

*The*  
**New Happy**

# The New Happy Dreams Square

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*By Stephanie Harrison*

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# How The Dreams Square Can Help You

*Stephanie Harrison*

It's a new year, filled with wonderful possibilities. At this time of year, many of us revisit the dreams that we have for our lives: what we want to achieve, the purpose we want to pursue, and the impact that we want to have. It can often feel overwhelming to contemplate these dreams, though: how do we even get started?

That's why we've created this brand new tool: The Dreams Square. It's designed to help you to start moving towards your own hopes and goals, to turn an idea into a reality.

Pursuing the goals that matter most to you is a key component of mental health and well-being. It provides you with a purpose, connects you to others and empowers you to grow as a person.

In this guide, we will walk you through how to use the Dreams Square for yourself. No matter what you hope to achieve, you can use it to create a roadmap to follow this year. You'll also learn how to avoid some of the most common pitfalls of setting and achieving your goals and how to treat yourself with compassion at every step of the journey.



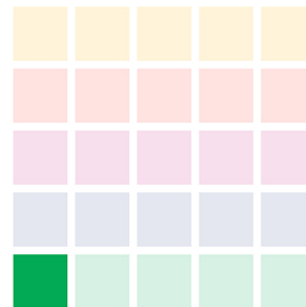
define your dream



turn your dream into goals



break your goals into steps



take it one step at a time

# How to use the Dreams Square

We recommend that you set aside 10 or 15 minutes, three days in a row, to complete the Dreams Square. Here are the steps that you need to take:

- 1** Complete the exercise on page seven to define your dream. This will help you to refine your biggest dream into a dream that you can achieve in 2024.
- 2** On page eight, write that dream in the yellow square. Describe the goals that will help you to achieve this dream: your goals should be specific, short-term (1-3 months,) and hard (but not impossible!)
- 3** Then, list out the steps that will help you to achieve each of these goals. Your steps should be concrete tasks that could be put on a to-do list.
- 4** You now have a roadmap for achieving your dreams in 2024. Put it somewhere where you can see it and use it to guide your actions for the rest of the year.

Here's how you might use the Dreams Square to help you achieve your dream of writing a novel.

**Dream**

Write down your dream in the center square.

**Goals**

In the squares surrounding the dream, write the four major goals that will help you to achieve this dream.

**Steps**

In the outer set of squares, write down the specific steps that will help you achieve these goals. If there are different steps that are connected to others, you can draw lines between them to visually link them.

If you run out of space for steps, you can always draw a bigger square around the outside to add new ones.

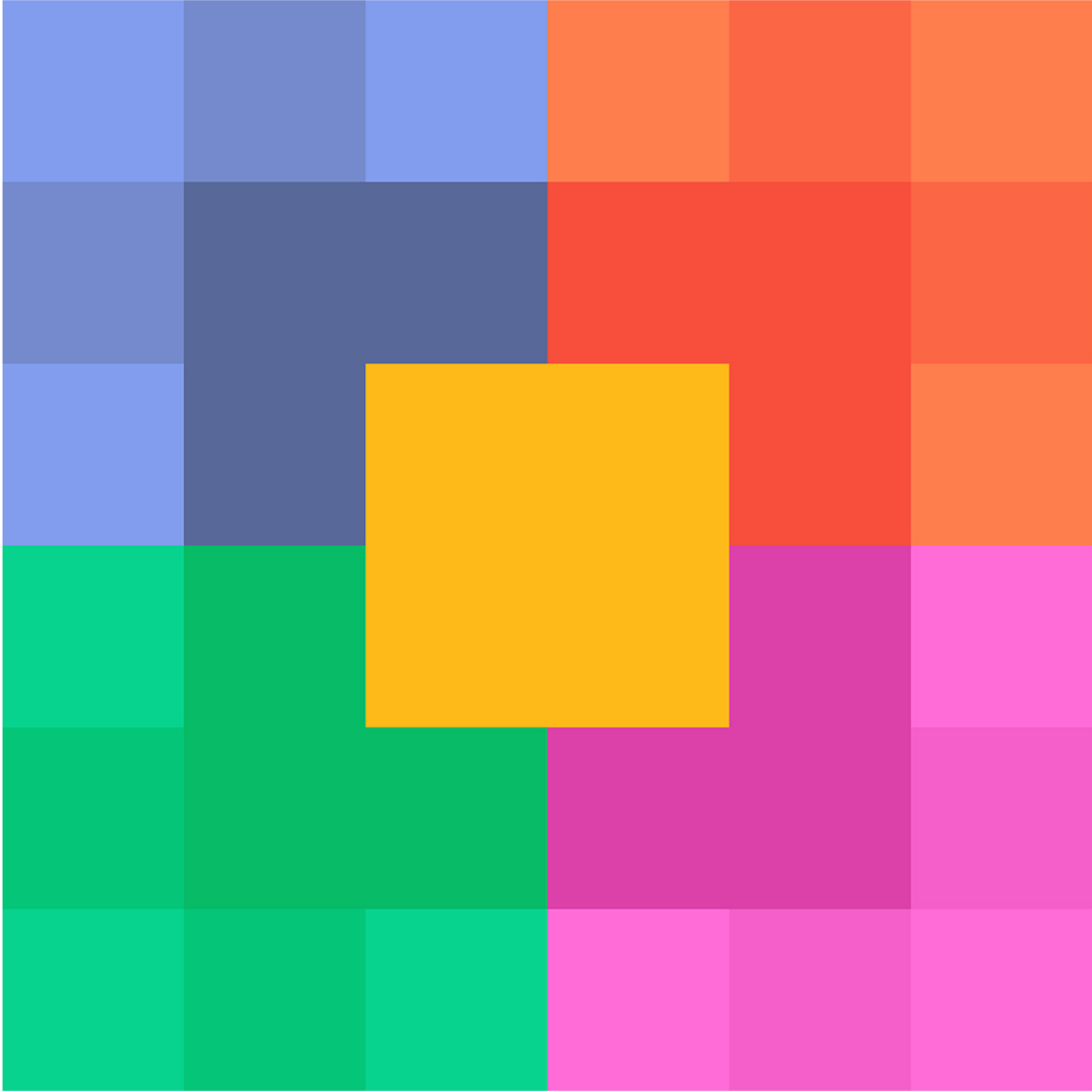




**Define Your Dream**

Before you get started, we need to clearly define your 2024 dream. In the left square, write down your biggest dream, like “Write a best-selling novel.” These big dreams are usually comprised of several smaller dreams, each of which might take a year or so to achieve. For example: “Write a novel,” “Get a publishing deal,” and “Promote the novel.”

In the remaining squares, break down your biggest dream in the same way. Then, choose the square that comes first in the process or that is achievable this year. That’s what you will use in the Dreams Square.





# Tip: Treat Yourself With Compassion

*Stephanie Harrison*

Here's something I want you to keep in mind as you pursue your dreams: being critical towards yourself actually makes it harder to achieve them. Self-talk like, "You're not working hard enough," or "You aren't going to figure this out," depletes your motivation.

Then, because your motivation is depleted, you struggle to persevere with pursuing your dream. You might even come to believe that there is something wrong with you, that you're not 'worthy' of achieving your dream. That couldn't be further from the truth. The truth is that criticism is counterproductive to long-term achievement and sustainable motivation.

Instead of using self-criticism, try self-compassion. That is what will help you to achieve your goals. It is linked to better emotional regulation, self-awareness, resilience, belief in yourself, increased motivation after mistakes and setbacks, and the ability to maintain perspective.

It will also make the pursuit of the goal far more enjoyable. When you choose to practice self-compassion, you're supporting yourself at every step of the journey, turning it into an enjoyable and meaningful experience.

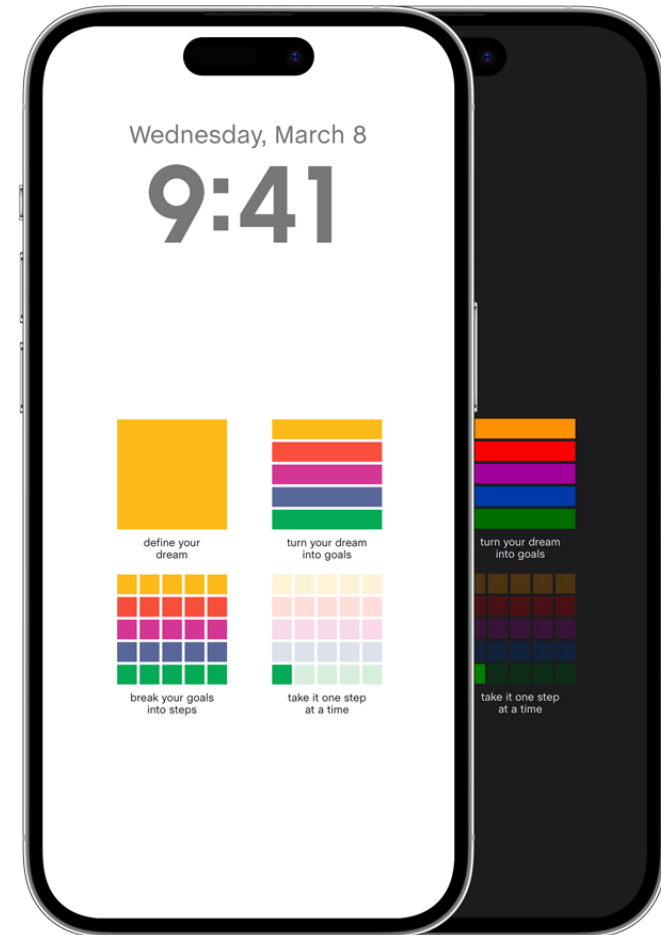
# Thank you for your support

*A special gift for you*

We know that, sometimes, life gets in the way of pursuing our dreams. In these moments, it's important to remember that you don't have to achieve them all at once: you can always take it one step at a time.

To help you keep this in mind, we made you a special New Happy Wallpaper, available in both light or dark mode.

To download your wallpaper just go to:  
[www.thenewhappy.com/wallpaper-dreams](http://www.thenewhappy.com/wallpaper-dreams)



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