

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.