was only a matter of time till someone picked up on that.

For long stretches of time, I actually felt as if I didn't exist, and this manifested in my feeling invisible to others. I had experiences of being in places and having people walk past me as if I wasn't there, which only added to this feeling of nothingness.

Now you don't have to have gone down that road to benefit from this book. I believe that at one point or another, everyone has had vague feelings of wanting more, and feeling unfulfilled, lost, or tired of having one too many pity parties. This book offers some ways out of those ruts, all in the service of giving you a way of demonstrating to yourself how great you are.

A word here about the idea of the Dream Date. The concept was first introduced to me, during my training to become a Dream-Life Coach. by my mentor and teacher, Kelly Sullivan Walden, the founder of Dream-Life Coach Training The dream date is an integral part of the training, and as part of the regimen, all students are required to have at least one dream date each week. To prove it, we had to document the date with at least one other person in the course.

I'll admit it. I had a lot of resistance to the idea at first. I'd put it off till the last minute, even skipped a few weeks or so, figuring it really didn't make a whole lot of difference whether I did them or not.

I was wrong. I came to see that when, as part of another course requirement; I made the study of dream dates the independent project I had to create in order to achieve certification. I forced myself to come up with as many ideas for dream dates as I could--and to do them all. The result was the basis for this book and the beginning of a remarkable change in my life.

When I gave up my resistance, I saw how the dream date helped me develop a healthier sense of self love, boost my self confidence, and made me more available to give of myself to the loved ones in my life. So for that I dedicate this book to Kelly and to the notion that it's never too late to grow your wings and fly.

# *What is a Dream Date?*

The idea of a *Dream Date* sounds like an entry from an overly exuberant teenager's diary. The notion of a *Dream Date* sounds like a very special, very exciting time with someone with whom you are madly, insanely in love. It conjures images of hearts doodled on notebooks, of writing down the name of your beloved over and over, of a giant bouquet of roses handed to you by the person of your dreams.

What if I were to tell you that the best *Dream Date* of your life involves none of that? What if the best Dream Date of your life was with only one person? By one person, I don't mean one other person. I mean, YOU. Yes, YOU. Believe it or not, YOU are your dance partner on this soul-enriching journey.

On the surface this notion may sound silly. How could you take yourself out on a date? What a waste of time, right? Come on!

Don't jump to that conclusion so quickly. Think about what you do and how you feel when you have a date with the person of your dreams. Before the date, you spend time thinking about this time, fantasizing about how great it's going to be. Just doing this makes you smile inside and feel special. You take great care in picking out the right clothes to wear, the perfect jewelry, getting your hair and makeup just so. This self-pampering makes you feel special and full of anticipation about the wonderful time ahead.



Then you go out on the date. You put your best foot forward, showing off all your best qualities in order to impress your date. Your date reciprocates and you end up feeling even more of that wonderful glow of love and happiness inside.

That's nice, yes? But what if you don't have a dream person in your life right now? Or what if the prince (or princess) on your date with turns out to be a

frog? Should you feel relegated to have to stay at home and feel sorry for yourself?

Perhaps you are currently in a warm and loving relationship with a wonderful person. But life interferes. There's work, appointments, meetings, worries about money, career, or relationships with others. There's simply no time (or very little time) to squeeze in a great date.

In either scenario, the one thing that's missing is you paying attention to you. It's natural for most people to identify their role as helping others and making others feel better. They tend to slough off their own needs as unimportant or things that could be attended to "when there's time". I've been that person. However, I'm here to tell you that the time is NOW!



A counterintuitive thing happens when you focus quality time on yourself. You feel enriched and empowered, and thus have more love, energy and passion to give to others.

By taking a miniscule amount of time to make yourself feel alive, you become more attractive to others. Your self-confidence grows. You're not weighed down by feelings of doubt or negativity. You begin to fall in love with yourself again.

**The good news is that a Dream Date isn't difficult to take on.** All it takes is the declaration to carve out a small amount of time in your week just for yourself. Even just five minutes a week devoted to yourself can have a powerful affect on how you see yourself. It's a terrific reminder that you are unique and deserving of the richest and most expansive life you can imagine.

What you do on your Dream Date is up to you and your imagination. The date can be as simple as a short walk or as elaborate as a six-course meal you've prepared just for yourself.

So try it on. You just might like what you see.



If you've gotten this far, you might be saying to yourself, *I'm already taking time for myself. I go to yoga classes to center myself. I work out at the gym every day. I like to take long walks by myself after dinner.*

All well and good. That's great. Anything we do to enrich ourselves is to be encouraged and applauded.



But those activities are not the same as a Dream Date. Why? Because they are a part of your routine, and being a part of your everyday life, these activities are prone to the same pitfalls as anything else you do. Sure, you may be getting "alone" time when you do your workout, for example, but how many times do you still feel like you have to drag yourself to the gym? Come on, fess up. There are times when your cherished activity feels more like a chore than a retreat. You do it because you believe it's good for you, or you have a finely

honed sense of discipline, and go even when you don't want to. You are getting something valuable out of it, to be sure, but like the law of diminishing returns, the ecstatic joy you felt on your first day often devolves into a dutiful sense of obligation six months down the road. The physical rewards may still be there, but the psychic and emotional pleasures can be diminished.

Because a Dream Date is a special event, its effects on you are aimed at your emotions. A Dream Date elicits happiness, satisfaction, a sense of accomplishment, elation, or any of a number of other pleasurable feelings, depending on the specifics of the date itself.

On a Dream Date, you get to choose the activity, whether it's one of the suggestions listed in this book or something else you come up with on your own. (In fact, please share all about your innovative dream dates on my [www.Facebook.com/101DreamDates](http://www.Facebook.com/101DreamDates) or on Twitter @101dreamdates.)

Dream Dates are meant to be something you *want* to do, look forward to doing, and are excited about. Taking on the activity has been known to evoke a particular positive feeling, such as a sense of adventure, discovery, nostalgia, joy, gratefulness, and satisfaction, peace of mind, accomplishment. It's like giving yourself a shot of positivity. Who wouldn't want that?

There's actually a scientific reason for this. I'll confess right now that I'm not a scientist and this is not going to be a book about studies and statistics

designed to prove why Dream Dates are good for you. But I will tell you this much. Doing a pleasurable activity--especially one that helps remind you what a great person you are--releases a neurotransmitter called serotonin in your brain. This chemical is responsible for regulating moods, so the slight increase you'll get from a Dream Date will make you feel better.

### *Dealing With Resistance*

The mind is a funny thing. I've just outlined a reasonable case for the positive benefits of Dream Dates. The first reaction to reading this might very likely is, "Yes, this sounds like a great idea." However, the next thought is also equally likely: "So what?"

The brain will want to make up reasons why going out on a Dream Date is a waste of time. Those reasons will all sound oh so reasonable. *I don't have the time. I don't have the money. It's just a silly, bullcrap idea. What good is a Dream Date going to do for me anyway? It's cold outside. It's raining. I have to clean the house. I have to wash my hair and I'm out of shampoo.*



Excuses are your mind's way of keeping you stuck where you are. I could make up thousands of reasons why the mind wants to resist your taking the leap on the path to self-love. But the main excuse is simple: The fearful part of your mind wants to keep you small. Its thought is, “If it ain’t broke, don’t fix it.” This part of the brain (the limbic region, to be specific) isn’t a big fan of changing the routine. And the pre-frontal cortex (our logic, rational thinking, and time-centric part of the brain) can find it hard to justify doing something that might seem at first blush so “irrational and nonsensical.”

This book does not dedicate itself to the exploration of all the reasons why that’s the case. There are other great books for that. But in short, we live through our memories and powerful experiences, and sometimes the ones that seem to run us are the ones that reinforce the notions that we’re not good enough, pretty enough, smart enough, deserving enough, or worthy enough. Mostly these decisions happen subconsciously and we’re not even aware that we’ve made these decisions about ourselves.

Furthermore, when you declare that you're too busy to spend quality time with yourself, what you're really saying is that you don't believe you deserve it.

Let's start by exploring this issue of **time**.

## *Time*

We all lead busy lives. We work, we have relationships, and we need time to sleep at night. We make the blanket statement that we don't have time because we see all these activities blurring into one blob of existence. However, if we look a little closer, we have to admit that we're not totally engaged non-stop, 24/7. It's easy to see that even in a busy day, or a busy week, there can still always be time to make a Dream Date with yourself. Remember, at the minimum, we're talking about carving out five minutes of time. Even the busiest person in the world can manage to eke out five minutes from their week *if they're motivated to make it happen*.



If you don't believe me, try this. Open up your Outlook calendar or Google calendar or Cats of the World calendar or whatever you have on hand. Make a log of everything you did yesterday, from the time you got up till the time you put your head on your pillow. Be specific with times, paying attention to start times and stop times.

<b>MY SCHEDULE</b>	
<b>7:00</b>	<b>Get Up</b>
<b>7:15 - 8:30</b>	<b>Breakfast, Get Ready for Work</b>
<b>8:30 - 9:00</b>	<b>Drive to Work</b>
<b>9:00 - 1:00</b>	<b>Work</b>
<b>1:00 - 2:00</b>	<b>Lunch, Pick Up Dry Cleaning</b>
<b>2:00 - 6:00</b>	<b>Back to Work</b>
<b>6:00 - 7:00</b>	<b>Go Home, Check E-Mail, Make Dinner</b>
<b>7:00 - 7:30</b>	<b>Eat Dinner</b>
<b>8:00 - 10:00</b>	<b>Watch TV, Call Friends, Surf Internet</b>
<b>11:00</b>	<b>Go to Sleep</b>

Now go back and look at the list. Is every single minute and hour of the day accounted for? I didn't think so. What about that lunch hour that really only took thirty-five minutes of your time? Or that blob of unstructured time at night?

Unless you're a superhuman or a robot, I'm sure there are pockets of open time scattered throughout your day. Nearly everyone can set aside at least those five minutes. Even longer quality-time Dream Dates can be accomplished with a little planning too.

Okay, I've shown that time can't be used as an excuse. Now let's tackle the next giant area of resistance: **Money**.

## *Money*

If you're warming up to the idea of a Dream Date, your mind might want to stop you by trying to convince you that going on a Dream Date is going to cost you money. Let me put you at ease with the following two words: *Not True!*

Most of the Dream Dates outlined in this book don't cost a dime. All they involve is a little time --which we've already addressed -- and commitment on your part. I'm also willing to bet that once you embrace the idea of the Dream Date, you'll come up with lots of ideas of your own that are uniquely suited to your personality and life experience, and are totally free.

Of course, there will be Dream Dates that do involve the expenditure of funds. My answer to that is, "So what?" Think of all the things you spend money on now. How much do they add to your self-esteem? Did that four-dollar cup of double non-fat mocha latte make you feel better about yourself? I didn't think so.

Even if you're on a budget, you can make a commitment to put aside some money to celebrate yourself.



Finally, let's tackle the last major area of resistance: **Dream Dates are ridiculous.**

*Dream Dates are Ridiculous!*

We all have a little voice in our head, constantly barraging us endlessly with thought after thought. According to the National Science Foundation the average person runs through anywhere from 12,000 to 50,000 thoughts per day and about seventy to eighty percent of those thoughts are *negative*. Most of those thoughts are about ourselves and deal with past events. Whether we realize it or



not, our brains are a perpetual motion machine feeding us all sorts of unsavory messages. Many are the result of how we reacted to something that happened to us a long time ago as children. We taught ourselves a lesson and the results are not pretty.

What happens is that our brain will find reasons to find fault with us. If a parent as a child yells us at, we take that to mean *I'm not good enough*. If we fall on the playground and get teased, that gets translated, as *I'm clumsy*. If we have a bad hair day at school and someone laughs, we think *I'm ugly*. Other childhood traumas can lead us to believe things such as *I'm unworthy, I'm stupid, I'm bad, and I'm unlovable*.

Subconsciously, we carry these self-imposed, self-defeating beliefs into adulthood. Most likely we don't even realize we have these beliefs, but they show up in our lives in the way we treat others and, most importantly, ourselves.

Dream Dates are one method to break through these negative self-images. By taking time to celebrate yourself, you're changing your focus from those negative defeatist thoughts and concentrating on your positive qualities. By shining light on your inner greatness, you remind yourself of what makes you special, what makes you the loveable human being you were put on Earth to be. When you make a practice of doing this on a regular basis, this feeling of self love turns into a habit, and you can actually transform those previously held

negative beliefs into new, more empowering beliefs such as *I'm worthy, I'm nimble, I'm beautiful, I'm smart, I'm good, I'm loveable.*

Carl Jung said it best, "What you resist, persists." Resisting the call to self-love and self-acceptance can keep you in that perpetual cycle of believing all that bad stuff you've been feeding yourself up to this point.

## *The Rules*

The parameters of a Dream Date are limited only by your imagination. The only "rules" are that it should be:

- Done on a weekly basis
- At least five minutes in length
- A solo activity (all by yourself –or in some occasions with a pet).
- At home or in any location of your choosing
- Spontaneous or it may involve some careful planning

There's an old saying that familiarity breeds contempt. In the world of the Dream Date, familiarity is a no-no. The Dream Date is a break from your normal routine. It's an opportunity to be creative, silly, curious, or adventurous in order to feed your dreaming inspirations and get out of the rut you may not realize you're in.



The Dream Date is not meant to be productive (in the ordinary sense of the word), although, spiritually speaking, it's probably the most productive thing you'll do all day.

While a date can be spiritual in nature, or result in some practical benefit, it doesn't have to be. In fact, the more silly, inane, or playful Dream Dates can be the better, in that they are designed to return your mind to its childlike innocence and spark new creative synapses in your brain.

The Dream Date is designed to rock your soul and stimulate your dreaming mind.

It's time for action. Get ready to go on a Dream Date, and change your life.

## *How to Read/Do This Book*

Finally, here's a word about how to read this book. This is a book for doing. I tend to like order, so I've arranged these dates alphabetically. But you don't have to do them like that. Flip through the pages and start with the date that calls to you the most. There's a place next to each date for you to write down your feelings and reactions to each one. This is important, as this gives you the ability to go back and have a reminder of the impact that date had on you.

Now go out and have fun! Happy dating.



# *A Little Pampering Doesn't Hurt*



Okay, I did say that MOST of the Dream Dates described here are free, and by my quirk of having them be in alphabetical order, this one happens to come first and involves money. However, you deserve it. You work hard. You give of yourself. Now it's time to have someone do nice things for you. Get a body scrub at an Oriental Spa. Treat yourself to a rejuvenating facial with bonus aromatherapy spray. Go for a deluxe mani-pedi with paraffin treatment and have little flowers painted on your toes. Get a full body wax. Indulge in a mud bath. The choices are varied. Do a little research for the best places for the best services. You are worth it!

# *My Pampering Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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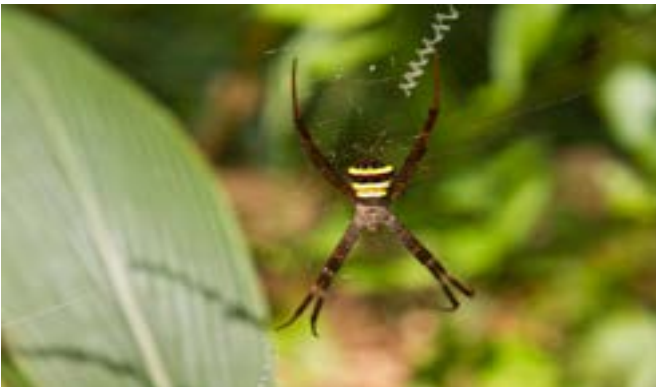
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# Animalizing



**We're all aware of the animal life that's around us. Yet how often do we ever take the time to *really* look at and appreciate their beauty, especially the tiniest bugs and insects that seem to blend into the background of our lives? For example, there are dragonflies that like to flit around my backyard.**

**They are fascinating to watch and I feel special to have them grace my surroundings. For a long time this past summer, there was a spider that also took up residence near my pool drain and spun the most beautiful webs. There are probably birds or bugs or insects that make their home in your neighborhood too. Take the time to get to know them and appreciate them.**





# *My Animalizing Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Attitude of Gratitude*



There's a reason why the Bible declares *It's better to give than to receive*. Doing something nice for someone else has the double benefit of not only making them feel special, but it also gives you that warm fuzzy inner glow. So here's a dreamy way to do just that. Think of someone who's really had a big impact on your life. Could be a parent, a sibling, a trusted friend, a memorable teacher, coach or youth group leader, religious guide, or anyone else who might pop up for you. Get out--or buy--a beautiful piece of stationary and hand write--yes, write!--a thank you note to this person. It doesn't have to be long and involved. It could be a short note describing what this person did and the positive way it has affected you. What's important is that it comes from the heart. Then mail it. You may never know how your genuine kind words may fall on the recipient. But you will know how it makes you feel...and for now, that's what really counts.



# *My Gratitude Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Bang A Drum*



**Shamans often use drums in rituals. They know that the vibrations created by a steady drumbeat help activate and align our chakras and can make us feel more alive. While ceremonies such as this are beneficial in a group setting, you can also do a solo session in the comfort of your home. You can be your own shaman. Get yourself a drum, find a nice comfortable place to sit, and--if you can--close your eyes as you start rapping your hands against the drum head. Keep it up for at least fifteen minutes. Your mind will quiet and you will feel centered and at peace.**

**If you don't own a drum, get creative with what you have at hand. Grab a couple of spoons and rap them against your dining room table. Or just use your hands. You'll get the same results.**



# *My Bang A Drum Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Bask in the Bubbly...Bath, that is*



Now what could be better than something that's refreshing, soul satisfying, and gets you clean at the same time? A nice warm bubble bath teases all the senses. Play some soft music in the background; add a drop or two of lavender oil or rose petals in the water. For a truly luxurious treat, hop in a Jacuzzi tub and let the jets roll. This treat is all for you and you alone, any way you want it.

This seems like a no-brainer, doesn't it? Yet I've lived in a house with a bathtub for YEARS and have hardly ever treated myself to this nice warm indulgence. Talk about resistance! But once I let go of the self-limiting believe that I didn't deserve this, I opened myself to this truly delightful pleasure.

If you're worried about time, here's another truth. You can take a wonderfully soothing and empowering bath in only 15 minutes.

# *My Bask In the Bubbly Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Be Kind*



**There is a school of thought that maintains that the best way to get love is to give it away. Your heart will expand in direct proportion to the amount of kindness you show to others. So make a day out of displaying random acts of good will. What you could do is as infinite as your imagination. But here are some examples: Offer to do your elderly neighbor's grocery shopping, babysit your friend's kid for a few hours, volunteer at a local animal shelter, hold the door open for others at your office building, smile at the next person you see, clean up your roommate's side of the apartment, visit a cancer patient at a hospital, empty the coffee grounds in the break room, compliment your co-worker on how she looks, bring food to a homeless shelter, help your neighbor's kid with his homework.**

**You get it. Contributing to others is not only about providing a useful and often valuable service. It's also food for the soul. What may first strike you as work will end up giving you a special glow inside...that wonderful warm feeling of self-love.**

# *My Be Kind Dream*

## *Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# Bejeweling

If you're over the age of ten, I'm sure you've got tons of jewelry hidden away in drawers and boxes and under stacks of old sweaters you thought you'd given away years ago.



Pick a quiet night when nothing's planned, or a rainy day when the last thing you want to do it go out, and dig out those shiny baubles you've collected over the years. You'll be surprised and delighted to find old necklaces or rings you'd forgotten about or were thought lost.



Think back to the time you got that necklace from your sister on Christmas ten years ago, and bask in the happy glow of that memory.



Try on those bracelets and earrings and see how they fit with today's wardrobe. You might even discover that shopping at *Chez You* may be your least expensive and most rewarding shopping trip of the year.



# *My Bejeweling Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Beneficial Binge Watching*



Sometimes we find ourselves all alone with nothing to do. This can make us feel bored and listless. We can let this emotion ratchet negatively into loneliness. Or we can take action to turn this lemon experience into lemonade. Take time to transform your pity party into a celebration of satisfying your guilty pleasures. Thanks to the joys of Netflix, Hulu, Video On Demand, and DVD collections, we now have the ability to swallow whole an entire TV series (or at least a season of it) in one sitting. Get out your snacks and drinks, put on your most comfortable clothes, and settle in for hours of viewing of that show you always meant to watch but never got around to doing so (*Breaking Bad* fits that scenario for me), or that less than lofty show you don't want to admit you like but can't get enough of (For years I was a sucker for *Ax Men* for reasons I can't explain, though now I find myself drawn to the Alaskan Bush People).

Watching television is usually seen as an unproductive activity, but when you elevate it to Dream Date status and give it purpose, this seemingly flighty activity can be the best medicine of all.

# *My Binge Watching Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Bride For A Day*



Perhaps you dream of the day you'll take that walk down the aisle. Or maybe you're already in the midst of marital bliss. Either way, how much fun would it be to see how you'd look as the blushing bride today? Be daring and step into your local bridal salon and slip into a gown or two. There are benefits galore no matter your age or current status. If you're an older wife, seeing yourself as the bride you once were can stir up positive feelings of youthful exuberance and joy, a chance to relive the glorious feeling of your wedding day. Or if you haven't yet made that soulful commitment to another, this gives you an opportunity to imagine how you might feel and how you do feel about the possibilities of being a bride someday. Lots of positive emotions can get stirred up at a bridal salon, and trying on the dresses is free.

# *My Bride for a Day*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Build A Sandcastle*

**Remember those carefree days as a kid, when the sun was always shining and it seemed as if summer would go on forever? Take a delightful step back in time with a solo trip to the beach, just you and a plastic bucket and shovel. Go down to the water's edge and start digging.**



**You don't need to be an artist. Your creation doesn't have to look like one of those super chiseled art pieces that show up in competitions. No, this is you just being you, having fun splashing in the water, digging your fingers into the wet sand and building your own monument to yourself. You might want to snap a pix of it for posterity, but you don't have to. The fun's in the making of it, and afterwards you can add it to those childhood memories of earlier beachfront happiness.**

# *My Sandcastle Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Car Crazy*



**Okay, so maybe a silver racer isn't your idea of a dream car. But I bet there are times when you're stuck in traffic or sitting at the mechanic's shop and thinking about trading in your old beater for that fantasy four wheeled wonder. Why not turn those thoughts up a notch into a Dream Date? Set aside a few minutes in front of the computer for a gaze at the latest models. Or do a little bit of real on line shopping at [cars.com](http://cars.com) or a similar car buying website. Then go out to the garage, pat your hand on your comfortable set of wheels and let her know you really do love her after all.**

# *My Car Crazy Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Climb a Little Higher*



**If you're ever having one of those days when you feel like you need a lift--literally--do this variation on your regular exercise routine. Seen here is Stoney Point in Chatsworth, California, a popular rock climbing place for both novices and those warming up for their next attempt at Half Dome. The climb can be as easy or difficult as you make it, and there's no denying that glorious sense of self when you've made it up to the top.**

**Setting a physical challenge for yourself and succeeding at it is an example of taking charge of your life. When you set the agenda, you add another degree of self-assurance and self-reliance, and who can't help but feel good about that.**

# *My Climb a Rock Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Cloudy With a Chance of Meet(your)self*



I'm a dreamer. I have to dream and reach  
for the stars, and if I miss a star then  
I grab a handful of clouds.  
Mike Tyson

**Yes, words of wisdom can come from the most unlikely sources. Mike is right. Looking up at fluffy clouds set against the bright blue sky can spark up your dream life by taking you into the world where all things are possible and the only limits are the ones brought on by your own fears and limiting thoughts.**

**Believe me, when you can look up and see a heart or two dogs running or even a smiling face in the shape of a cloud you know that all things are possible.**



# *My Cloud Dream* *Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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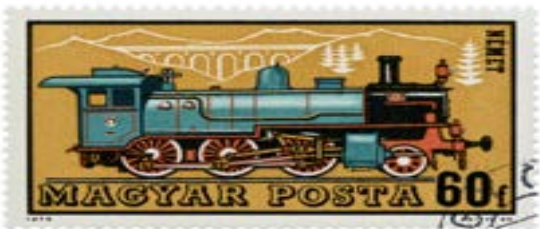
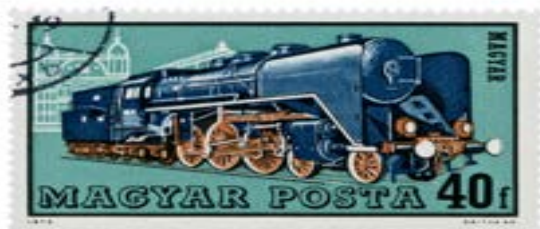


# *Collective Soul*



**What do you like? What do you really like? What do you really really like? Here's an idea that can start out as a Dream Date and continue on as something you can practice for the rest of your life. Start a collection. When you think about it, anything**

**can be collected, but for it to be fun, it's got to be something you want to devote time and effort to. Sure, there are the old standbys like coins, stamps, snow globes, and Swarovski crystals. Maybe you'll be drawn to something a little more unusual like concert ticket stubs, fountain pens, guitar picks, transistor radios, old shampoo bottles. The list is endless.**



# *My Collective Soul*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Contact a Long Lost Friend*

**Dream Dates are meant to be solitary outings. But sometimes they can involve other people. Ever wonder what happened to high school classmates? Your bunkmate from summer camp? Your first grade school crush? The old friend who moved away? You may have**



**thought about them from time to time but shied away from reconnecting for one reason or another. Cast aside those concerns. It's easy to find people through the internet today, so set aside some time to rediscover one person from your past. You might be amazed at what results. Not too long ago I used Facebook to get back in touch with the boy I was "engaged" to at age seven. He wrote back immediately and asked for my phone number. The result was several hours of delightful, engaging and poignant conversations. Our lives are very different now and we'll probably never meet again in person. But knowing there's someone out there in the world that still holds affection for you is priceless. I bet your special person from the past is waiting for you too.**

# *My Contact a Lost Friend Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# Counting Your Charms

Imagine this scenario. Your boss walks into your office to comment on a report you wrote. "Great job," she says. "I can see you put a lot of effort into it." You respond, "Oh, I could have been a little more thorough if I had more time."



Does this sound familiar? When someone gives you a compliment, is your default response to deflect the praise with a self-deprecating answer? If so, you're totally normal. Most people have trouble accepting praise when it's handed to them. They make light of it to avoid looking swellheaded or conceited or self-centered. They actually believe there's virtue in acting as if they don't deserve it.

If this describes you, the time to stop this behavior is **RIGHT NOW!** Not only do you do yourself a disservice by not accepting the praise, you make the other person feel as if their opinion is not important. They're saying you're great. When you don't acknowledge that they're right, you're, in effect, telling them that they're a bad judge of character.

To get into the habit of accepting your good qualities, take out a notebook and make a list of all the things that make you the special person that you are. This list can include personality traits, such as being kind to animals; skills, such as being a whiz on the basketball court; physical features, such as beautiful white teeth; accomplishments, such as the award won at school for *Most Enthusiastic Dancer*. Don't stop till you come up with at least fifty. Then read them back to yourself and just try to keep from smiling as you realize what an incredible person you really are!

# *My Counting Charms*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Create a Garden of Earthly Delights*

There is something inherently delightful about seeing something come to life right before your eyes. It's even more satisfying when you're the one who makes it happen. Even if your space is limited to a windowsill in your kitchen, you can create a garden that will brighten your space, provide pesticide free healthy food and give you a smile every time you see a new bloom grow.

I've got what could be considered a black thumb, but even I have been able to coax a crop of zucchinis and tomatoes out of the small patch I set up in my side yard. If you're a novice at this, growing from seed might be challenging. So pick up the small plants that are readily available at any nursery or garden center at most home improvement stores. Make sure you leave plenty of room for drainage and fertilize with a good organic mix. Water well and spend some time letting your plants know how much you appreciate them. Love them and they will love you back with a bountiful crop.



# *My Garden Delights*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Curl Up On Your Cozy Couch and Read*



C'mon, you know you've been dying to read *Fifty Shades of Grey* but have put it off because you tell yourself you don't have the time or that other areas of life have been deemed more important. Well, get off your inner procrastination and set aside a few hours to indulge. Okay, well maybe you have read that book (more than once), but there are other literary delights that await you.

This is a Dream Date, so we're talking trashy novels here, not the next one up in your book discussion group. Find the kind of book you can devour in one sitting, pick out the most comfortable seat in the house, and savor the riches of the written word.

# *My Curl Up and Read Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Declutter!*

It's very hard to love yourself when there are visual reminders of your failings. I'm talking about those little things that are out of place in your home. You have none, you say? Well, what about that empty shoebox in your closet from the shoes you bought three months ago that you just can't seem to throw out. Or the pay stub on your night table that you've been meaning to file away for days. Or the empty bottle of body lotion that somehow hasn't managed to find its way to the trash pail. Or the birthday card from your mom that's stuck in a pile of other mail on your desk. You get the idea.

There's a whole philosophy devoted to the elimination of clutter: Feng Shui. The concept is that when we fill our lives with too many miscellaneous, useless items, we clog up our system. We block off the natural flow of energy that should be running through us and keeping us in a nice state of balance. Because this energy is subtle and invisible, it's hard to see its effect. But it's real. Cleaning up your living space will make you feel better, and when you feel better it opens up that space for self love to bloom.



That's why I say to make an event of it. Set aside special time devoted to your personal cleanup project. Start with one room. Put on comfortable clothes, play some inspiring music in the background, and tackle putting sense into your messier-than-you'd-like space. It won't take very long. Even the most unkempt room can be put into shape in a few hours. The key is making the commitment, and if you remember that the goal is to remember how much you love yourself, you're well on your way.

# *My Declutter Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# DIY



**Purpose.** A simple definition of the word is the reason for existence, why something exists, or is done or created. Here's an idea that will give you a reason to feel good about yourself. Something with purpose. Take a look around where you live. It's not perfect, right? Nobody's place ever is. There's always some room for improvement, even it's as simple as something new to put on the wall. This is the chance to beautify your space, to make it one step closer to being the palace of your dreams. This is a project that you do by yourself, for yourself. Work at your skill level. Paint an accent wall; stain an old chair to make it look new. If you're handy with tools, tile a bathroom wall or build a small bookcase. There's nothing better than the satisfaction of seeing a completed project, a feeling that's ten times deeper when it's a project you've done on your own.

Here's a hint to help you get started. If you consider things like painting and repairing as *chores*, you can change your attitude by changing the way you describe the activity. Painting can be *creative colorful room transformation*. Or call fixing a broken doorknob *coming to the rescue for home safety*. Have fun with the process.

# *My DIY Dream Date*

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*What I Did* \_\_\_\_\_

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# *Diamonds Are Your Best Friends*



If you're going to dream, dream big! Feed your inner Audrey Hepburn. Imagine yourself drenched from head to toe in sparkling, sensual, luxurious Tiffany diamonds. Take a stroll through Tiffany's and gaze longingly at the elegant jewels. Sure, they may be beyond your pocketbook but you are as worthy and deserving of them as any princess in this world.

No Tiffany's in your neck of the woods? No problem. Any jewelry store will suffice.



# *My Diamonds Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Dish A Delish Dish*



**What are you going to eat for dinner tonight? It's you and you deserve something special. Why not take it a step further and spend some quality me time with a cookbook and create your very own signature dish. If your idea of fine dining is defrosting a premium meal from the supermarket, don't despair. If you can read, you can follow a recipe and there are lots of them geared to the novice chef. Since this is your special Dream Date, set aside lots of time to experiment. The effort you put into it will be well worth it. When you add that secret ingredient--love--you'll end up with something so yummy that resonates with your taste buds and personality that you can serve it any time you want to make a gastronomical impression on your friends and family. You'll have a go-to dish in your back pocket that can serve you well for the rest of your life.**



# *My Delish Dish*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Don't Take It For Granted*



**Whether you live in a large city or small town, your community is filled with loads of architectural and scenic wonders that often get overlooked in your busy life. With a little research and planning you can create a new Dream Date every time you discover or re-discover any of these unforgettable spots.**

**I happen to live in Los Angeles, and over the years I got into a rut of limiting myself to relatively small sections of the city. One day I made a Dream Date out of going downtown and admiring the stunning view of the skyline from the 6th Street Bridge--an iconic sight that's been seen in more movies and TV shows than I can recount but one I'd never seen before in person. Spectacular.**

**Even if you live in a small town, I'll bet there are sights you pass by all the time without much thought. This Dream Date is about taking the time to open your eyes and really see what's been around you all along. This will remind you of your own hidden strengths that are there for you to appreciate and love.**

# *My Don't Take It For Granted Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Dream Date in Dreamland*



**Technically, this isn't a Dream Date since it does involve other people. However, when you consider that a trip to Teotihuacan, Mexico, will rock your soul in ways that are unimaginable, in one sense it is the ultimate Dream Date. Spiritual tours to Teotihuacan are given several times a year. Their purpose is to reawaken you to your highest possibilities and perhaps even heal your soul from the bruises it has sustained over your lifetime. Plus you get to see one of the most dramatic archaeological monuments in the world. A must trip for the adventurous soul seeker.**

# *My Dream Date In Dreamland*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Dress Up For No Good Reason*

**This Dream Date is similar to Bejeweling in that you make an effort to rediscover your own forgotten treasures. Take a trip into your closet, to those hangers crunched together at the sides, and try on those clothes that you've had for a while but haven't gotten around to wearing in ages.**



**Pose in front of the mirror like a fashion model; give it your best strut. You know you've got it--now flaunt it. It's okay, nobody's watching except the most important person of all.**

**I've gone through more fashion cycles than I care to admit, but for one reason or another I've held on to a couple of items over the years. One is the dress I wore to my sister's wedding--again many more years ago than I care to admit. Recently I pulled it out of the closet, and to my surprise and**



**delight it still fit! I felt like a kid again and that warm, happy glow stayed with me for quite some time after.**



# *My Dress For No Good Reason Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Drive It!*

**Sometimes you need a measure of your achievements. A fun way of seeing measurable results is on a driving range. Seeing a ball you hit go up in the air can give you that "I can do it feeling". Seeing the next ball you hit go even farther, can make you feel even better.**



**If you've never hit a golf ball in your life, it might be intimidating at first. But all it takes is a few whacks to get into the spirit. Unlike playing the game of golf, you don't have to worry about getting the ball into the cup, so no pressure there. Enjoy the physicality of the swing, the challenge of upping the distance of your drive, being outside enjoying the surroundings.**



# *My Drive It Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Embrace Going Au Naturalle*



**Okay, I'll admit it. This one is not going to be for everyone. Still if you want a refreshingly liberating experience, try skinny-dipping. Admittedly, you'll probably want a secluded spot, like a pond in the middle of a forest or a backyard pool with high fences.**

**In truth, I've only bared my body outside once, in a pre-dawn plunge into the Pacific in honor of the Summer Solstice. It only lasted a few seconds, but in those moments, with nothing between my breasts and the water, I felt gloriously alive and beautiful. It's a feeling I wish everyone could have.**

# *My Au Naturalle Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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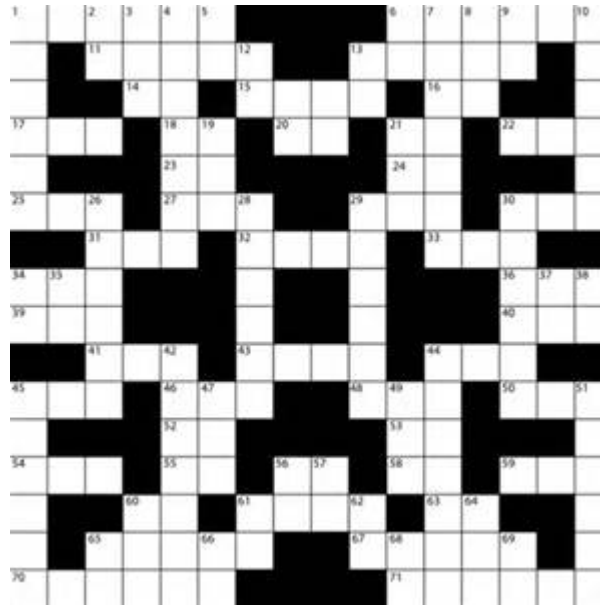
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# *Enigmas Are Fun*

**I love puzzles. I got hooked on crosswords when I was a kid, and they are now a daily habit. I'm also convinced that doing crosswords will keep my brain working so that when I enter old age, I'll still be able to string more than two words together at a time.**



**I also know a lot of people who are intimidated by those empty squares on the grid. If you find yourself in that camp, let this be your invitation to, well, get over it. Create a special Dream Date. There are tons of internet sites that offer free puzzles that you can either do online or print out to work on in your coziest environment. Start easy, to build up your confidence. I'll bet after you try it out, you'll be pleasantly surprised at how well you can do. Completing a puzzle will also give you that warm satisfying feeling of knowing you're smarter than you often admit. Who wouldn't love that?**

# *My Enigmas Are Fun Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Enjoy the Fruits of Their Labor*



**Any Dream Date spent outside is always sure to guarantee a grand experience. An orchard trip is no exception. The type of fruit will depend on the season, and a walk through an orchard is a feast for the eyes and scent-ual treat for the nose. Nothing beats the fresh smell of fruit at the peak of their ripeness. Nothing's as beautiful as a stroll down rows of fully leaved trees on a bright sunny day. A local orchard makes a perfect day Dream Date.**

**As an added bonus, check out the farm store. You can pick up some delicious jams or other special goodies being sold that day. Better yet, bring some fruit home with you and make a delicious homemade pie. Two Dream Dates for the price of one!**

# *My Orchard Walk*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Every Picture Tells A Story*



Open that drawer, or dig that box out of your closet, and settle down for a few minutes looking at pictures from your childhood. Take the time to remember fondly whatever experience you were having when those snapshots were taken. Nostalgia is good for the soul in small doses. Then take another look at that younger version of yourself and use that as a visual aid as you speak from your heart about all the great advice and wisdom you are now prepared to deliver to the world.

This is a picture of me at age three. What was this little girl thinking? Did she ever imagine who she'd grow up to be?

# *My Picture Tells a Story Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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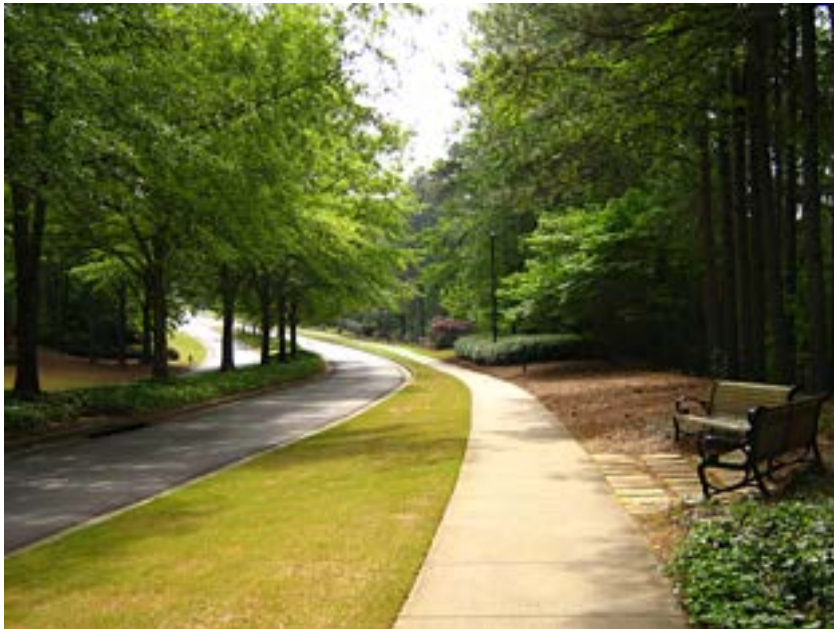
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# *Experience The Road Not Taken...Often*



**Your inner adventurer needs a change of pace. If you find yourself in a rut, change your regular driving route. Take a street you've never been down before. It probably won't make your trip any longer, and you might discover a sight you've never seen before that could bring a smile to your face.**

**I had a regular route for going from my house to my dentist's office. One day late last fall I decided to take some alternate streets. Not only was the trip shorter, but also I got to drive past the few streets in the area that were displaying the West Coast version of fall foliage. It was a beautiful site that I would have missed if I were only focused on my destination and not the journey.**

# *My Road Not Taken*

## *Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Explore Your Inner Artist*



**You know it's there--that inner Van Gogh or Picasso impulse that's waiting to be expressed. Set it free. Take out a canvas--or even a piece of paper--and use the medium of your choice...paint, pastels, colored pencils, crayons, Sharpies. Don't think. Let your hand take charge and realize what your hidden mind wants to illustrate. Don't feel as if it needs to be a masterpiece. In fact, it's okay if you crumble it up and throw it away as soon as you've finished. Or put it someplace where only you can view it. The important thing is that you took the time for yourself to release your creative juices and shine.**



# *My Inner Artist Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Fantasizing About Fantasy Island*



Face it, there are times you'd rather be anywhere else...or at least *think* about being anywhere else. Let your computer be your guide to your next vacation spot or the place where you'd like to travel for more meaningful reasons.



Or simply make it a Dream Date to view sights from all over the world from the comfort of your chair. Photos of exotic locations can make you feel romantic, inspired or just plain happy.



# *My Fantasy Island Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Feed Your Inner Child*



**George Bernard Shaw said, "We don't stop playing because we grow old. We grow old because we stop playing."**



**Keep your inner child alive by taking the time to be just plain silly. Relive a game from your childhood, like jacks, or indulge in a modern day online game to feed your childlike sense of wonder, freedom, and joyfulness.**



# *My Feed Your Inner Child Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Figure Out Your Family Tree*



When I was a kid, I remember my father showing me who my ancestors were, in a document that was literally hand-drawn in the shape of a tree. I thought the tree idea was pretty cool at the time, but wasn't too interested in the names of people I knew I'd never meet. Then, when I got older and really appreciated the idea of genealogy, I couldn't find that old family tree anywhere. Well, today, thanks to the internet--where all things are possible--we can all be our own genealogists. There are a number of sites around--some paid, some free--and they all work about the same way. You type in whatever information you know about your family and they link you up with possible family connections. Who knows how far back you can go? Who knows what family surprises, secrets and connections you can discover? You'll never know unless you try.

# *My Family Tree*

## *Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Find Your Inner Soul*



**This Dream Date may take a little planning but it's well worth it. There are many historical sites, museums, and other places of interest that can take us out of our normal everyday world and into a magical space that feeds our soul. Do a Google search to find out what interests you and then act on it.**

**Seen here is a picture from the Coral Castle in Homestead, Florida. One man built this three-acre site of walls, sculpture, outdoor furniture--and even a telescope--entirely out of coral in the early 20th Century. An incredible testament to one man's ability to act on his vision. I came away from this visit inspired and renewed in my belief that with dedication, determination and passion, all things are possible.**

# *My Find Your Inner Soul Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Foggy View/ Clear Thoughts*

**Believe it or not, hazy physical views can be mind cleansing. Granted, this Dream Date, by definition, can't be planned out in advance. But if you live in an area where you can watch the fog roll in--be it over the ocean at sunset or over a lake or valley from a mountaintop view -- make an effort to catch this phenomenon in action. Watching nature shift in real time reminds us of the power of the divine and how we are one with all of our surroundings.**



**Focusing on nature has another benefit. Putting your attention on something else gets you out of your head and away from those awful self-deprecating thoughts.**

# *My Foggy/Clear Dream* *Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Forgive, Forget and Feel Great*

It sure would be great if life was always filled with sunshine, warm breezes, and a pot of gold at the end of a rainbow. Alas, it's not, and somewhere in our lives we've all crossed paths with someone who's done us wrong. It could be somebody who hurt us when we were little, or someone who dissed us last week. It could even be us beating ourselves up over some real or thought-to-be-real transgression.

It doesn't matter. Today is the day you choose to forgive. Here's the drill:



- Sit down in a comfy chair
- Pull out a piece of paper or open your laptop
- Write a letter of forgiveness to the person who's made some part of your life miserable.
- Pour out everything you can think of, every detail about what happened and how you feel about it.
- Conclude your letter with your honest declaration that all is forgiven and you're

ready to move on.

You don't have to do anything else with this letter. You can send it if you want, but you don't have to. See, just the act of genuinely showing



forgiveness will have a wonderful effect on you. You might feel lighter, as if you've removed a weight from your heart, because in a way you have. The act of forgiving will take away acres of stored up negative energy that you've been holding tight to yourself.

When you let it go, you're actually setting yourself free by not letting that other person take up valuable space in your thoughts. You've added room there for new, special, incredibly good things, like love.

# *My Forgive and Forget Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Get Lost In A Corn Maze*

**This one is a seasonal treat (and admittedly may be more fun with a group). But there is something deliciously satisfying about challenging your inner compass by making your**



**way through a corn maze. There's the feeling of accomplishment of finding the milestones along the way, and the joy of being a modern day navigator through the tall green stalks.**



**I navigated through this maze at Pierce College in California, where I not only got that thrill of success; I also got a bit of an education about the care, feeding, and migrational habits of geese. Turns out the**

**corn was planted there for the birds! My recreational use of it was just an added benefit.**

# *My Corn Maze*

## *Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# Get Out Those Scissors



If you haven't created a vision board, now is the time to do so. Go old school. Buy a piece of poster board and spend an afternoon clipping words, pictures or other images that define the person you wish to be or the goals you wish to attain in the coming months. Get creative in how you arrange it on the board. Then hang it in a place where you'll see it a lot so you can get inspired. If clipping is not for you, there are a number of on line sites where you can create your virtual vision board. Pinterest, Dreamitalive, the O Vision Board on Oprah.com are but a view.



Creating a vision board serves two purposes. It's hard to picture this until you do it, but the process alone is fun, inspiring and will leave you with a sense of calm and inner peace. Having the actual board around afterwards will always remind you of the wonderful, soulful, joyous, creative, passionate person you really are.

# *My Get Out Those Scissors Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Go Fly A Kite*



**We all need time to ourselves. Time to let our minds unwind. Time to dream. Time to be outside and enjoy nature. This sounds like a great time to go fly a kite to me.**



**This lovely adventure starts with the purchase of the kite. Pick out a kite that reflects your personality.**

**There are so many cool styles to choose from. They're fairly easy to assemble too, so even if you think you're all thumbs you'll be able to piece it together pretty quickly. Then take it to your local park and let it fly. While it's floating in the wind, let your mind soar off in lovely thoughts as you enjoy the feel of the breeze on your face, the warmth of the sun, and the joy of seeing your lovely creation sailing in the sky.**

# *My Fly a Kite Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Have a Nose For Nature*



**It's a given that being around nature is a feast for the eyes. But let's not forget about the delicious smells that abound outside, especially after a rain. Take a big deep breath and savor the scents of the grasses, wildflowers, and trees. What a wonderful world we live in!**



# *My Have a Nose for Nature Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Horsing Around*



The wind of heaven is what which blows  
between a horse's ears.  
~ Arabian Proverb

**This is one of the few Dream Dates in this book I haven't done and would love to do if I could get off my own resistance about it. I still think it's a great idea, however, to get on the back of a horse and ride across a beautiful green meadow, perhaps with snow capped mountains in the background. Feel the snap of the wind against my face, the feel of the mighty beast between your legs. What a sense of freedom, an intoxicating elixir of joy.**

# *My Horsing Around Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *i Love my iPod*



**Plato said, "Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything."**

**Make a Dream Date of compiling your favorite tunes into a playlist you can take with you and access any time you feel the need for inspiration. It doesn't matter what kind: spiritual, inspirational, rap, bluegrass, classical, good ol' rock and roll, or your very own eclectic combination. Music is the song of your soul. You are the creator of this very special Dream Date--really make it yours.**



# *My i love my iPod*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Inspiration Strikes*

**Here's a Dream Date that you can reference over and over again. Go on line and look up at least ten inspirational quotes that resonate with you. Keep it general, if you like, but if you really want to take it up a notch, focus on one area that hits home for you.**



**If you're a procrastinator, find motivational sayings that will give you that kick in the pants you need to get started.**

**If you've got money woes, check out thoughts on how to rid yourself of your financial fears.**

**If you're looking for love, seek out words that speak to your heart.**

**If you're prone to sadness, look up encouraging and humorous quotes that will make you smile.**

**You get the idea. As a bonus, print out these sayings in a pretty font and color and hang it on your wall.**

**If you're artistic, make a second Dream Date of writing these words out in calligraphy.**



# *My Inspiration Strikes Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Invite Yourself Out To A Dream Dinner*



**Dining alone is not everyone's idea of a good time. But sometimes circumstances put you in that position. Dining alone does not mean being lonely. Pick a place that's friendly to single patrons, has a cuisine you've always wanted to try, and has some visual stimulation to keep you from dwelling on your solo status.**

**On a trip not too long ago, I took myself out to a restaurant with regional cuisine I knew I'd find hard to get at home. The place was casual, right on the beach, and a fabulous people-watching mecca. That's what turned this need to feed into a delicious, mouth-watering Dream Date.**

# *My Dream Dinner*

## *Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *It's Never Too Late*



Too often we live our lives with the unspoken word "someday". Someday, I'm going to do this. I'm going to get around to this thing someday. What a sad word filled with unfulfilled dreams, hopes, desires, ambitions, and possibilities.

Well, no more. Now is the time to rid yourself of someday. Make this Dream Date the day you're going to take on that one activity that's been collecting dust in the back of your head. Dare to find your greatness, that true talent you've been afraid to uncover until now. I don't know what that is...only you do. But I do know this. You can do it!

# *My It's Never Too Late Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Jumping for Joy*

This is another one of those activities that I'll bet kept you occupied for hours when you were a kid. It was fun, too. Then you got older and the idea of jumping rope made you sneer because it was a *childish* thing to do. But who made that decision?



Who decided there had to be cutoff times for doing things that make us smile? We don't have to live by those rules anymore. You used to love to jump rope. Remember? It used to be fun.



It can be fun again too, especially in the privacy of your own place, where no one's going to care what you do. Let loose your inner kid. See if you can remember the jumping rhymes and songs you played all those many years ago. See how long you can go before stopping. See how much you can make yourself giggle while getting the extra benefit of a workout at the same time.

# *My Jumping for Joy Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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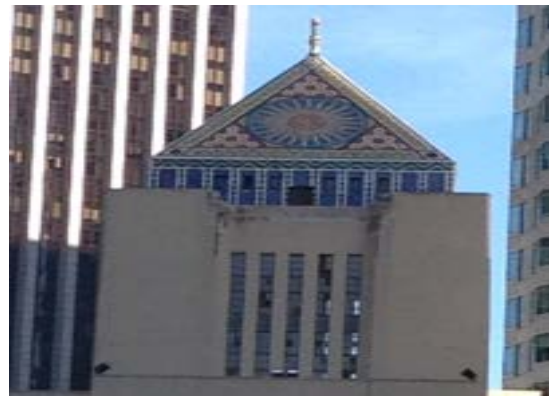
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# *Lazy Day At the Library*

There are so many riches available to us in our communities, and they are ours just for the taking. One example a treasure that tends to get overlooked in this age of digital everything--the local library.



Seen here is the central library in downtown Los Angeles. Renovated after a fire in the 80's, the building is topped with a tiled mosaic pyramid with suns on the sides with a hand holding a torch representing the "light of learning" at the apex. The last time I was there I spent hours wandering around the floors, admiring the architecture, and strolling through the rows and rows of thought provoking books.

Every town library has its own history. Here's a photo of my hometown library--the outside, that is. I remember it having the most beautiful stained glass windows and a deep rich wood staircase that led to a second floor reading room. I can't even begin to count how many hours I spent there as a child.

Taking time to appreciate a gem like this helps make us appreciate our own inner treasures too.



# *My Library Day*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Learn A Language*

*Ti Amo*

**Ani Ohev Otach**

*Ai shi teru*

**ע-ח-א-ח-ע**

*ich liebe dich*

This Dream Date is not only good for the soul but good for the mind, too. Even learning a phrase or two in another language counts. Anything that adds to our knowledge makes us wiser, deeper, and more productive beings to ourselves and to others.

# *My New Language Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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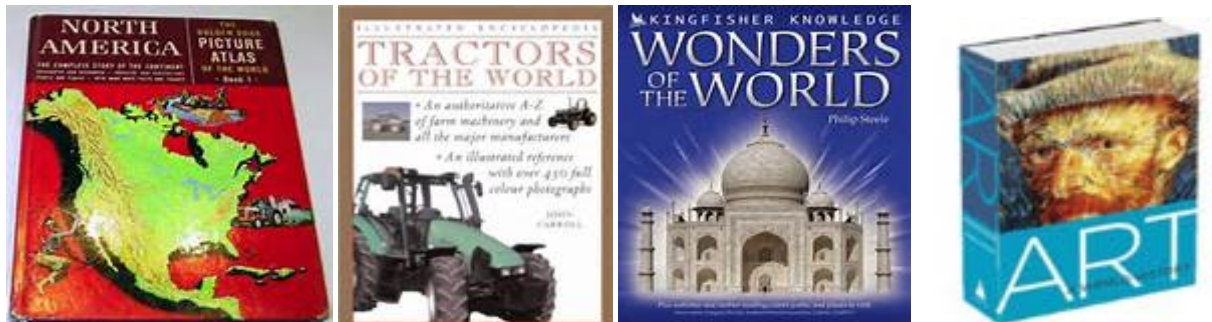
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# *Let Your Fingers Do The Walking*



In today's digital world it's often easy to forget the power of the book. Holding its weight, tracing your fingers against the embossed leather of a fine novel, feeling the touch of the paper as you turn a page, feeding your sense of touch and truly making you aware that you are holding a precious gift in your hands. What makes this different from a trip to the library is that you do this in the privacy of your own space. You probably have an art book tucked away somewhere that you haven't paid attention to in a while. Take it out and pore over pictures you might ordinarily take for granted. A Dream Date for your eyes as well.



# *My Fingers Walking Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Let's Dance*



**There's a reason why dance has been integral to all cultures throughout the ages. Dancing enables us to express ourselves--our feelings, our passions, our beliefs, our joys, and our sorrows. Moving to rhythm rejuvenates us, gives us peace, boosts our confidence, releases tension and stress, and gives us a sense of satisfaction. It's our soul's way of showing our love--and it's just plain fun. So get out your iPod, your CD player, your radio, your TV music station, your favorite internet channel. Turn up the volume loud and let 'er rip. Move to the sound of the beat however you can. Style is unimportant. Form is not required. All that's required is for you to show up.**

**Bonus: This is a great Dream Date to do when your time is limited. Five minutes of constant movement will do the trick.**

# *My Let's Dance Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Local Road Trip!*

The next time you have several hours all to yourself (okay, maybe this doesn't come along all that often, so make a plan to make it happen), get a map of your local area, draw a circle around it encompassing a 25 miles area, pick a place at the far edge of the circle, get in your car and go! This might be easier to do if you have one of those old-fashioned paper road maps--remember those? --but you can get a similar result with an on line map. The point is the same.

We get so used to the routines in our lives, the familiar surroundings, the shops we frequent, the sites in our neighborhood, that we're blind to the wonderful things that are really not all that far away from us. So take a trip to that place that's only 25 miles away and go exploring. You'll never know what's out there until you do, and you just might get a pleasant surprise at the new discoveries you uncover.

Not too long ago, I took a trip to a small town that was actually 26 miles from my house. Unlike most of the suburban areas around me, this was a throwback town with a charming business district filled with a variety of small shops, antique stores and eateries ranging from greasy spoon to nearly hipster chic. A few hours later, I walked away with a new scented candle, a dress from a vintage clothes store, and happy memories of the thrill of spending time in this delightful find.



# *My Local Road Trip*

## *Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Look To The Stars*



**You are special. You are unique. You are divine. In case you need proof, you need go no further than the zodiac. Your astrological sign yields great insight into what makes you tick and what sets you apart from others. But a true reading is more than what you would get out of a daily horoscope. Having your astrological chart created by a qualified astrologer is a great way to understand the patterns of your behaviors and get insights about using that knowledge to your benefit.**

# *My Look To The Stars*

## *Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Love That Lobster...*



**...or pate, or smoked eels, or sweetbreads or crème brullee cheesecake. Take the time to seek out an exotic food or one you eat on only the rarest of occasions. Your taste buds deserve to be treated to what you consider yummy but never seem to find the wherewithal to eat. If it takes the discipline of a Dream Date to make this happen, so be it.**

# *My Love That Lobster Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Make the Cookie Crumble*



**I'm not a scientist, but I've been told that most of our sensory awareness comes from sight and sound. That doesn't mean we should ignore the power of smell, though. Is there anything that brings to mind the love and warmth of family and comfort more than the smell of fresh baked cookies? I don't think so. Take the time to savor that feeling by whipping up a batch of your delectable favorites. (I'm a sucker for chocolate chip myself. This is a batch I made from an old family recipe.) If you're worried about your waistline, then pay this Dream Date forward by giving them away to a local school or homeless shelter.**

# *My Cookies Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Make(up) a New You*



**Okay, the point of a Dream Date is to discover and celebrate your inner beauty in order to better appreciate the unique soul that you are That doesn't mean you must ignore your outer self, though. Take a trip to the mall and walk up to the makeup counter at your favorite store to find your next look, a new powder or shadow to enhance your features, or the latest product to cover up those advancing age lines. A beauty lift can raise your spirits and that's not such a bad thing, is it?**



# *My Make(up) A New You Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Meditation For The Fun Of It*



Chances are you already practice some form of meditation to find oneness with spirit, to change your mood, to retrieve your soul, just to name a few. For a change of pace, find a quiet place to settle and go on a guided meditation...just because. You can find meditations on the internet, and many of them are free. Or you can go to a shop that specializes in New Age practices and ask for some expert advice.

Without having a specific goal in mind, at the minimum you'll treat yourself to some quiet time and a little stress relief. Without any expectations, you might be pleasantly surprised at what else comes up for you.

# *My Meditation Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Music Soothes The Savage Breast*



One night I woke up and turned on the radio to the sound of *Nights In White Satin*, a song I'd heard zillions of times since I was a teenager. This time, for some reason, when Justin Hayward belted out the lines "and I love you, oh how I love you", I felt my heart swell up with a love that permeated every pore in my entire body. Music has that power. This inspired me to snuggle up in my bed and listen to the entire album *Days of Future Passed* later that day, a thoroughly enjoyable Dream Date.

Everybody has at least one piece of music that evokes those kinds of emotions in them. Find yours and go for it.

# *My Music Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *On Line Loonies*



**This is a good Dream Date for one of those lazy rainy afternoons when there's nothing else on the schedule. Indulge in your inner curiosity by surfing the web for the answers to the silly things you always wanted to know but were too embarrassed or thought too trivial to research. Take the time now to find out such things like:**

***What happened on the day I was born?***

***Why are they called Bobby Pins?***

***Who came up with the expression Thunder Thighs?***

***How many people have my name?***

***Whatever happened to the stars of my favorite childhood TV show?***

**You'll have your own list of things. What happens often on searches like these is that one answer will spur a new question that might keep you blissfully engaged for hours.**

# *My On Line Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Over The Rainbow*

**This one can't be planned. But the next time you see a rainbow, stop. If you're driving, park the car, get out and really gaze upward until you truly appreciate the spiritual gift presented up there just for you. Study the colors and look at them through newly thankful eyes. Embody the awe-inducing beauty nature is offering you. Then channel your inner Judy Garland and imagine what's on the other side of the rainbow. What worlds are there for you? What possibilities await you? What new dreams can be activated?**



# *My Rainbow Dream*

## *Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Pet Shop Party*



**If you have a pet, you're very aware of how one look into their eyes can make you melt, forget your worries and just feel great. If you don't have a pet, you can create a similar experience with a trip to the pet store. A little stroll will put you face to face with the cutest critters and, at the minimum, be a colorful and peaceful feast for your eyes.**



# *My Pet Shop Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Provocative Pole Dancing*

There's dancing, and then there's...pole dancing. This is the place where you *really* let it all hang out. Lots of fitness places offer pole dancing classes, but I'm asking to you take it up a notch and get your own pole. They're easy to set up, and in the privacy of your own home you can really go for it. Climb up that pole as the sexy, slinky cat you are. Twirl around it in a carefree way. Embrace it as your lover. Dance barefoot or in high stiletto heels. Sashay in a leotard, slinky dress, or totally in the buff. This is you expressing your deepest essence in all its glory. Celebrate it!



# *My Pole Dancing Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Pull Out Your Flotation Device*



**When somebody tells you to go jump in a pool, don't get mad. Realize they have given you the prescription for a truly free and relaxing experience. The first few moments can momentarily shock your system as you get adjusted to the coolness of the water. What takes over next, however, is pure magic. As you enter this liquid world, close your eyes and let your imagination wander. The real world is far far away and right here you can be anywhere and anything at any time. This is your time to play, your time to indulge in your watery fantasies to take trips to places only your mind can conjure up, your time to celebrate the special being that is you.**

# *My Flotation Dream*

## *Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Ride Like The Wind*



**Convertible is optional. There is something positively freeing about driving on a country road with the wind blowing through your hair on a gloriously sunny day. Turn up the radio on high and let your soul sing while you belt out your version of your favorite song. Let it bring you back to the first day you drove solo after you got your driver's license and couldn't wait to prove to the world that you belonged on the road.**

# *My Ride Like the Wind Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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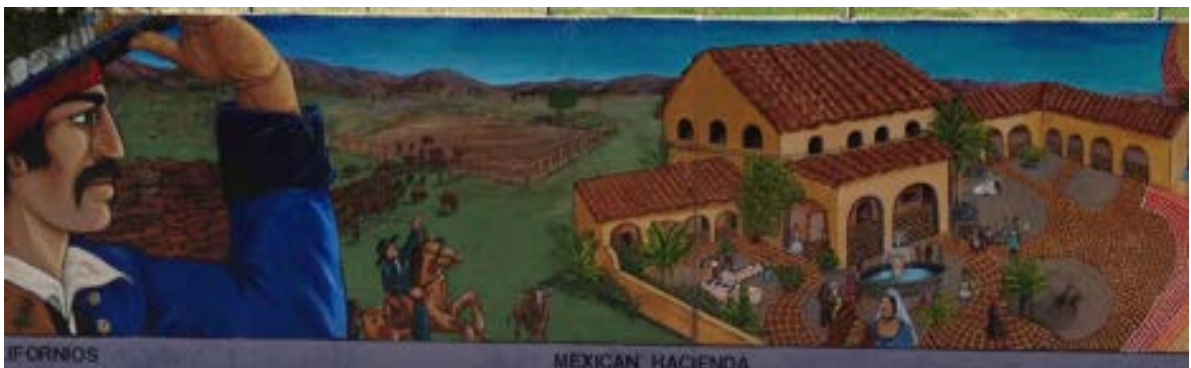
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# *River Awakening*



Looking for inspiration? Take a leisurely stroll along your local river. You might be surprised at what you discover. I live in Los Angeles, and to some, the Los Angeles River is a bad joke--miles of concrete ditch surrounding a trickle of dirty, polluted mud. But if you look a little closer, you can discover one of the secret wonders of this great city. In recent years, there has been a movement to restore parts of the river to its natural state, allowing for new paths for biking, bird watching and nature walks. In the Valley, where the concrete basin is still necessary for flood control, you can view the Great Wall of Los Angeles, a giant mural depicting the history of the City. Other areas of the river can now be navigated by kayaks. Most people who live here don't know that. What don't you know about your own local rivers?



# *My River Awakening Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Sand Gets In Your Toes*



**A wonderful mini-vacation Dream Date can be had by driving to the shore and taking a leisurely soulful walk on the beach. If you're lucky to live near an ocean, great, but there are lakes all over the country that have mini beaches that serve the same purpose. Ideal time is early in the morning, when the crowds are non-existent and you can truly appreciate the beauty of the waves crashing against the shore and the caressing tactile touch of the warm sand against your bare feet. For a bonus, have a seat, close your eyes and feel the sun's power permeate every cell in your body. I dare you not to love the feeling of joy this creates inside of you.**



# *My Sand Dream*

## *Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Selfies With Meaning*

A few years ago, there was no such thing as a selfie. Now there's probably no one in the world who hasn't taken some--including you, most likely. Therefore you're probably wondering how taking a selfie could be considered a Dream Date.

I'm not talking about any old selfie. What I'm proposing is a selfie with purpose. Plan some time when you know you won't be disturbed. Take off your clothes. Lock the door. Turn the phone on yourself and snap away.

That's right. Take some nude pictures of yourself. Have fun with it. Pose funny, serious, sensual, or provocative. It's for you and you get to call the shots.

What you do next is also totally up to you. You can enjoy the memory of your self-frolicking romp as an X-rated photographer and delete the shots from your camera. Or you can take the time to study your selfies--really study them. Notice the beauty in your smile. See how your eyes shine in that look of wonder. Do you like that frown and is that how you want others to see you? Take in all of it and really get to see all of you that there is to love.

Of course if you want to post them online for the world, that's your call, too. (The headshots only. I do not advocate posting nude photos.) But just as with singing, what you want to remain private can remain private as well.

# *My Selfie With Meaning Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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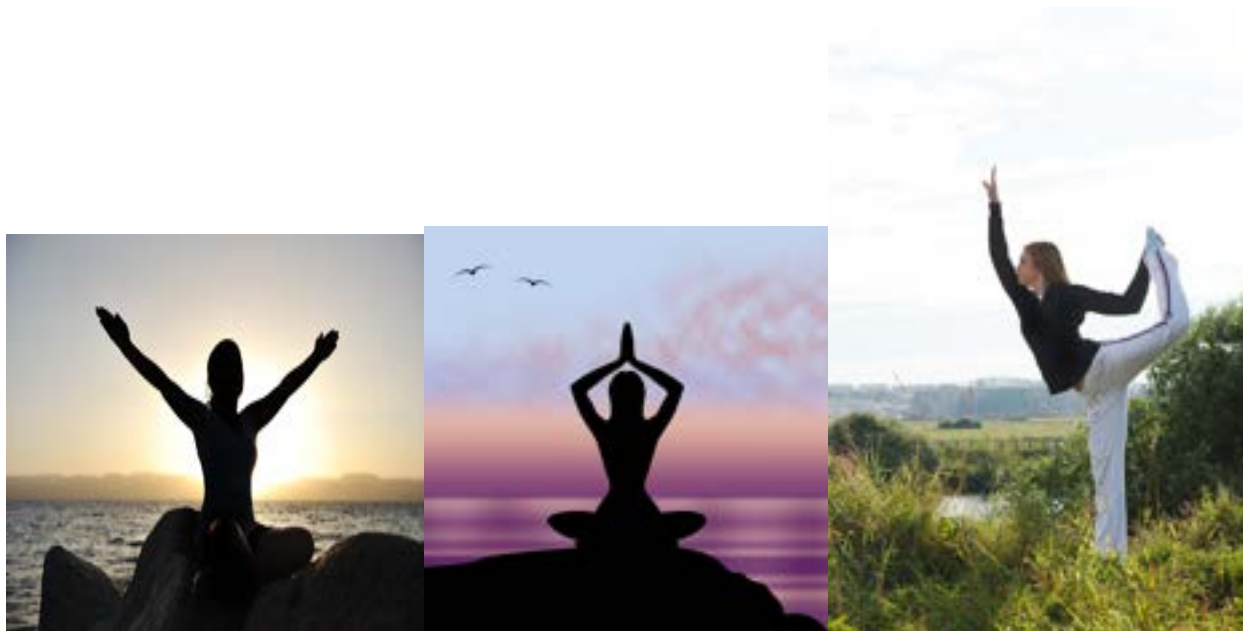
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# *Sensual and Spiritual Delights*



**If it's part of your daily, weekly, or even monthly routine, it doesn't count as a Dream Date. But if your reaction to Reiki is--what is Reiki?-- seek out a practitioner and go for a trial session. Take a yoga class if you've never done so before, or, if you have, seek out a new variation you've never tried. Same goes for massage. All delightful ways to relieve stress, feel pampered, and increase your feelings of well-being.**

# *My Sensual Spiritual Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Shake It Up*

**Chances are that you played around with a hula hoop as a kid. I know I did, and I remembered it was a lot of fun. Back in those days, life was sweet and fun and all things were possible.**

**Don't you want to feel that way now? Relive those childhood memories by picking up a hula hoop now and start swinging it around your waist. Trust me, using a hula hoop is a lot like riding a bicycle; once you've learned how to do it, you never forget. Spin it around a few times. Then try to keep that smile off your face.**

**I was reintroduced to the hula hoop about a year ago. I enjoyed it so much that it's now become part of my routine. Alas, that means it no longer counts as a Dream Date for me. But that's okay. There are plenty more out there for me to do.**



# *My Shake It Up Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Shero Sees Seashells By The Seashore*



**I grew up in a beach town, so I spent countless hours every summer tiptoeing through the sand looking for seashells. True, there were more mussels than anything else, but every once in a while a starfish or something else unidentifiable but pretty would pop up and make a welcome addition to my collection. There's no reason to keep that as only a childhood memory. It's still delightful to walk around the beach and come upon new discoveries. Even if you're not looking to create a collection, a purposeful walk for shells is a great way to spend time with yourself.**



# *My Seashells Dream*

## *Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Singin' In The Shower*



**You know you want to do it. You keep telling yourself you're going to do it. Well, today's the day. Let your Lady Gaga rip it up. Belt out your version of one of today's hits or an old favorite from long ago. You'll thank yourself afterward for the great endorphins your musical medley will create. A little tone deaf? Worried about your tin ear? No problem. You can be secure in the knowledge that the sounds of the water will prevent others from hearing. This can be your special secret.**

# *My Singin' in the Shower Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Sitting On The Dock Of The Bay*

*There is certainly something in angling that tends  
to produce a serenity of the mind.  
Washington Irving*

**I look at fishing kind of like meditation for macho men. Those big hunky guys who love to sit for hours with a pole on a pier or at the**



**edge of a lake or even on a rowboat, not too concerned about whether or not they haul in the**



**big one, are there for one reason: To be in a place of serenity, where they can be alone with their thoughts and appreciate the joys of nature and the universe. They'd never come right out and admit that, of course. But that's okay. We can. Consider a few hours at a local fishing site as a time to recharge your batteries, celebrate life and take a holiday from your everyday challenges. Check for times and license requirements. Catching is optional.**



# *My Fishing Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Snooze Or Lose*



Think what a better world it would be if we all,  
the whole world, had cookies and milk about three o'clock  
every afternoon and then lay down on our blankets for a nap.  
Robert Fulghum

**Sometimes the best thing we can do for ourselves is...nothing. A nap in the middle of the day can be refreshing, stress relieving, and a perfect way to take a mini-break from everyday life. When you have one of those days where all your best intentions seem to veer off sideways, get yourself back on track by making a conscious decision to stop and give your body--and your mind--the rest it deserves.**

**Bonus Points: Set a declaration before your nap and be amazed and awed by the very powerful dream you manifest.**

# *My Snooze Or Lose Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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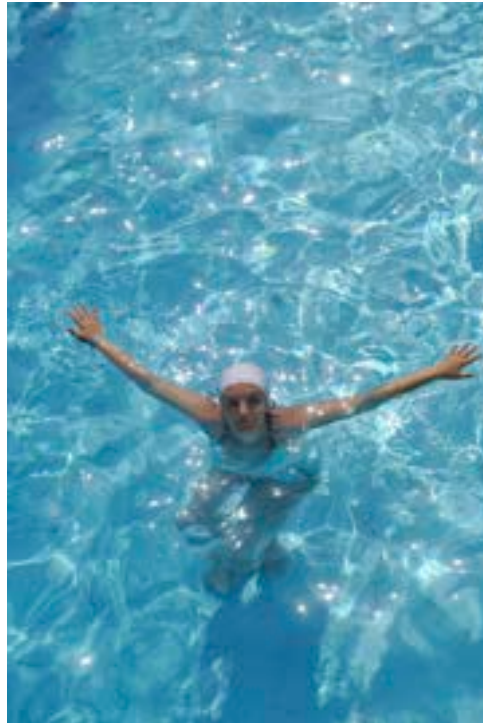
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# *Solo Swimming*



**A variation on the floating in the pool Dream Date is the swimming alone while in the company of others Dream Date. Sometimes we find our higher selves when we take a moment away from the crowd to ground ourselves in ourselves. A solo swim is a wonderful way to do this, as the cool water refreshes our senses, envelops us in a hugging embrace, and lets us know that we are whole, perfect, and complete.**

# *My Solo Swimming Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Splash In the Ocean*



**It's cool, it's refreshing, and it's that bracing feeling that heightens our senses and lifts our spirits. A splash in the ocean is a great Dream Date, whether it's near where you live or a destination vacation. Relish the delicious feeling of running into the waves while you breathe in the fresh salt air. Doesn't it make you feel great to be alive? Time it to coincide with sunset for an added visual delight.**

# *My Splash in the Ocean Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Star Gazing*



**Want to feel at one with the universe? The next time the weather report predicts a cloudless night, go outside and look up at the stars. Even if you know nothing about astronomy, the night sky is a beautiful display of light and patterns and a perfect place to exercise your dreaming mind. Naturally the number of stars visible to the naked eye increases the further you are from a city, but even in an urban sky there are enough stars overhead to hold your attention. If you're the curious type, download an app that can give you the names of the planets, stars and constellations in your area.**



# *My Star Gazing Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Strangers in the Day*

How many times have you been out in a public setting and ignored all the people around you? Yeah, me too. It's so easy to cocoon ourselves in our own little worlds and look at the strangers around us as "others" and people we need to avoid.

On your next Dream Date, make the move to get out of your comfort zone and say hi to one person you've never met before. It could be the server at the restaurant, someone in the elevator on the way to work, the cashier at the convenience store, someone you pass on the jogging track. You never know. That simple hello might blossom into a conversation and a conversation into a new friendship.

Caveat: I'm not advocating putting yourself out there to everyone, such as casually going up to someone on a dark street in the middle of the night. Use discretion, please.



# *My Strangers Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Swingin' In the Sun*



**Have you ever walked by a park, seen a little kid joyously swinging on a swing, and thought that it looked like fun but that you were way too old and too cool to do that anymore? How many times do we deny ourselves little pleasures because we're too concerned how others will see us? Well, throw your self-consciousness--and your body--to the wind. Hop on a swing, pump your legs up high and let the air sail across your face. Take delight in the feelings of freedom and lightness as you soar upward toward the sky and don't be surprised if you erupt in spontaneous giddy giggles. There was a reason that swinging was fun when you were five. Rediscover it.**

# *My Swingin' Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Take A Walk On The Wild Side*



**This Dream Date is for the walker in you. Nearly every area of the country is teeming with trails just waiting for you and your exploratory senses. While there are some that can be grueling, most require little more than a good pair of walking shoes, a water bottle, and the desire to take in the sweeping views that go on for miles. Who knows what may inspire you in the quiet of nature amid the varied flora and wildlife?**

# *My Wild Side Walk Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Take Yourself Out To The Ball Game*



**Feeling the need for an adrenaline boost? Want a shot of inspiration? Go out and cheer for your favorite team or player. Whether it's the small tykes at the park playing baseball or soccer or the big guys warring it out at the arena, a few hours at a sporting event is a great change of scenery. Sure, it's passive on your part, but not every Dream Date has to be physically active.**

# *My Ball Game Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *Teddy Bear's Picnic*



While there's no denying there's joy in sharing a picnic with friends and family, there is another kind of joy to be had by treating yourself to a solo outdoor feast. Declare it Your Day. Pack a healthy, nutritious lunch. Or perhaps you might want to include a bottle of wine or an indulgent dessert. Who cares? It's your day, so do what YOU want. Find a beautiful hillside where you can spread your blanket, open up your picnic basket, and enjoy your tasty treats. Afterward, explore the surroundings, lie back and gaze at the sky, read a book, or write in your journal. The possibilities are endless as you are the creator of this particular journey.

# *My Picnic Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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# *The Road Not Taken, Part 2*



I live near a state park with many trails up and down rocky desert terrain. There is one hill with a circular path around it, a route I must have taken over a dozen times in the past few years. One day I happened to notice another path off this route that seemed to go upward. It turned out to be a road to the top of the hill, a challenging though walk-able hike that yielded a bonus at the end: a panoramic view of the valley below that stretched for miles. I don't know why I'd never noticed this path before. It was not a new one and certainly not hidden from view. Yet, my vision had been limited. Before that walk, something did not allow me to open my eyes wide enough to see the possibilities around me. But I was ready for it on that day. It was a nice unexpected turn of events that left me feeling elated and full of life. All because I had ventured on the road not usually taken.

# *My Road Not Taken 2*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Throwing A Pot*

**Most of these Dream Dates are visual or aural. Here's one specifically geared to your sense of touch. There's something wonderful about the tactile feel of wet clay that brings back memories of making mud pies as a kid. Going out and making a mud pie now wouldn't be such a bad Dream Date. But we're adults and we're civilized, right? Do a little research to find a shop in your area that offers ceramics classes. Many places offer one-time lessons that include all tools and materials. Using your hands to shape an object into being is very therapeutic and holding your finished piece is very self-satisfying. You might even be surprised to discover a hidden talent!**



# *My Throwing a Pot Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Time Passages*



**This is one Dream Date that may not reap benefits for years and years. But when it does, you're going to be glad you took the time now to begin this special journey. That's because you're going to make your very own time capsule! It's best to get a plastic or metal box--you want the sturdiest container you can get for this. Then gather up a bunch of items that mean something to you. Nothing you need right now, mind you, but something that holds sentimental value. Maybe the stuffed animal you're still holding on to after all these years. An old report card. Pictures from various stages of your life. Last month's electric bill. Saved birthday cards. Your journal. You get the picture. Things that represent who you were, who you are and who you want to be. When you're done, pack it up and write on it in thick, giant letters: DO NOT OPEN UNTIL 2040. Yes, it will require patience to keep from opening that box. But remember, good things happen to those who wait.**



# *My Time Passages*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Toast Yourself*

**Just imagine that you've been invited to a gala event honoring a very special person. You have been appointed to give the honoree the main toast. What will you say?**

**Create that unforgettable moment for yourself. Put on one of your favorite outfits, style up your hair and make yourself look your best. Pour a glass of your favorite beverage, set yourself in front of a mirror and deliver the valedictory address to yourself that you know you deserve. This is your time. This is your life. Celebrate it!**



# *My Toast Yourself*

## *Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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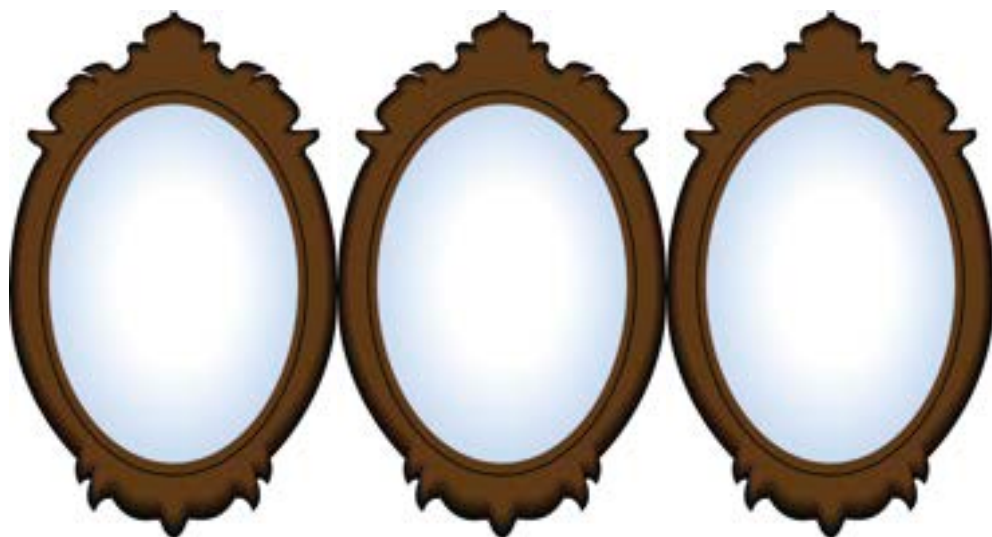
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# *Today Is Your Birthday...*

...birthday suit, that is. Does this sound familiar to you? Every morning you drag yourself into your bathroom, groggily rip off your pjs before you step into your shower, grab the towel and cover yourself as soon as you get out, and then quickly get dressed. Then at the end of the night you take off your togs and get back into your nighties--often with the lights off--before covering yourself under the blankets for a night of sleep. Notice anything missing here? Where in this scenario have you taken the time to stand in front of the mirror and celebrate the body that is you? Been missing in action, right?

It's time to correct that wrong. Stand before your mirror, in your entire naked splendor, and really take the time to appreciate the vessel you carry yourself in every day. You're unique, you're one of a kind, and that lovely body of yours wants to be appreciated every now and again. Loving yourself is all about loving every part of you, and there's no better place to start than here. As an extra bonus, don't just stop in front of the mirror. If the conditions allow it (I don't recommend doing this if there are other people in the house), strut your naked self around the house all day.



# *My Birthday Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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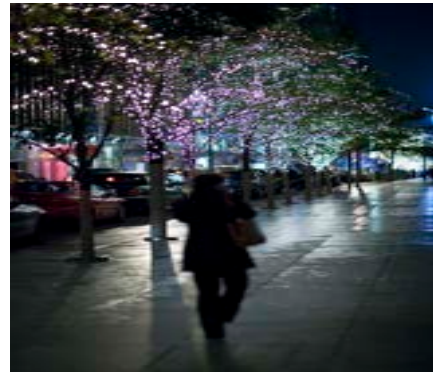
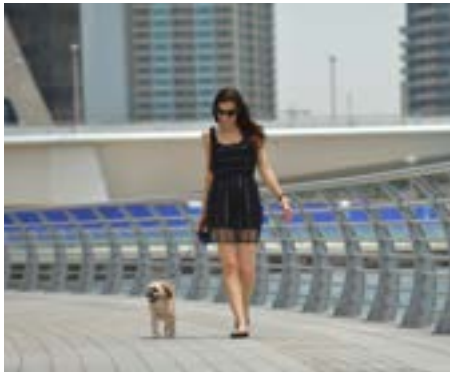
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# *Travel Down a New Path*



**This Dream Date is a little less challenging than a nature hike and takes no planning, just the desire to get out of your regular routine. There are many places you get to by walking, whether it's in your neighborhood or even at the mall. For this Dream Date, take a different route to your destination. Walk down the side street instead of the main road. Go down the alley you usually tend to avoid. The break in the routine awakens all your senses and can possibly even get you to think differently.**

**One day on my regular fitness walk around my neighborhood I decided to head south instead of north. Nestled amid the blocks of suburban ranch houses was a mini-farm with llamas, sheep, ducks, chickens and even a yak. What a delightful surprise!**



# *My New Path*

## *Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Use Your Hands*

The week can sometimes feel long. Work drags on; obligations at home keep us busy. That's why the Dream Date is so special. It's that time that's just for you, where you get to be the star of your own life. Now that you're learning to steal those moments each week for yourself, it's time to broaden your skill set with a fun hobby. Everyone has their own tastes, so I'm not here to dictate which activity you should take up. But here's a sampling of things that can give you pleasure and the satisfaction of stretching your creative spirit:



**Origami**  
**Juggling**  
**Needlepoint**  
**Knitting**  
**Rug Making**



**Macramé**  
**Decoupage**  
**Model Building**  
**Electronics**  
**Quilting**



# *My Use Your Hands Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Wake Up And Smell The Roses*



**Where? Try your local arboretum, town garden or park, where your eyes and nose can feast on a variety of flowers, shrubs and trees. A change in scenery can change your mood, can change your mind, and can change your life.**



**On a budget? You can get almost the same effect from viewing beautiful plants and flowers at your local nursery.**



# *My Smell the Roses Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Walkin' In The Rain*



**While visions of rainclouds may make most people head for the comfort of a roof, as dreamers we all know the value of sensual stimulation. A walk in the rain--a mild shower, not a downpour mind you--can awaken your senses as you take in the gentle spray of water on your face, the sound of raindrops hitting the leaves and pavement, the smell of the cool fresh air, and the mysterious beauty of the dark clouds overhead. Not for everyone perhaps, but a lovely Dream Date for the adventurous soul.**

**I had such a Dream Date one day when I got caught in a sudden shower. Rather than curse the weather, I opened up the umbrella I had the foresight to bring with me and enjoyed this new sensation. My walk was more purposeful and deliberate, as I had to maneuver around puddles and avoid getting splashed by passing cars. I felt a little daring as I prided myself on braving the elements, while others were riding out the rain inside houses or on porches. Then, when I got to my destination, I felt a greater appreciation for the warmth and comfort of being inside. It's the heightened attention to the senses that makes this kind of Dream Date very rewarding.**

# *My Walkin' in the Rain Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Watching a Sunset*



**Beautiful sunsets can be experienced from all kinds of vistas. Nothing beats the feeling of watching the sun lowering itself on an ocean or lake after a gloriously sunny day. Sitting on a mountainside and watching the skies above turn pink, purple and dark is also something to celebrate. Even gazing up at the end of the day from your backyard or rooftop can provoke feelings of peace, joy, and release.**

**One day last summer I was driving west on a suburban street. When I stopped at a light, I looked up and saw the most magnificent array of colors in the sky. When the light turned green, all the cars around me sped away, their drivers oblivious to the light show playing right in front of them. However, I pulled off to the side of the road and spent the next few minutes just gazing upward. The stresses of the day were fading away and I felt a great sense of peace wash over me. Before embracing Dream Dates, I probably wouldn't have stopped either. But boy, I was sure glad I did. It was a little thing—just a sunset—but for me, in that moment, it made all the difference in the world.**

# *My Watching a Sunset Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Watching The Ships Sail In*



**A Dream Date doesn't have to have a specific purpose and doesn't have to be physical. Some of life's special moments come in those calm spaces, when gazing is the only activity called for. Whether you do this lying on the beach, sitting on a bench, or standing on a dock, watching boats on the water can be a relaxing way to spend the time and could also spark your mind to create even more fabulous daydreams.**

# *My Watching the Ships Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *We All Scream for Ice Cream*



**I eat ice cream all the time, so this could never be a Dream Date for me. But if you're really health conscious and usually avoid all things sugar like the plague, then a trip to the local ice cream or frozen yogurt emporium can literally be a delicious Dream Date. Mmm, just thinking about an ice cream sundae with double chocolate ice cream, hot fudge and whipped cream is making my blood sugar rise. Life is all about expressing our senses to the fullest. Give your taste buds what they deserve...there'll be plenty of time to diet it off later.**

# *My Ice Cream Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Wet On Wet*



**Want a delightful twist on a simple float in a pool? Try taking a dip in the pool in the rain.**

**Recommendation #1: Float on your back when taking part in this wet Dream Date. The effect is feeling light, alive, and invigorated.**

**Recommendation #2: Do this during a light rain shower, and never ever when there's a threat of lightning. Dream Dates are meant to be carefree and fun, not dangerous.**

# *My Wet on Wet Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Whack A Mole*

**Okay. We're supposed to be calm, self-controlled people, devoted to rational, peaceful, and growth-inducing experiences. But, hey, we're human, too. Every once in a while--especially when life throws us frustrating or exasperating situations--we just need to let it all out. So pick yourself up, go down to the arcade, and let the angry side of you display itself in full force. Whack at those moles and take some satisfaction in knowing that you've harmed only silly, make-believe beings. For those disinclined to go to an arcade alone, or those unable to find one, you can download a digital version of this stress-releasing game for your smartphone.**



# *My Whack A Mole Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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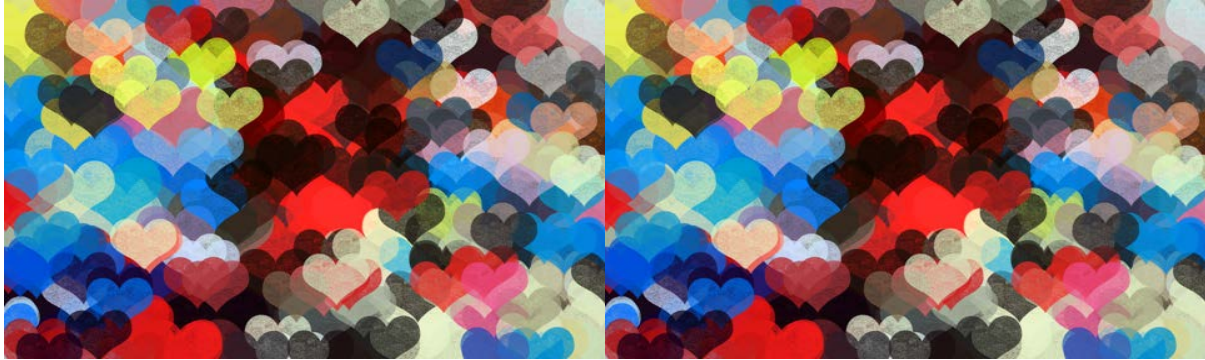
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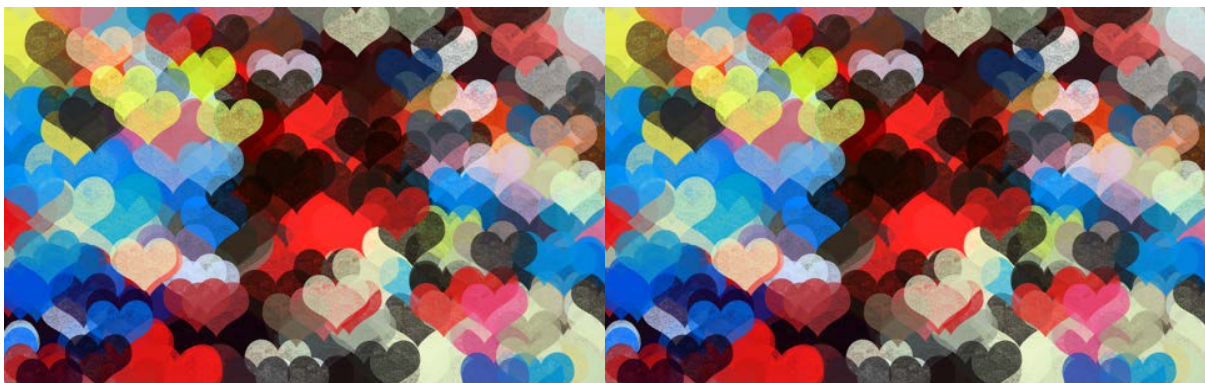
# *Who Loves Ya Babe?*



**You do! In your day-to-day dealings it's often hard to remember that you're special, especially when you have those days when you feel as if you're carrying the weight of the world on your shoulders. So take out a beautiful piece of stationery—even if you have to go a fancy paper store to buy it--and a good pen and write yourself a love letter. I suggest writing it out in longhand. There is something about physical writing, as opposed to typing on a keyboard, that is more intimate and helps get your deepest emotional thoughts out into the sunlight.**

**Let it all rip. Let your heart empty out with how much you truly admire and appreciate the beautiful person you are. It doesn't have to be a long letter. Even a few carefully chosen words that express your authentic truth will suffice.**

**Sign your name at the bottom, date it, and even seal it with a kiss. Then save it in a special place where you'll be able to retrieve it on those days you might need a little reminding.**



# *My Who Loves Ya Babe? Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Window Shopping For The Soul*



Too often we find ourselves in a rut, doing the same routine, the same actions over and over again. It's as if we live life with blinders on, limiting ourselves to the familiar and the safe, and thus closing ourselves off to new discoveries.

Here's an example of what I mean, and how to turn it into a Dream Date. The place pictured above used to house a sporting goods store. One day I drove by and my curiosity was aroused by that name: Urban Doors. I remembered the store as being quite large, so I imagined it had to be a new furniture store. After all, it was certainly too big to be a store selling only doors. Wrong! I parked, walked inside, and was amazed to see a huge collection of row after row of doors of all shapes, sizes, and styles. I wasn't in the market for a door but I enjoyed viewing all the varieties, and I was impressed by the selection. It was an experience I would have denied myself if I just drove by and didn't satisfy my curiosity. That's the very definition of a Dream Date.

# *My Window Shopping Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# Wordplay



Like, um, dontcha get tired of listening to people, um, like, you know, who pepper their sentences, like every other word or so, um, with fillers, like, you know, the words like, um, like and you know? Yeah, me too. Sloppy speech is often--but not always--a symptom of someone who's not sure about themselves. You're not one of those people, right? Of course not. Just to really prove to yourself that you're not, stand in front of a mirror and make a speech to yourself. Subject doesn't matter. If you don't feel like creating something original, recite the Gettysburg Address. Watching yourself speak clearly and passionately will remind you of your persuasive powers and communication skills. That's a pretty good feeling, right?

# *My Wordplay Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Wordplay, Part Deux*



**A person with a strong vocabulary is a person with confidence and grace who projects that strength to the world. Improve your inner education by teaching yourself five new words. Doesn't really matter what they are, but it works best if they're words you're likely to use in future conversations. Maybe they're words you've heard others use and didn't know what they meant, and were too embarrassed to ask. Now's the time to correct that. Look up the words, write them down, memorize the meanings, and practice using them in sentences. You'll enjoy the feeling you get the next time you actually use them in public.**

# *My Wordplay, Part Deux Dream Date*

*Date*\_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt*\_\_\_\_\_

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# *Your Bucket List*

We all have things that we want to do in our lives. Mostly though, they're sort of vague thoughts that we keep in the backs of our heads, fleeting ideas that often have the fuzzy word "someday" attached to them.

Well, now's the time to bring them out into the light of day. Take out a yellow pad or open a page on your computer or tablet and let loose. Write down all the ideas you have about what life has in store for you. Don't hold back. List anything and everything that comes to mind; even the things you think might never happen, like winning the lottery, meeting your favorite celebrity, or taking a trip to the moon. You may even discover some hidden desires you didn't know you had in you.



Then, after you're finished, take a look at the first thing on the list, and start to plan how you can really really make it happen. Even things that sound too "out there" can happen in your life, if you set the intention on doing what you have to do to make it happen. Perhaps you can even make planning that action your next Dream Date!

# *My Bucket List Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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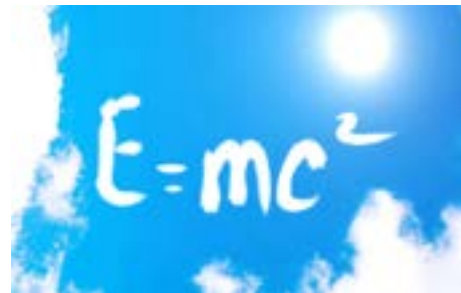
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# *You're Smarter Than You Think*



**Sometimes you need a little outside confirmation of your greatness. Or maybe you simply long for those old schooldays where you got to fill in those dots on a standardized test and want to dive back into the testing world again. That's right. There's a Dream Date here. There are lots of sites on the internet offering IQ tests. They're easy to take and the results may just be the extra validation that you are the smart, intelligent person that, deep down, you truly believe you are. This could be the little confidence boost that you're looking for.**



# *My Smarter Dream Date*

*Date* \_\_\_\_\_

*Place* \_\_\_\_\_

*What I Did* \_\_\_\_\_

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*How It Felt* \_\_\_\_\_

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# *Dream Dates Continued...*

**We've outlined 101 Dream Dates here, but the list goes on and on. As this is a book for doing, I'd like to hear about the experiences you've written in this workbook, and your ideas about other exciting Dream Dates. Write to me at:  
[Debbie@thedreamcoach.net](mailto:Debbie@thedreamcoach.net)**



**For more information about dreams and how your dreams can help you understand your innermost thoughts please go to my website:  
[thedreamcoach.net](http://thedreamcoach.net)**

**Or follow me on Facebook: [101dreamdates](https://www.facebook.com/101dreamdates)  
Or Twitter [@dreamwithdebbie](https://twitter.com/dreamwithdebbie)**

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