



Exercise 8

How often does something happen during the day, either minor or major, that you forget about and then comes out in your dreams that night or within a few days? That is because whatever that issue was you did not deal with it. You may have thought you had, but your subconscious mind is telling you differently. Learn to listen to your dreams.

I would like you to listen to your dreams for the next week.

This is a very big part of your **Personal Growth and Development** and moving forward.

- Before you go to bed at night, make sure you take a notepad and pen with you and put it somewhere within easy reach. Go to bed telling yourself you are going to remember your dreams.
- When you wake up (whether it be during the night or in the morning) try to write down as much of your dream as you can remember. Date it and give it a title.

After one week of completing this task, you will most likely start to see a pattern in your dreams.

Once you have got all the information together, I would like to do a **free interpretation** for you, so you can understand what your mind is telling you. Send me an email to info@jennytowers.com with your dream details and I will personally assess them and guide you on how to manage them.



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