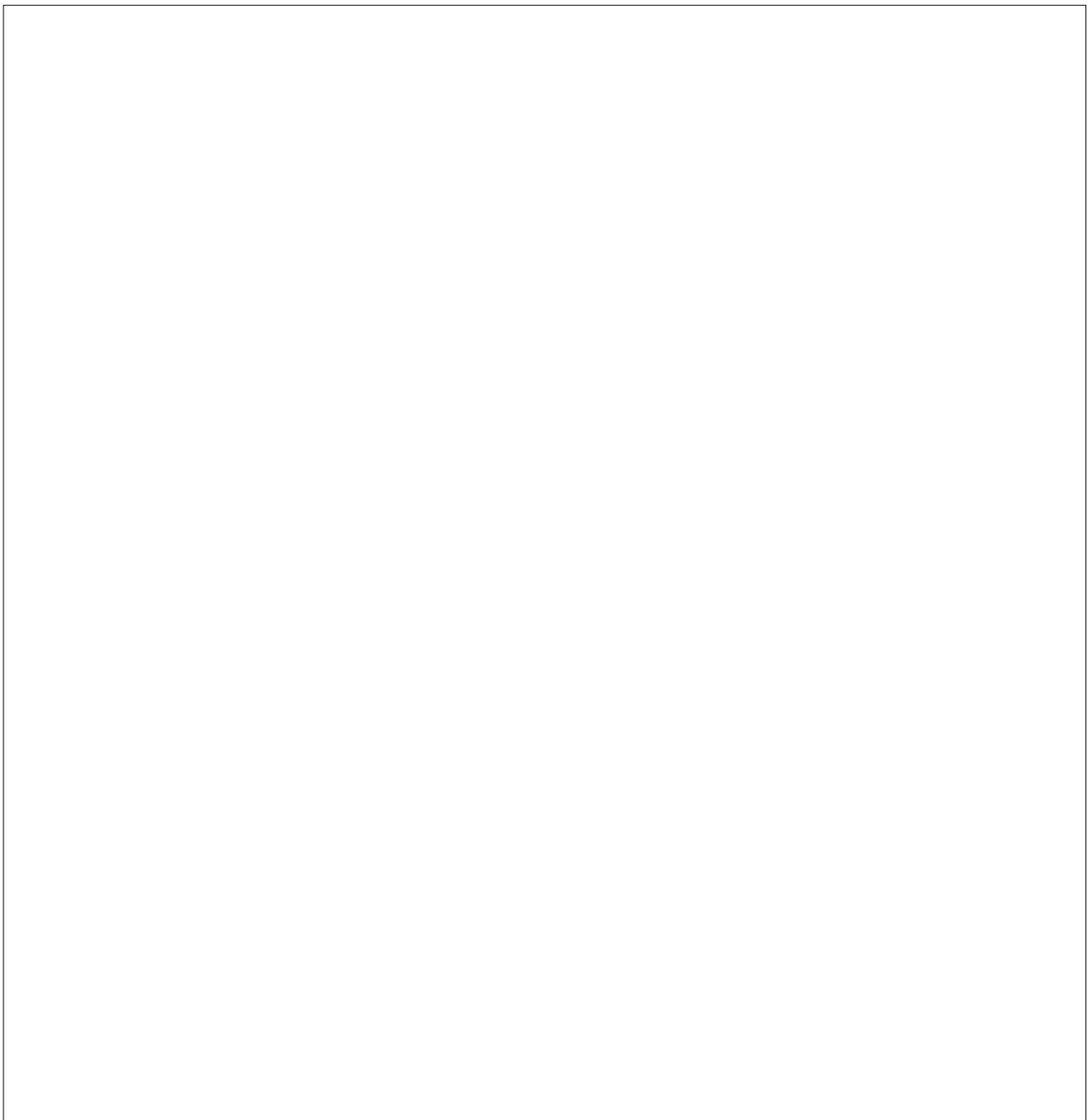


EXERCISE: TAKE A MOMENT TO DREAM

Let yourself have daydreams. Dreaming makes you feel good and brings you energy.

1. WHAT ARE MY DREAMS?

Dreams can be great or small and if you like, you can only concentrate on a small part of a bigger dream.

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts or dreams in response to the exercise.

2. WHICH DREAMS ARE VERY IMPORTANT TO ME AND WHICH I WOULD LIKE TO BECOME REALITY?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box occupies most of the page's vertical space.