

Turning Dreams into Reality

Do you remember when you were a child and your parents, teachers, or friends would ask you what you wanted to be when you grew up? Or how about when you were younger, sitting on the couch, watching TV and thinking, “I want to be just like that person when I get older.” Maybe you dreamt about being the firefighter who rescued someone from a burning house or the Olympic athlete who scored the winning point to receive a gold medal. Regardless of what you wanted to be or do with your life, you learned to set goals to make those dreams come true.

Sometimes our dreams do come true, and other times they metamorphose into something totally different as events occur in our lives. Think about your life and how some of your dreams may have changed over the years.

For those with a mental illness, sometimes dreams can seem out of reach and impossible to achieve. Setting goals for dreams can be a difficult task. As a mental Healthcare Professional, you’re the one who can help these individuals begin setting goals to accomplish their dreams. One thing you may suggest is to have your client(s) write down their dreams on paper and then discuss the goals they will need to set to make their dreams a reality.

Located below, and also available in the Team Solutions binder¹, is a worksheet designed to assist your client(s) in capturing some of their dreams on paper. Making plans, setting goals, and evaluating choices are all great steps your client(s) can take on their road to recovery.

This and other helpful worksheets can be found in Team Solutions and Solutions for Wellness Binders. For more information on how to receive these binders, please call the toll free Neuroscience Information Line at 888-354-8326.

Reference:

1. Johnson McCrary, K., (2009). Recovering: Achieving Your Life Goals, Session 1 - Making Sense of What Happened. In *Team Solutions, Workbook 1* (page 12).

My Dreams



By _____

My dream is to be a (job or occupation) _____

My dream is to live (where? type of housing?) _____

My dream is to share love with these people in my life: _____

My dream is to one day have a _____

