

DAY DREAMING EXERCISE



All participants



40 min (10+20+10)

Ask the participants to lay down on the floor (ideally if appropriate conditions for it are met), tell them to close their eyes and for the next 10 minutes try to see a perfect picture of themselves 10 years from now.



After 10 minutes are over, give the floor to each of the participants to tell us what they pictured (people, places, doings, smells, etc.). Trainers may participate as well.

Last 10 minutes discuss about dreams and this exercise.

Learn about each other dreams, and allow everyone enough time for descriptions.



The exercise will relax the participants, and will also introduce some relevant elements of dreams you as a trainer will be discussing later on (realistic dreaming, personal vs. business life dreams and dilemmas/balance, etc.).