



# Beyond The Noise

HOW TO GUIDE:

# CONSCIOUS DAYDREAMING TO SET WILD GOALS

**Conscious daydreaming** is a powerful tool for unlocking your deepest desires and setting meaningful goals (or as I like to reframe them: DREAMS\* (which are definitely not SMART – insert yawning emoji here)).

**D**

## **Daring**

Let go of the limitations you have adopted or created and remember, you don't HAVE to do anything but when the time is right, make it worthwhile (and wild)

**R**

## **Right**

No need for pros and cons lists, throw out the logic, you just KNOW.

**E**

## **Energising**

Motivation? No need, this thing you want – it's lights your fire!

**A**

## **Alive**

Where have I been these last few years. This is transformational!

**M**

## **Meaningful**

Great, you're paying me for doing this? I'd do it for free!



**By gently guiding your thoughts**, you can explore new possibilities, navigate with joy and step into a future without limits.

## **Step 1: Find Your Space**

Choose a quiet, comfortable place where you won't be disturbed. This could be a cosy corner of your home or garden, a beautiful park, or a quiet café. The key is to find a space where you can relax and let your mind fully wander. Important point: Make sure to give yourself permission to have this time and space. You deserve it.

## **Step 2: Relax and Breathe**

Start by taking a few deep breaths to calm your mind. Close your eyes and fill your lungs from the bottom to the top. If it helps, put your hand on your heart and breathe and remind yourself of the love that surrounds you. This helps to clear your mind of distractions and prepares you for a peaceful, indulgent and enjoyable and daydreaming session.

## **Step 3: Set an Intention (IF this helps)**

Before you begin, you might want to set an intention for your daydreaming session. What do you want to explore? It could be a specific goal, a dream project, or simply a desire to discover new possibilities.

Or you can go native and skip to Step 4!

## **Step 4: Let Your Mind Wander**

Allow your mind to drift naturally. Don't try to control your thoughts (equally, if you feel the mind police taking over, just let them settle down). Imagine your thoughts as clouds, let them drift freely. Let them come, stay and leave in their own time. Just watch where they take you.

This is where the magic happens – your subconscious mind will start to reveal ideas and possibilities you might not have considered before.

Remember: there is no right or wrong way of doing this. Just let go.

## **Step 5: Visualise Vividly**

As you daydream, try to visualise your goals as vividly as possible. Imagine the sights, sounds, and feelings associated with achieving your wildest dreams. The more detailed your visualisation, the more real and possible your dreams will feel.

## **Step 6: Capture Your Insights**

During or after your daydreaming session, take some time to write down any insights, ideas, or dreams that emerged. This helps to put some shape to your thoughts and provides a basis for future daydreaming.

There are no rules here. You might down random words or sentences. You might choose to doodle or sketch. Let whatever wants to come out, come out (including any physical emotions).

No rules. Your life. Your dreams.

# 5 POWERFUL QUESTIONS TO PROMPT YOUR DAYDREAMS - EXPLORE WITH CURIOSITY AND A LIMITLESS MINDSET



## 1) What would I do if I knew I could not fail?

This question removes the temptation to add the word ‘but’, to make excuses or put up barriers as to why you simply can’t dream. The fear of failure may well pop up. By acknowledging that and putting it to one side we can dream without limits. It encourages you to think big and bold.

## 2) What are my deepest passions and how can I incorporate them here?

Reflect on what fills you with joy and energy. When are you ‘in flow’? When does time fly by? What do you never need to motivate yourself to do? Aligning your goals with your passions can lead to more fulfilling and sustainable achievements.

### **3) What impact do I want to have on the world?**

Consider the legacy you want to leave behind. What do you want to be remembered for? Thinking about the broader impact of your goals can provide a sense of purpose and direction.

### **4) What resources and skills do I need to achieve my wildest dreams?**

Identify the tools, knowledge, and support you need. This will help when you want to create a practical plan to turn your dreams into reality – it doesn't have to be now!

### **5) How can I overcome potential obstacles and challenges?**

Anticipate possible hurdles and think about strategies to overcome them. This proactive approach can boost your confidence and resilience.



By regularly engaging in conscious daydreaming and exploring these powerful questions, you can build start to belief in the possibilities of moving beyond where you are now. To live the life, you were born for. A life that inspires and challenges and fills you with joy.

Happy daydreaming! ✨

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