



DREAM

DREAM PROJECT  
Sample Part 2

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# Greetings from Linda!

Here is a sample lesson from the project portion of my upcoming book.

## **Time Is On Your Side**

Re-ignite your Long Ago Forgotten Childhood Dreams

This is the second sample of the interactive project and my upcoming book.

## Welcome to The Dream Project

This guide is intended to interactively spark inspiration and motivation to manifest your long ago forgotten dreams into today's reality. It involves creating a scrapbook of mementos, photos, notes, inspiring quotes, to help you ignite inspired action. You can create a beautiful physical scrapbook or an online scrapbook. I did both! Each chapter of this book will conclude with a lesson of creative, spiritual, practical activities related to the chapter's title and content. I have created a project for myself and I am able to confidently say it is a very special tool of self-exploration. It can lead to self-actualization for women needing confidence and self-esteem. Whether you love tangible, hands-on activities or prefer digital projects, you will experience enlightenment by the completion of the project. In addition to the interactive activities of the scrapbook creation, you will also create a sacred space, an altar, for your special moments of reflection. This space may change over time, especially when following suggestions for moon phases. You will need a special place in your scrapbook for diary/journal entries, or a completely separate journal. I found I enjoyed a separate journal. I created my own style and decorated it for inspiration. I call it "My Diary", reminiscent of my childhood years! I will sprinkle in links for music for meditation practice, or you can choose your own. Choosing silence is also a great alternative. I choose silence frequently. I will also add inspirational quotes here and there throughout scrapbook activities. I collected quotes and added them to a separate section in my own scrapbook.

I hope you enjoy this project!

# What You Will Need

▶ A chosen book to use as a diary/journal or a prepared online journal space. You can arrange, style it, or decorate it any way you like. It will be your written work that, who knows, someday may be part of a book you write.

▶ A lovely scrapbook of your choice of any size or shape. You can also choose to use an online computer record of your project, even open a new Pinterest page or private Facebook page for your eyes only!

▶ Old photos of you in your childhood, teenage, young adult, and adult years that reflect your dreams, desires, and goals. They can be simple selfies, or elaborate images of you in action engaging in activities you once loved and/or still do love!

▶ Special mementos that spark memories of long-ago hopes, dreams, and wishes. They can be little trinkets you have saved and/or forgotten that take you to a pleasant time or memory in your life. In my scrapbook, I have saved tickets to shows or events, dried flowers, cards or letters sent or received, postcards, and stickers.

▶ For those mementos that do not fit in a book, I set up a special “altar”, my sacred space, for display of long-forgotten objects I love that inspire motivation. I have little souvenirs that remind me of people, places, and things I would love to revisit to help me reinvent my goals. My altar space is fluid and changes frequently as I get inspired by the lessons and the moon phase activities. You can arrange candles, remembrances, photographs, special trinkets saved or representative of your younger self, on a shelf or stand.

▶ Search for quotes and/or pictures of people and places that inspire you to take action steps to achievement. Remember your heroes or heroines of childhood. You can find newspapers or magazines, internet articles/photos, and Pinterest images that reflect the qualities you admire in your heroes!

▶ Blank pages for sketching, notes, are appealing to add for visuals and reminders you can return to as you progress in your activities.

## Chapter 4

### Embrace Your Past, Love Your Future

“Your past is just a setup for your comeback.” ~ Chellbee

The previous chapters have prepared the reader to blend inspiration from the past with hope for the future. In this chapter, my intention for the reader is to blend enlightenment learned from the past to feel inspired for the future. The lessons of the first two chapters will lead the reader to a new awareness and resolution to be excited about future goals. I will share personal stories and anecdotes, as well as stories of other women. I am confident if the reader follows the guidance of the previous chapters, there will be a joining of the inner child of the past, the present older self, and a joyful expectancy of the future self. At the conclusion of this chapter, I intend on leading the reader through steps to begin a practical plan to accomplish new goals for the future.



## Sample Interactive Activity

- ◆ In your diary/journal for today, list specific dreams you previously envisioned and are ready to manifest.
- ◆ First gather photos of yourself from childhood that bring back happy memories. Try to find photos that are reminiscent of your childhood dreams.
- ◆ Look over these photos and imagine the moments you are seeing. Take yourself back in time.
- ◆ Answer the following questions in your diary/journal.
  1. What would you like to tell your childhood self in that moment of capturing that picture?
  2. What do you think your childhood self would like to tell you now?
  3. Assure your childhood self you will not disappoint her/him. You will pursue your dreams with joy that you have not so far.
  4. List in your diary/journal action steps to begin manifesting a dream into reality.

Remember, even if you have to modify action, go for it!

For example: A few years ago I decided to revisit my childhood and young adult study of ballet. I am older now, 63 years of age. Obviously, I could not jump back in and become a prima ballerina in a company. However, I was determined to return to my young adult prestigious ballet school. I joined the adult class and have been going strong for years. I was able to continue a dream I started when I was young but gave up on due to lack of self-esteem. I am now able to give joy to my childhood self because I never forgot. In the end I did not give up. Not only am I a student, I am regarded as a valuable contributing member to the company in many ways. I meditated and prayed and received help and spiritual guidance.

## Sample Interactive Activity Cont...

5. As you decide what dream you want to pursue and have determined any alterations, explain to your childhood self you will return her/his hopes and dreams to completion.  
Explain how, when, where you plan to do this.
6. NOW, take action!! Do something, anything to begin. Write in your diary/journal what you will do and how you felt after you completed your first steps!
7. Return to those photos of your younger years and gather them together with NEW pics of you pursuing your dreams TODAY! In your scrapbook, include these old and new pics with captions and encouraging affirmations.
8. Soon you will be able to reflect on your successes and satisfactions! Trust me, they can be bigger and better than you could have imagined.



## Hi, I'm Linda J. Wagner

I am here to tell you almost every dream I have had since childhood has come true for me, in some way shape or form. There was a point “growing up” when I stopped dreaming and began planning my life to what others’ expectations were, what I thought I “should” want. After years of disappointment and still not “pleasing” others, I finally returned to my long ago forgotten childhood dreams. I have followed a plan for 10 years now, actually unwittingly, not even knowing that I was bringing my dreams to reality. Enough was enough! I came to understand a few years ago that I was naturally manifesting my hopes, dreams, and wishes! All the prayers, the daydreams, the diary entries, the conversations with myself, created an epiphany over time. I came to an awareness that I was actually making or going to make them happen, with the help of God and the blessings of the universe!

*Love & Dreams,  
Lin*