I actually wanted to become a train driver

If you run out of ideas, and you don't know what to do with yourself, don't know what direction you should take your energies next, the following exercise can be used as a pleasant way to pick up on your old dreams and the pictures these conjured up in your head and to integrate your energies into your everyday life today.

Be honest – didn't you always want to become an actor, a dancer, a conductor on the railway or a deep-sea explorer? Let your adult head look on as you once again delve into the feeling you got back then from your dreams and the much more realistic pictures of them in your head. Go to your favourite place or simply make yourself comfortable at your computer, take a deep breath in and out, and if you need to yawn, then that's good to help you relax.

When I wanted to become a train driver ...
What did you really want to become when you were a child? What did it feel like when you thought about that, when you painted a picture in your head of what it would be like? What would you do if you had become that? What unimagined abilities would you have again? How would that make you feel, what pleasure would that give you?
What did you like to play, paint, read, make as a child?
Who did you admire most when you were a teenager? Did you look up to anyone as a role model? An aunt who was special and different to all other (stupid) grownups, a teacher you admired, Hermione, Pippi Longstocking or perhaps Harry Potter? What could your role model do and what were or are they that you would like to be and be able to do?

Think about this for a few minutes, and when you've enjoyed imagining carrying a horse around the house (like Pippi Longstocking), or you have embarked on a journey, calm and composed in your mind, to a place where nobody else can see you – where leaves are lying on the ground, or a broken twig, then try and find where your feeling of strength, the calm, the composure, the pride, and the joy come from. Is it in your now-expanding chest, in your now-relaxing shoulders, your deep breathing, or the calm, soft feeling behind your eyes?

Look, feel, smell, listen and taste it all ...
And then return to your everyday life, strengthened and with the pleasant secret now stored in your body about how great it feels – be a little bit Hermione, an actor or a dancer while you go about your everyday activities.

Have fun!

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