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| Title | **Realising Your Dreams** |
| Objective | * Make an action plan for realising your dreams
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| Target audience | Community members |
| Group size | 20–25 participants, preferably couples |
| Estimated time | 2h |
| Materials  | Book and pen or pencil |
| Printouts/downloadable resources | * Accompanying [PowerPoint presentation](https://www.threemountains.academy/wp-content/uploads/2018/06/Realising-your-dreams-explanation.pptx) (visual explanation of the steps for the facilitator.
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| Source | Adapted from [GALS](http://www.galsatscale.net/_documents/GALSCatalyst2VisionJourney.pdf) |

This exercise is a continuation of *The House of My Dreams* exercise. In that exercise, participants defined their dreams and goals. This exercise helps them draw up an action plan to achieve those goals. Ask participants to bring their dream diamonds to the workshop.

1. **Steps:**

Introduction (10 minutes)

* Explain to participants that in order to achieve their dreams they have to make a plan.
* Give each participant a pen and a piece of paper.

Individual work (1hour)

* Ask participants to draw a large sun in the right-hand corner of the paper. Next, ask them to draw or write their dreams inside the sun. (see the PowerPoint for clarification)
* Ask participants to draw a smaller circle in the bottom-left corner of the paper and draw or write their current situation in it.
* Connect the smaller circle to the larger circle (the present to the sun) using a line on either side. This represents a path to success over the coming twelve months. See the PowerPoint slides for guidance.
* Draw three evenly-spaced ovals along that path, getting larger as they reach towards the sun. These are milestones measuring the path to success.
* Imagine that each oval, and the sun, represents a quarter of the year (three months). By the final quarter you should have realised your dreams and reached the sun. The other three ovals (or milestones) should show where the participant sees themselves at each point throughout the year. Ask them to draw or write down on each milestone how they imagine their situation will look.
* Write any opportunities or positive conditions in the space above the path, and any obstacles or negative conditions below the path.
* In the spaces between each milestone, each participant should write or draw specific actions that they will undertake to get from one milestone to the next.

Whole group work (45 minutes)

* Participants share their action plans with the rest of the group, who are encouraged to offer constructive feedback.
* Send single participants home and invite couples to remain. Ask them to try to combine their individual action plans into an agreed joint plan.
* Before ending the session, suggest that participants put their plans up on a wall in their homes and hold an evaluation session at the end of each quarter. Questions for these evaluation sessions should include:
* To what extend have we achieved our stated goals?
* Are we on track to achieve our next milestone?
* If we didn’t achieve a milestone, what went wrong and what should we do to remedy that?
* What opportunities and challenges have we faced so far?

**2. Questions to help guide discussion:**

* How have you achieved your dreams in the past? What tools and resources do you have?
* How does your attitude affect success? What might you change about yourself?
* What skills or knowledge do you have?
* What additional resources might you need to reach your goals?
* What obstacles or challenges might you face?
* How will you avoid or overcome these challenges?

**3. Key message**:

This exercise helps to develop an individual action plan based on SMART milestones. It helps participants to analyse challenges and opportunities, and to track progress over a period of one year.

**4. Notes for facilitators:**

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| This exercise helps participants to create a realistic, SMART action plan for realising their dreams. It continues to build on the dream diamond found in *The House of My Dreams* exercise. The plan sets concrete actions built around intermediate objectives. It also helps participants to analyse challenges and opportunities they encounter, and to track progress over a one-year period.**SMART stands for a goal or action that is:****Specific: clearly states who, what, when and where.****Measurable:  clearly states how many or how much, so that you can answer ‘have we achieved this’ with a straight ‘yes’ or ‘no’.****Assignable: assigns responsibility for undertaking the task to a named individual or group of collaborators.****Realistic: is based on realism rather than fantasy or impossible dreams.** **Time-bound: clearly specifies when it will be completed by.**At the end of the exercise, single participants may go home whilst couples remain to try to combine their individual action plans into an agreed joint plan.**Time Scale**The path from your current situation to the sun (your dreams) can represent any period of time. For the purposes of this exercise, we have suggested one year divided into quarters, but you could shorten that to months, or lengthen it to several years depending on how much time you have to devote to the workshop.**Drawings or words?**The exercise can be completed using drawings or words, whichever the participants feel more comfortable with. This also helps to include people with low literacy levels and gives a sense of ownership over their plans. It becomes their drawing, their plan.Drawing also helps people to loosen up and leave their comfort zones. Drawings can help to clearly communicate an idea. One disadvantage of drawing is that it takes more time than writing. Highly literate people may find it hard to draw because writing takes less time.One disadvantage of only using writing is that it can isolate people with low literacy levels. It is best to allow each participant to use the method they feel most comfortable with.Read more about *The House of My Dreams* [here](http://www.galsatscale.net/_documents/GALSOrganisationTODD.pdf) |