The DREAM Workbook

Creative exercises to inspire your dreams
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!
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!
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!
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!
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: ___________________________
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.
Gracias!