

Happy Dreamer

I am a happy dreamer. I am really good at dreaming. Daydreams, big dreams, little dreams, creative dreams, dreamer maximus!

Sometimes the world tells me to sit still, be quiet, pay attention and focus. But my dreams have a mind of their own. Sometimes my mind just takes flight! I hear a beat and I gotta move. Then I hear another and another! I wish you could hear inside my head. It's all trumpety, zigzag jazz!

Sometimes I'm a quiet dreamer. When I make time to stay still and hear myself think, I let go and see what takes shape. Do you see that? Sometimes I'm a swing-high dreamer, way up high, beyond the clouds, so high I can touch the sky! I can also be a loud dreamer! "Hello, world!" I'm a shout-at-the-top-of-my-lungs dreamer, even if I'm just a loud-inside-my-head dreamer!

Sometimes I'm a colorful dreamer, painting my own path full of surprises at every turn. I can dream even when the lights are out, all circuits on. Fireworks! I light up! I'm all ears,

eyes, heart, and mind! I have so many dreams it can get messy, creative chaos! Cleaning up hides my treasures. If you make me, I will put my things away. But then there is less me to show. These are the moments I feel alone, boxed in. And yet, I always find a way back, plunging into amazing, delightful, happy dreams. I'm really good at being me. A dreamer, surprising, caring, funny, gentle and smart, and when I tumble back to Earth, I know I'm okay!

Dreamers have a way of bouncing back... and moving forward! There are so many ways to be a happy dreamer! What kind of dreamer are you? But, the best way to be a happy dreamer? Just be you.