

Dream Image Activity

For example, I created a dream board to visualize achieving Italian citizenship. I started with a real photo of myself holding my US passport, then used photo editing to layer an Italian passport over it, and finally added my fingers on top to make it look natural. Below, you'll see the step-by-step process of how I edited the images to make my dream feel real. Five years later, the final image shows the real moment I achieved that goal, proving the power of this visualization technique!



Step 1: Original photo holding a US passport.



Step 2: Overlaying an Italian passport.



Step 3: Adding fingers over the passport to enhance realism.



Final Result: The actual moment this dream came true — holding the Italian passport.

Step 1: Revisit Your Goals with New Clarity

Reflect on your answers to the three questions: your lifetime goals, your three-year plans, and what you'd do with only six months left. Which goals now feel most important after the urgency of the lightning storm?

Write down 3–5 goals you want to focus on. Examples: “Run a marathon,” “Live on a farm with a vineyard in Italy,” “Start a business.”

Imagine the scene where you'll achieve each goal. What does it look like? A marathon finish line, a vineyard in Italy, or an office with a “Grand Opening” sign?

Step 2: Find or Generate Background Images

Option 1: Search online for royalty-free images or use your own photos of a relevant setting (e.g., a classroom, a vineyard, a marathon finish line).

Option 2: Use an AI image generation tool like DALL-E, MidJourney, or Stable Diffusion (available online) to create the background. Describe only the scene, not yourself.

Examples:

- For “Run a marathon”: “A marathon finish line with a crowd cheering, banners, and a bright sunny day.”
- For “Live on a farm with a vineyard in Italy”: “A sunny vineyard in Italy with rows of grapevines, a farmhouse, and rolling hills.”
- For “Start a business”: “A modern office with a ‘Grand Opening’ sign, balloons, and a ribbon-cutting setup.”

Download the background images. These will be the settings for your dream board.

Step 3: Place Yourself in the Scene with Photo Editing

Take a recent photo of yourself with your phone. Choose a pose that fits the scene (e.g., arms raised in victory, smiling, or holding an object like a passport).

Remove the background from your photo:

- iPhone: Tap and hold on yourself until the background fades, then tap “Copy”.
- Android: Use “Background Eraser” or “PhotoRoom” to remove the background and save.

If your goal involves an object (like a passport), add realism with layers:

- Take a photo of yourself holding a similar object (e.g., a book).
- In a photo editing app, layer a stock image of the object over the original.
- Take a separate photo of your fingers, remove background, and place over the object.

Finally, place yourself (and object) into the background. Resize and position yourself naturally.

Save the final image and repeat this process for each goal.