

## Dream examples

In my dream I am wearing camel coloured clothing and carrying a huge backpack. On my head, there is a large sunhat and a pair of dark sunglasses are keeping the bright sun out of my eyes. I am using a blade as sharp as a knife to chop a path through the dense rainforest. I am the first person to arrive at a previously undiscovered area of the forest and it is stunning. I can hear birds squawking to each other with unusual calls that I don't recognize. The smell of flowers and the damp carpet of leaves hangs in the air. My best friend and fellow explorer stands next to me. I close my eyes, breathe deeply and reflect on how peaceful and content I feel.

In my dream, I am playing cricket for England at Trent Bridge. I have just hit the ball for six and it is flying through the air like a speeding bullet. The large crowd is cheering and my team mates are running up to me, high fiving and patting me on the back. I grin triumphantly.

I have graduated medical school today! I have always wanted to be a Doctor and now all my hard work has paid off. I look around at all the fantastic friends I have made at university. We have studied together, laughed together and looked after each other when times were tough. I feel so proud of my achievement and I am beaming from ear to ear as I think about all the people I will help in my new job.