



DREAM CREATOR

Introduction

Prepared by

Sarah Davis

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Message from Sarah

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt



You were born knowing how to dream. Big, impractical, magnificent dreams with no regard for timelines or budgets or what everyone might think.

Then life taught you to be sensible. And sensible is useful. But sensibility has a shadow side. It can talk you out of the most important things.

The goosebump moments. The ideas that feel too big, that excite and scare you. The version of your life that makes you catch your breath when you let yourself imagine it fully.

Those aren't fantasies to be dismissed. It's listening to the whispers of your soul. They're you, trying to tell yourself something.

This kit exists because I believe everyone deserves a dream worth waking up for — and that sometimes, finding it takes a little excavation. A few good questions. Permission to think without limits, even just for a while.

So let's shake off the practical. Let's turn down the noise. Let's go and find the thing that makes you come alive.

Because the world needs more people following their wildest dreams!

Finding Your Dream

Somewhere between the alarm going off and the inbox filling up, between the school run and the Sunday night scaries, there's a version of you looking for more, something that's missing.

It's a dream. A big one. **The kind that makes your heart beat a little faster just thinking about it.**

But they don't tend to show up when life is loud. And for most of us, life is very loud.

So we tell ourselves we're too busy. Or too old. Or too far down a path we can't change. Or too sensible for all that.

This kit is about dismissing all of that and creating the space to search for your dreams.

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.
Harriet Tubman

A dream should give you goosebumps. It should excite and scare you.

Dreams worth chasing pull at you. They creep into your thoughts when you're supposed to be doing something else. They make you feel more like yourself, not less.

That's the dream we're after. And if you can't find it yet — that's okay. That's exactly what this kit is for.

The Modules



1. Sparking Curiosity This is about waking up the part of you that knows how to wonder. These prompts are about opening your mind.

2. Finding Your Why We do the things we love because of how they make us feel. This section helps you identify the feelings you're chasing..

3. Ideas This is where we let the ideas come freely, make them bigger than feels sensible, and see what surfaces.

4. Experiments This section is about running little experiments to see where the passion is.

5. Decide and Commit This is where possibility becomes intention. From everything you've explored and choose the one dream you're going to back with your time, your energy, and your belief.

Using this kit



There are no rules here. No wrong answers.
But a few considerations before you begin.

Start with a skim through. Have a quick look through the sections and decide which you want to focus on and the order.

Work through it in your own time. You might move through every section in a weekend. Or you might sit with a single question for a week.

Dreams don't arrive on demand. They tend to surface when you give them a little space and a lot of patience.

Not every section will land. Some sections will spark something immediately. Others might not. Skip them and use the ones that work.

Expect some resistance. If a question makes you uncomfortable or brings up an "I could never do that" reaction. Park that...for now.

Be honest with yourself. The half-answer, the socially acceptable answer, or one you think you should give, that's not as useful as the honest one.

The only thing this kit asks of you is this:

Stay curious, stay open, and don't rush to the answer.

The best ones take a little time. Enjoy the process!



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Module 1: Finding Your Why

We rarely do the things we love for logical reasons — we do them because of how they make us feel. These feelings are our ‘why’. This section helps you identify the feelings you're chasing, so they can act as both a compass and a filter for everything that follows.

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Finding Your Why

The Link Between Feelings and Dreams

Most of us think about dreams as things — a business we want to build, a place we want to go, an achievement we want. They are things that we chase with passion.

But the reason any particular dream calls to us, the reason one idea lights us up while another leaves us cold, is less about the dream itself, but how it makes us feel.

Simon Sinek famously tells us to start with why — the belief or purpose that drives everything else. When it comes to our dreams, our feelings are our ‘why’.

Knowing how you want to actually feel is the most potent form of clarity that you can have.
Danielle LaPorte

Think about the things you do that excite you and bring you joy. Now ask yourself: what is it about that thing that pulls at you? Is it the sense of freedom, or the sense of achievement? The impact you'd have on others? The way it makes you feel alive?

That feeling — that is your why.

Much of this module is inspired by Danielle LaPorte's book *The Desire Map*, which I highly recommend. It was pivotal to me finding my first really big dream: to paddle the Nile River.

Foundation Feelings

Identifying the feelings you most want to experience - your foundation feelings - can act as your compass to separate the dreams that genuinely belong to you from the ones that just sound good.

A dream that points toward your foundation feelings will have a different quality to it — a pull that logic can't fully explain. That's the one worth chasing.

**You are never too old to set a new goal or to
dream a new dream.
C.S. Lewis**

The steps that follow are designed to help you find your foundation feelings.

This isn't an essential step in finding your dreams, but it can help. This module builds on the previous module and begins with some quick questions, before identifying how you want to feel in various areas of your life.

This leads to creating a list of feelings before coming up with your list for three to five foundations. This is a little like some processes out there to find your values.

Take your time with this and savour the process.

FOUNDATION FEELINGS

Step 1: Quick questions

These build on the questions in the first module. Don't overthink this.

1. My favourite activities are...

2. They make me feel...

3. The times I have felt most fulfilled are...

FOUNDATION FEELINGS

4. The things that energise me are...

5. I get excited when...

6. I'm inspired by....

FOUNDATION FEELINGS

Step 2: Areas of your life

Go through the different areas of your life, keeping in mind your answers above and in the first module, and list out how you want to feel in each area. This might be a word, or a few words. Whatever comes to mind. On the next page is a list of feelings. This is not exhaustive and you're not limited by these.

Take your time and don't judge what comes to mind.
what comes to mind. And don't rush the process. Give it time.

Professional/Work Life/Business/Career

Leisure Activities (e.g. sports and hobbies)

Health and Wellbeing

FOUNDATION FEELINGS

Finances and Wealth

Romantic relationships

Family and Friends

Living Situation

Spirituality

FOUNDATION FEELINGS

Admiration
Acceptance
Adoration
Adventurous
Affection
Amazement
Ambitious
Amused
Assertive
Assured
Attentive
Awe
Belonging
Blissful
Bold
Brave
Calm
Capable
Capricious
Carefree
Caring
Challenge
Cheerful
Cherished
Closeness
Compassion
Composed
Confidence
Considerate
Content
Courageous
Creative
Curious
Delight
Dependable
Desire
Determined
Devotion

Eager
Easygoing
Ecstatic
Elated
Empathy
Enchantment
Energetic/Energised
Engaged/Engagement
Enjoyment
Enthralled
Enthusiastic
Euphoric
Excited
Excitement
Exhilarated
Expressive
Fascinated/Fascination
Fervent
Fit
Fondness
Focus
Free
Fulfilled/fulfillment
Friendly
Generous
Glad
Gleeful
Giving
Gratitude/Grateful
Happy
Healthy
Helpful
Hopeful
Humble
In service
Infatuation
Inspiration/Inspired
Intrigue

Invigorated
Jovial
Joy
Jubilation
Kind
Lighthearted
Longing
Love
Making a difference
Merry
Optimistic
Passion
Peace
Philanthropic
Positivity
Present
Pride
Rapture
Relaxed
Satisfaction/Satisfied
Secure/Safe
Serene
Sentimental
Stimulated
Strength/Strong
Successful
Surprise
Thoughtful
Thrilled
Triumphant
Trusting
Upbeat
Valiant
Valued
Vibrant
Vitality
Wonder
Zeal/Zest

FOUNDATION FEELINGS

Step 3: Time to rumble

With this initial list, go through each word. Perhaps use a thesaurus and/or dictionary to look at the meanings and alternatives. Play with the words and change them so you have words that you really connect with.

Review the list and bring it down to a maximum of twelve feelings, covering all the areas of your life.

FOUNDATION FEELINGS

Step 4: Create the shortlist

Look at the list you have. Which ones stand out? Some might be similar - which one resonates more?

For example: happy might become fulfilled. Free might become uncontained. Strong might become unshakeable.

Which feel energising and expansive? Are there feelings you're clearly hungry for but not currently getting enough of? Don't analyse too hard yet. Trust your gut.

Consider what it feels like for you to be each of these words and what they mean to you. How does your life look when you are embodying that feeling?

Aim to bring this down to 3-5 foundation feelings.



FOUNDATION FEELINGS

Step 4: Create the shortlist

Identifying your foundation feelings isn't easy, but is a valuable exercise.

These act as a compass to uncover dreams true to you and act as a lens to put your dreams through before committing.

1.

2.

3.

4.

5.

In closing

Establishing your foundation feelings is a little like unpacking your personal values. It can take some time but when you get them, they click and you know they're right for you.

They can be used, not just when searching for your dreams, but also with the decisions you make. Such as - career changes, moving to a new place, the friends and relationships you have and more.

**Our feelings are our most genuine
paths to knowledge.**

Audre Lorde





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Module 2: Sparking Curiosity

Before we go looking for the big dream, we need to wake up the part of you that knows how to wonder. The prompts aren't about finding answers — they're about opening doors and remembering what it felt like to ask what if.

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Sparkling Curiosity

Curiosity is something kids have in abundance. Diane Hamilton PhD, in her book *Cracking the Curiosity Code*, describes curiosity as being like a spotlight.

As young kids that spotlight has a wide beam – we look at everything, we want to know about everything, and we ask ‘why’ relentlessly. We want to try different things.

As we get older, the beam of our spotlight narrows and focuses on a smaller area – we become creatures of habit, ‘why’ is uttered less, we take things for granted, we make assumptions.

We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths
Walt Disney

The idea of getting curious is about broadening our beam again and shining the light on different areas and think about opening new doors, learning and questioning more.

This module begins that process by going through a series of prompts and questions to then come up with a selection of ideas.

Some prompts might not work for you or bring anything up, that’s ok. Focus on the ones that do. These are the foundations for the next module which is coming up with ideas.

GETTING CURIOUS

Step 1: Look Backwards

Childhood is a goldmine. Before the world told you what was practical, you knew exactly what you loved. That version of you might still have something important to say.

1. What did you do for hours as a child without anyone asking you to?

2. What did you want to be when you grew up — and what was it about that that excited you?

3. What sports/hobbies/activities did you do as a child?

4. Was there something you loved as a child that you quietly let go of?

GETTING CURIOUS

Now let's reflect on the past more generally.

5. My top three happiest memories are....

6. They made me happy because....

7. What sports/hobbies/activities did you do in the past beyond your childhood?

GETTING CURIOUS

Step 2 Current joys

Now let's look at things you currently do and what they bring

1. The things that give me energy are....
2. For fun, I like to...
3. What could you talk about, or read about for hours?
4. What causes do you care about?

GETTING CURIOUS

Step 3: Curiosity

Keep going through these. You might have immediate answers for some, others may take time, and others might not speak to you at all. That's ok.

1. If you could teleport to anywhere in the world, where would it be and why?

2. What physical challenge or endurance event would you consider undertaking?

3. Some destinations I'd like to head to are...

4. If you could switch to any other job or career, what would it be? Put down a few ideas if you have them.

5. What is one significant thing you would like to achieve?

GETTING CURIOUS

Step 4: Follow the Envy

Envy gets a bad press, but it can be one of the most honest signals we have. When you feel that flicker of I wish that were me, it's worth paying attention.

1. Whose life, work, or adventure do you find yourself admiring, even envying, and why?

2. When you scroll past someone doing something that makes you feel a small pang, what is it specifically that you want? The freedom? The creativity? The impact?

2. If you could swap lives with anyone for a year — real or fictional, living or historical — who would it be and what does that tell you?

GETTING CURIOUS

Step 5: External View

Sometimes the people closest to us can see our gifts and passions more clearly than we can. This one takes a little courage — but it's worth it.

Exercise: Reach out to two or three people who know you well - a close friend, a family member, a colleague you trust. Ask them the following questions:

1. When do you see me most alive and energised?
2. What do you think I would do if nothing were in the way?
3. What do you think I'm uniquely good at that I might not fully see in myself?

Write down their answers without dismissing or debating them. Sit with what they say.

GETTING CURIOUS

Step 5: Follow the Frustration

The things that frustrate or move you most — a problem nobody seems to be solving, an injustice you can't ignore, a gap in the world that bothers you — are often the seeds of the most meaningful dreams.

1. What do you see in the world that you wish were different?

2. What problem do you find yourself wanting to fix, even when nobody asked you to?

3. What makes you angry, sad, or restless in a way that feels important rather than just inconvenient?



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Module 3: Ideas

This is where we throw practicality out of the window, completely and without apology. Let the ideas come freely, make them bigger than feels sensible, and see what surfaces when you stop editing yourself before you've even begun.

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Ideas

Now it's time to start coming up with ideas of things you can do and dreams to build. UT. Before you start, there's something to give yourself.

It's a permission slip.

The moment you start writing down what you really want — what you'd really do if nothing was in the way — a voice might appear with its objections. That's not realistic. That's selfish. It's going to be too costly. Who do you think you are?

You are going to ignore that voice. Completely.

Have the courage to follow your heart and intuition.
Steve Jobs

This module has one rule: **nothing is too big, too strange, too indulgent, or too impossible to write down.**

You are not committing to anything. You are not telling anyone. You are simply making a list.

Plus, the pressure to find the idea, THE dream, is one of the biggest reasons people never find it. When we're focused on landing on the right thing, we skip past the things that actually call to us.

So we're not looking for the answer yet. We're just opening every door we can find and seeing what's behind them.

IDEAS

Step 1: Create your ideas list

The first step is to generate as many ideas as possible. Not a shortlist or considered selection. As many as you can, as out there, unrealistic and wild. Remember, nothing is too big, too strange, too indulgent, or too impossible.

Consider the results of the previous two modules as prompts. I've suggested putting the ideas under various categories - this is just to help you come up with some things. Don't be restricted to these.

Your target here is at least 50 ideas. Aim for more. Take days or weeks if you need to. This isn't a single-sitting exercise - come back to it. Add to it. Let it breathe.

Without leaps of imagination, or dreaming, we lose the excitement of possibilities.

Gloria Steinem

Writer and entrepreneur James Altucher has a practice he swears by: write ten ideas every day. Not because all ten will be good but because the practice of generating ideas is a muscle that needs training. The more you use it, the stronger it gets. The first ideas that come are often the obvious ones. Keep going past them. The interesting ones often live further down the list.

Consider doing this - ten ideas a day of things you'd love to do or try.

NOTE: The categories below aren't mutually exclusive. A hobby could also be something creative, but not necessarily. These categories are just to help you come up with some ideas. There are also some suggestions in the pages that follow.

IDEAS

1. SPORTS AND PHYSICAL CHALLENGES

Endurance events, physical goals, experiences that test you

2. CREATIVITY PURSUITS and HOBBIES

Art, writing, music, design, film, stage, photography, making things, building things, expressing something

3. EDUCATIONAL

Something you'd study, a subject you'd master, a qualification you'd pursue, something you've always wanted to understand

IDEAS

4. WORK / PROFESSIONAL

A business you'd start, a role you'd love, a skill you'd turn into something, a problem you'd solve, a way you'd work differently, a side hustle

5. TRAVEL, ADVENTURE and EXPERIENCES

Places you'd go, ways you'd travel, experiences you'd have, expeditions you could undertake

6. SOCIAL AND COMMUNITY

Something you'd create or contribute to, a community you'd build, a cause you'd champion, a way you'd give back

IDEAS

7. LIFESTYLE

How you'd live, where you'd live, the kind of life you'd design around the people and things that matter most

8. OTHER

Ideas that don't fit the categories above

IDEAS

Step 2: Sit with the list

Before you do anything else with your ideas, give them time.

Come back to your list after at least a day or two, without forcing it, which ideas you've been thinking about without meaning to.

Which ones crept into your thoughts while you were doing something else? Which ones did you mention to someone, or almost mention, before stopping yourself? Which ones made you feel something when you read them back?

You might also find that one idea leads to another — that something on your list sparks a variation or a combination you hadn't considered. A skill from your work life colliding with a passion from your personal life. Two ideas that seem unrelated suddenly making sense together. Note everything.

IDEAS

Step 3: Create a shortlist

Now it's time to shape your list.

Go through everything you've written and identify the ideas that pull at you most. Not the ones that seem most sensible, or most achievable, or most likely to impress anyone. The ones you keep returning to. The ones that produce a feeling — excitement, nervousness, longing, aliveness — when you sit with them.

Before you finalise your shortlist, hold each idea up against the foundation feelings from Module 1. Ask yourself: does this idea point toward how I want to feel? The ones that do belong on your shortlist.

Aim for 10-15 ideas on your shortlist. This might feel like a lot, but we're not narrowing to one yet. We're just separating the ideas worth exploring.

IDEAS



IDEAS

Step 4: Supersize Them

Take the ideas from your shortlist that excite you most and make them bigger.

Not a little bigger. Ten times bigger.

10x is so big and seemingly impossible that it immediately forces you out of your current mindset and approach

The 10x approach* comes from the observation we often underestimate what's possible because we're unconsciously designing around our constraints (time, money, network, abilities etc).

10x is so big and seemingly impossible that it immediately forces you out of your current mindset and approach

Dan Sullivan and Dr Benjamin Hardy

Ask yourself for these ideas:

- What would this look like if I removed every practical limitation?
- What's the biggest, most expanded version of this I can imagine?
- If someone with unlimited resources, belief and courage were to pursue this idea, what would they do with it?

You don't need to know how to get there. The goal is to stop letting the 'how' shrink the 'what'.

Write the supersized version of your ideas.

*The book *10x is Easier Than 2x* by Dan Sullivan and Dr Benjamin Hardy is a good read for this.

IDEAS

Step 5: Notice What's Singing

By now you have a big list, a shortlist, and a set of supersized versions of your most exciting ideas. Take a moment to look at all of it.

Something might be singing out clearly: one idea, or a cluster of related ideas, that feel more alive than the rest. If so, that's wonderful. Hold onto it. You'll take it into the next module.

For now, your shortlist is your working material. Keep it close. Keep adding to it. And trust that the dream has a way of revealing itself, often not in a single moment of clarity, but gradually, through the things you keep returning to when nobody's asked you to.

In closing

A Note Before You Move On

Having a list of 25 ideas or more, let alone a supersized shortlist of things that excite you, is not a small thing. Many people arrive at this kit believing they have no ideas at all. If that was you, look at what you've just created.

If nothing is really jumping out yet, that's completely fine. This is not a sign that you don't have a dream. It's a sign that you need more information, and the best way to get that information is not to think harder. It's to do something.

That's what Module 4 is for.

Keep going.





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Module 4: Experimenting

If you want to know if a dream has fuel in it take it for a small, low-stakes test drive. And if you haven't found a potential dream yet, then this is about simply trying new things. This module is not to prove anything, but to find out what's true.

Prepared by

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Experimenting

There's a point in the dream-finding process where thinking stops being useful. And that's what this module is for.

The most important thing to understand before you begin:

an experiment cannot fail.

Not in the way we usually think about failure. The entire point of an experiment is to find out what's true.

Whatever you discover, whether the experience lights you up or leaves you flat, you have learned something genuinely valuable. It's not failure, it's information.

**All life is an experiment. The more experiments you make,
the better**

Ralph Waldo Emerson

This module has two tracks. You might need one, or both, depending on where you are.

Track One: Exploration Experiments

For those who are still searching — who have a shortlist of ideas but nothing singing out clearly yet, or who want to cast the net wider before committing to a direction.

Track Two: Prototype Experiments

For those who have a strong idea — something that's already singing — but want to build confidence and evidence before making a bigger commitment.

EXPLORATION

The Idea

Go and try things. Enough to get a felt sense of whether the passion is there. Small, scrappy, low-commitment experiments that let you dip a toe in without jumping all the way.

You do something, rather than research something. Reading about scuba diving is not the same as getting in the water.

The goal isn't to find the perfect experience. It's to collect data about yourself, about what energises you, what leaves you cold, what surprises you, and what makes you think I want more of this.

Look at your list of ideas and pick out the things that interest you the most. There's also a list of ideas on the next page.

Choose a few ideas from your shortlist — ideally ones that feel exciting — and design a small experiment for each one. For each experiment, answer these questions before you begin:

- What am I going to try?
- What specifically do I want to find out?
- When will I do it, and how long will it last?

Then go and do it.

While doing these, consider listening to different podcasts, read different books, watch documentaries on things that spark your interest. Say yes to things you'd normally say no to.

EXPLORATION

Jot down some ideas and plan when you're going to do them.



EXPLORATION

Here are some generic and specific ideas.

- Volunteer for a day with an organisation working in a field you're curious about
- Take a class or workshop in something you've always wondered about
- Shadow someone whose work or life you admire
- Attend an event, meetup, or community gathering related to an idea on your list
- Spend a day doing something purely for the love of it
- Try the physical version of something you've only imagined — the hike, the painting class, the open water swim

HOBBIES

Cooking
Flower arranging
Cocktail making
Wine appreciation
Beekeeping
Makeup
Horticulture

CREATIVE

Painting
Pottery
Jewellery making
Candle making
Photography
Musical instrument
Write an ebook
Start a blog
Write poetry
Write a how-to guide

ADVENTURE

Multiday cycle
Multiday hiking
Wilderness camping
Sailing weekend
Solo weekend away

SOCIAL

Dinner with strangers
(e.g. with Timeleft)
Go to a Meet-Up
Meet someone living the
version of your idea

WATERSPORTS

Sailing
Ocean swim
Kitesurfing
Hydrofoiling
Surfing
Kayaking
Scuba diving
Paddle boarding
Fishing
Jetpacking
Windsurfing
Rafting
Whitewater kayaking
Free diving

MARTIAL ARTS

Brazilian Jui Jitsu
Krav Maga
Karate
Boxing
Muai Thai
Judo
Wrestling

COLD SPORTS

Ice skating
Skiing
Snow boarding
Snowshoeing
Cross country skiing

RACKET SPORTS

Tennis
Squash
Pickleball
Badmington
Table tennis

OTHER SPORTS

Horse riding
Fencing
Shooting
Gymnastics
Skateboarding
Hockey

EXPERIENCES

Track day
Stunt driving
Hot air balloon
Helicopter ride
Abseiling
Sky diving
Bungee
Jet boating
Canyoning
Climbing
Caving
Jackaroo/Jillaroo
Shark dive
Reptile experience
Indoor sky diving

PERFORMING

Toastmasters
Improv
Stand up comedy
Acting
Hip Hop dancing
Burlesque
Tango
Ballroom dance
Salsa
Pole dancing
Juggling
Fire spinning
Trapeze

EDUCATION

First aid course
Short course
Motorbike licence
Survival training
AI studies

WORK AND CAREER

Start a side hustle
Change career
Buy a business
Start a business
Be a mentor
Find a mentor
Undertake training

GIVE BACK

Volunteer

PROTOTYPE

A prototype is a deliberately small version of your dream. It's enough to test the most important assumptions and find out if the reality matches the vision.

The prototype experiment asks: **before I go all in, what's the smallest thing I could do to find out if this is real?**

When planning your experiment, think about the following:

- **Test the core assumption.** What's the most important thing you need to find out? Design the experiment around that.
- **It involves doing something.** Talk to people, create something, go somewhere.
- **Will answer something specific.** E.g. do I love teaching this? Do people respond to what I'm making? Does this environment suit me? Does this feel like mine?

It could be:

- **A free or low-cost version of the thing you want to do** — a workshop, a tour, a session, an event
- **Create one piece of the thing** — write the first chapter, build the first product, design the first version — and share it with a small trusted audience
- **Offer your idea as a service** to one or two people you know and see what happens
- Spend a week **living as close to your dream** life as possible
- **Have ten conversations** with people in the world you want to enter - potential customers, practitioners, people who've done something similar
- **Apply for one thing.** A course, a grant, a residency, a role — the act of applying will tell you something

In each case, notice how it feels to actually do it and what that reveals.

PROTOTYPE

Plan the experiment:



EXPERIMENTS

After Every Experiment: The Debrief

This is the most important step.

Whatever experiment you run, give yourself dedicated time to reflect on what happened. A proper sit-down with these questions:

- What did I notice about the experience, and about myself in it?
- Did this deliver the feelings I was hoping for?
- What surprised me?
- What did I want more of? What did I want less of?
- Does this idea have more pull now, or less?
- What's the one thing this experiment taught me that I didn't know before?

Write your answers down. The act of articulating what you've learned makes it real — and gives you something concrete to carry into the next step.

EXPERIMENTS

What If the Experiment Doesn't Deliver?

Sometimes you'll try something and it won't feel the way you hoped. The idea you were excited about turns out to be less compelling in practice. The passion you expected doesn't materialise.

This is not bad news. This is the experiment working exactly as it should.

A flat or disappointing experiment narrows the field. It tells you something important: this particular idea, in this particular form, isn't the one. That knowledge is genuinely valuable — it means you're not going to spend years chasing something that wasn't right for you.

Go back to your shortlist. Try something else. Keep experimenting

In closing

A Note OnTiming

Some people will move through this module quickly — one or two experiments and something becomes clear. Others will need more time, more experiments, more iterations. Both are completely fine.

Dreams don't always arrive with a fanfare. Sometimes they emerge slowly, through accumulated experience and repeated signals that something matters. Trust the process. Keep showing up to it.

And remember that the experiments themselves are not just a means to an end. They are the beginning of a bolder, more curious life.

That's the point.





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Module 5: Decide and Commit

This is where possibility becomes intention. From everything you've explored, you'll create your shortlist — and, if you're ready, choose the one dream you're going to back with your time, your energy, and your belief.

Prepared by

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Congratulations

You made it here.

Before anything else — take a moment to acknowledge what you've done.

You've done the feelings work. You've generated more ideas than you thought you had. You've experimented, reflected, and learned things about yourself that you didn't know when you started.

Now it's time for the hardest and most important step: deciding.

There are risks and costs to action, but they are far less than the long-range risks of comfortable inaction.

John F Kennedy

Why This Is Hard

Deciding on a dream is confronting in a way that exploring one isn't. When your dream is still a possibility, it's safe. It can't disappoint. It can't fail. It can't be judged.

The moment you choose it, all of that changes.

This is why so many people stay in the exploring phase because choosing makes it real and comes with risks. The risk of not succeeding. The risk of judgment. The risk that comes with heading into the unknown.

Those risks are worth taking. Every single time.

Because the alternative — the dream perpetually deferred, the quiet wondering of what might have been — carries a cost. It's just a cost that arrives slowly, in the background, rather than all at once.

DECIDING

Step 1: Build Your Final Shortlist

Go back through everything — your ideas list, your experiments, your reflections — and identify the dreams that are still with you.

The ones that haven't faded. The ones you've thought about without meaning to. The ones that produced something in you — excitement, nervousness, longing, a quiet but persistent pull.

Write them down. These are your finalists.

For each one, ask:

- Does this align with my foundation feelings from Module 1?
- After everything I've explored, does this still excite me?
- Does this feel like me — not someone else's idea of a good life?
- If I imagine myself a year from now, having pursued this — how do I feel?
- If I imagine myself a year from now, having not pursued this — how do I feel?

That last question is often the most revealing.

DECIDING

Step 2: Find the One

Now comes the moment of choosing. Look at your shortlist. Which is standing out?

If you're choosing between two or three strong contenders, try this:

The thinking test. For a few days, pay attention to how often you think about them. Does pop up more than others.

The conversation test. Tell someone you trust about each idea on your shortlist to notice how it feels to say each one out loud. Which one lights you up as you share it.

The fear test. Which idea scares you most? Not the paralysing fear of something completely wrong — but the specific, charged nervousness of something that matters. That fear is often pointing directly at the dream worth choosing.

The deathbed test. It sounds dramatic, but imagine yourself at the very end of a long life, looking back. Which choice would you be glad you made? Which one would you regret not having tried? You don't need every test to point the same way. But between them, a pattern usually emerges. Trust it.

DECIDING

Step 3: Commit To It

Write your dream down. Not as a vague intention, but as a clear, specific statement.

Take some time to commit to it. You may not know how you are going to achieve it. It may scare the pants off you. That's ok too. We will unpack what might hold you back and how to make it achievable through the Dream Chaser Kit.

Take a moment in a quiet space. Imagine that dream happening. Tell yourself what you are going to do, regardless of how uncomfortable it makes you feel. Include why you are going to do it and how achieving it will make you feel.

I,,

am going to

.....

I am doing this because

.....

and achieving it will make me feel

.....

DECIDING

Step 4: Make It Real

A decision lives in your head until you do something to anchor it in the world. That something doesn't need to be big. It just needs to be real.

Choose one or more of the following:

Tell someone. Not for their approval — for your accountability. Choose one person who will hold this with you, who will ask you about it, who will celebrate it with you. Tell them today.

Create a marker. Some people mark a decision with a physical object — a notebook they dedicate to the dream, a vision board they put somewhere they'll see it every day, a photograph that represents what they're moving toward. Small rituals have a way of making big decisions feel solid.

Take the first step ideally within 48 hours. An action step — however small — that moves you from deciding to doing. Send the email. Book the class. Make the call. Write the first paragraph. Sign up for the thing.

Most importantly - put it on the Pole to Pole website!!

In closing

Before you close this kit

Take a few minutes to write freely in response to these final questions:

- What has surprised me most through this process?
- What is the one thing standing between me and this dream — and what's one thing I can do about it?
- How do I want to feel, one year from now, looking back at this moment?

Keep what you've written. Come back to it. Let it remind you, on the days when the doubt creeps in, why you chose this.

The dream you've chosen today may evolve. It may shift or grow into something bigger than you can currently imagine. It may even change completely.

What matters is not that you get it perfectly right the first time, it's that you've got something to work toward.

The world needs more people who are actually chasing their dreams. Go and be one of them.



Additional Resources

There is no required reading here. Dip in where you're drawn, follow what resonates, and trust that the right resource has a way of finding you at the right moment.

READ

The Desire Map Danielle LaPorte

Man's Search for Meaning Viktor Frankl

The Top Five Regrets of the Dying Bronnie Ware

10x is Easier Than 2x Dan Sullivan and Dr Benjamin xxx

The Big Leap Gay Hendricks

Ikigai Héctor García and Francesc Miralles

The Alchemist — Paulo Coelho

WATCH

Becoming (2020).

Free Solo (2018).

Wild (2014)

Soul (2020)

My Octopus Teacher (2020)

LISTEN

Finding Mastery — Michael Gervais

Rich Roll Podcast

The Tim Ferriss Show

How I Built This — Guy Raz

The Happiness Lab — Dr Laurie Santos

WorkLife — Adam Grant

Tough Girl Podcast — Sarah Williams



The Sections



Everything that follows is designed with one purpose: to help you find the dream that's been waiting for you. The sections ahead won't hand you your dream — but they will help you find and shape it. Trust the process, stay open to what comes up. Some of it will feel so right it stops you in your tracks.

That's the moment we're looking for. Keep going until you find it.

Your dream is worth finding. Let's begin.

It must be borne in mind that the tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream.

Benjamin Elijah May



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Future Plan

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Inovation

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