

2. Vision Activity: Getting Dreams Done

There is a big difference between a dream and a goal. A dream is something you imagine happening; a goal is something you take actions towards. Often, when we meet with students to discuss their vision they list their dreams, not their goals, and that's understandable. Most people have long lists of both dreams and goals and it's easy to mix them up. But it's important to recognise that dreams are unlikely to happen. Instead we use them to provide comfort when times are difficult. Goals are different – there's a good chance of achieving them because each day, week or month we take action towards them. Here is a good way of distinguishing between your dreams and your goals.

Often when students complete this task, they realise that some of their dreams should in fact be considered goals. Make a list of your hopes for the future and then put them into one of the following categories:

<p>Pure fantasy and pipe dreams</p> <p>List here the things you would one day like to be or do but that you've never ever talked about. It's never been verbalised at all – it's just in your head.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Daydreams and conversations</p> <p>List here the things you would one day like to be or do that you've talked about with a friend. You've admitted them and started exploring and discussing them.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Goals</p> <p>List here the things you would like to do that you've taken action about. What was the action? When did you take it? What did you do when things got difficult?</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

When your list is complete, answer the following questions:

1 What percentage of your daydreams or pipe dreams have you acted on? What is the chance of these hopes becoming reality?

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2 How much action have you taken to turn daydreams into reality? Has it been repeated, determined action? Or has it been action taken some time ago?

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3 Which daydreams are the most important to you? What further actions could you take? What could you do to turn pure fantasy and pipe dreams into goals?

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Final Thoughts

Most people have pipe dreams or daydreams they never act on. That's OK, as long as you aren't frustrated or unhappy by not pursuing your dreams. Look over your three lists again, and try to answer this question honestly:

If you could turn one of these dreams into reality, which one would it be, and what would you have to do?

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