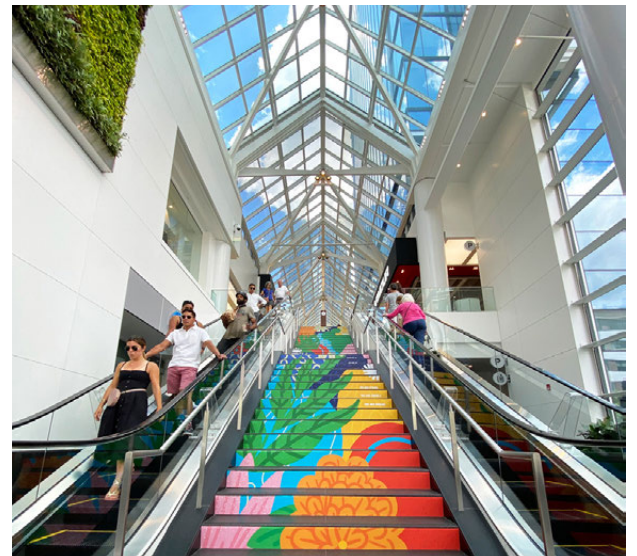


The DREAM Workbook

CREATIVE EXERCISES TO
INSPIRE YOUR DREAMS

@yerrrycreate x NOW
+ THERE x bxp



LET YOUR DREAMS TAKE FLIGHT

Created by Yenny Hernandez for Now + There, this Dream Workbook features illustrated quotes from interviews collected from her *"Ponle Vuelo a Tus Sueños/Let Your Dreams Take Flight,"* on view at Prudential

Center. Featuring creative exercises celebrating gratitude and encouraging self-reflection in dreamers of all ages, this book offers playful approaches to goal-setting and personal motivation. As your dreams take flight, we hope this gift inspires you to open minds, conversations, and spaces with us!





WHAT MOTIVATES YOU TO
PURSUE YOUR DREAMS?

I WAKE UP THINKING OF
MY *FAMILIES* EFFORT
AND WANT TO VALIDATE
THEIR ENDEAVOR
THROUGH *my* ACTIONS
AND HOPEFULLY
PURSUE *my* DREAMS
TO THE FULLEST.

-Felipe O. 🇪🇸

SAY GRACIAS!

MAKING DREAMS COME TRUE IS HARD WORK! BUT WE ARE NEVER TRULY ALONE IN OUR ENDEAVORS- ALONG THE WAY THERE'LL BE SUPPORT FROM FRIENDS, FAMILY, AND COLLEAGUES..

A THEME PRESENT IN ALL THE INTERVIEWS CONDUCTED FOR THIS PROJECT WAS THE CONSTANT THREAD OF GRATITUDE. PULLING FROM THAT FEELING LETS MAKE A THANK YOU CARD!

FIRST MAKE A LIST OF PEOPLE YOU ARE GRATEFUL FOR.

PICK ONE PERSON FROM THE LIST ABOVE TO WRITE A POSTCARD TO. PRACTICE IN THE SPACE BELOW AND CONSIDER INCLUDING THINGS LIKE: WHAT IMPACT THEY'VE HAD ON YOUR DREAM, WHAT THEIR SUPPORT MEANS TO YOU, VOICE YOUR GRATITUDE, OR CHEER THEM ON IN THEIR OWN GOALS.

--



ONCE YOU'VE PRACTICED, PRINT THE POSTCARD AT THE END OF THIS BOOK TO BRING YOUR CARD TO LIFE!



HOW DOES YOUR CULTURE OR
VALUES INFLUENCE YOUR DREAMS?

**AS A LATINO MAN OF
PUERTO RICAN DESCENT
IN THE U.S. MY CULTURE
GIVES ME THE
MOTIVATION TO
KEEP *MOVING* FORWARD.
IT HAS ALLOWED ME TO
FIND MY *INNER STRENGTH*
AND NOT RELENT NO
MATTER WHAT GETS IN
THE WAY.**

-Abraham L. 🇵🇷

YOUR RECIPE TO SUCCESS

IF YOU HAD TO SHARE YOUR RECIPE FOR SUCCESS WHAT WOULD YOUR INGREDIENTS BE?
ARE YOU HALF CUP AMBITIONS? 2 CUPS ENTREPRENEUR?

IDENTIFY AND LIST 5 INGREDIENTS THAT ARE VITAL TO MAKING YOUR SUCCESS CAKE!



COLOR ME IN FOR ADDED FUN!



WHAT'S A DREAM YOU'VE SEEN COME
TRUE BECAUSE OF DEDICATION?

**I'M LIVING MY *FULLEST*
DREAMS. I'M ACTUALLY
MAKING A LIVING AS AN
ARTIST TODAY IN THIS
COUNTRY, WHICH I
CAME AS AN IMMIGRANT.**

**LEARNING A NEW
LANGUAGE, LEARNING A
NEW CULTURE, I WAS
ABLE TO ACHIEVE
*WHAT I CAME HERE TO DO.***

-Silvia L. 🇩🇪

**MAKING DREAMS COME TRUE IS HARD WORK,
REMEMBER TO BUILD TIME FOR SELF CARE INTO
YOUR JOURNEY.**

**BRING THIS DRAWING TO LIFE AND TAKE TIME TO
RELAX, SLOW DOWN, AND HAVE FUN!**





WHAT MOTIVATES YOU TO
PURSUE YOUR DREAMS?

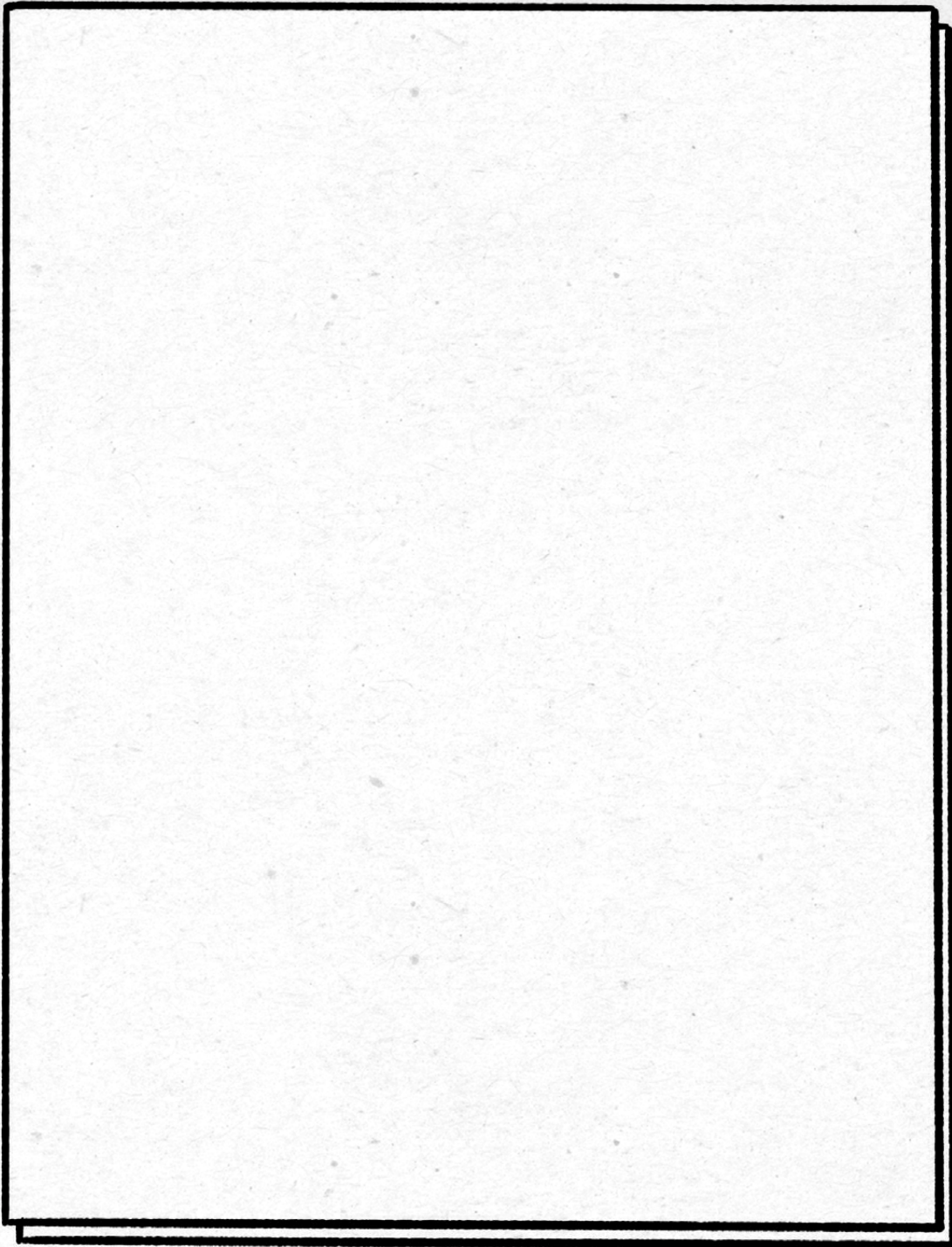
**MY PARENTS' JOURNEY
TO THE U.S. MOTIVATES
ME TO KEEP GOING,
KEEP PUSHING, AND NOT
PUT A STOP TO MY
DREAMS. I NEVER FEEL
LIKE SOMETHING IS
IMPOSSIBLE BECAUSE
OF WHAT MY
PARENTS DID.**

-Juliana F. 🇧🇷

MAKE YOUR OWN INSPIRATION

**YOU ARE YOUR BIGGEST CHEERLEADER!
MAKE YOUR OWN INSPIRATION POSTER THAT WILL INSPIRE YOU TO DREAM!**

**THINK OF A PHRASE THAT MOTIVATES YOU AND DRAW IT BELOW.
(EX: YOU'VE GOT THIS, YES YOU CAN!)**



CREATED BY: _____.



HOW DOES YOUR CULTURE OR
VALUES INFLUENCE YOUR DREAMS?

**MY DREAMS, GOALS,
AND ACHIEVEMENTS ARE
INTERTWINED WITH
MY LATINIDAD AND THE
JOURNEY IT HAS TAKEN TO
SUCCEED. MY SUCCESS IS
THE CONTINUATION OF A
STORY THAT STARTED
WHEN MY MOTHER CAME
TO THIS COUNTRY.**


-Yenny H. 🇵🇷

TAKE A STEP

SOMETIMES DREAMS AND GOALS CAN FEEL HUGE! JUST REMEMBER EVERY JOURNEY STARTS WITH A STEP. BREAKING UP GOALS INTO SMALL TASKS IS A GREAT WAY TO MAKE THEM MORE MANAGEABLE. PLAN YOUR NEXT STEPS BY APPROACHING A GOAL ONE TASK AT A TIME.

FIRST WRITE DOWN A GOAL OR DREAM YOU'D LIKE TO WORK ON.

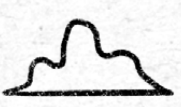
(EX: ILLUSTRATE MORE, EMPTYING YOUR INBOX, RUNNING A 5K)

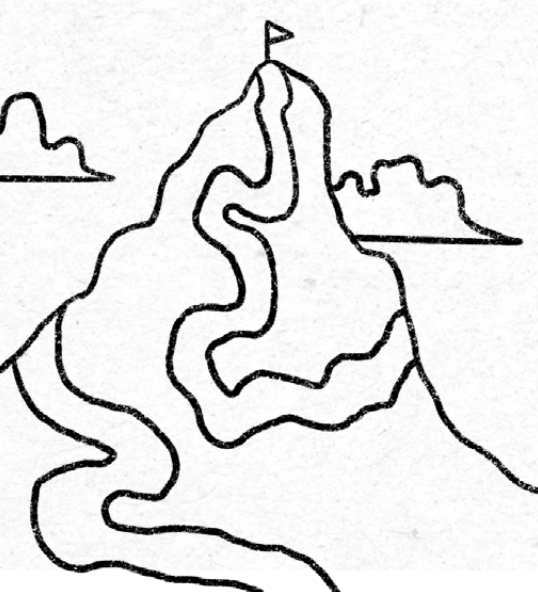


NEXT LIST SMALL TASKS OR CHANGES YOU CAN TAKE TO START WORKING TOWARDS YOUR GOAL.

- › THE KEY TO MAKING PROGRESS IS CREATING ACTIONABLE TASKS.
- › IT'S IMPORTANT THE TASKS YOU MAKE ARE SPECIFIC AND MEASURABLE.
- › VAGUE TASKS ARE HARD TO TRACK AND CELEBRATE, SO IF A TASK FEELS TOO BIG KEEP BREAKING IT DOWN!

(EX: SET 2HRS ASIDE EVERY WEEK TO DRAW, READ AT LEAST 5 EMAILS EVERY MORNING, DOWNLOADS A RUNNING APP).





BONUS STEP, ADD A TIMELINE! SOMETIMES WE WORK BETTER WITH A DEADLINE. ADD A DATE OF COMPLETION AND WORK TOWARDS YOUR NEW MINI GOAL.



