PRAISE

‘Discovering and then chasing our dreams is what drives us forward, bringing passion and purpose to our lives. Finally we have a book that will unlock your dreams and help you start achieving them.’

- ALISA CAMPLAIN-WARNER -
WINNER OF A REMARKABLE OLYMPIC GOLD MEDAL

‘Kristina’s book provides the key to tap the dreams in our heart, gives us permission to claim our greatest purpose, and provides us with the tools to forge a brighter path – for all. Kristina tenderly and fiercely speaks to our hearts – to find strength and awaken our dreams to connect to something greater than ourselves.’

- DR TERERAI TRENT -
OPRAH WINFREY’S ALL-TIME FAVOURITE GUEST

‘I know well the power of dreaming and of writing those dreams down on paper. It’s truly life transforming. Kristina’s book not only gives you permission, it shows you how, in a simple and practical no-nonsense way.’

- LI CUNXIN -
BESTSELLING AUTHOR OF MAO’S LAST DANCER

‘The insights on dreaming and doing in this beautiful book open you to a flow of ideas and inspiration from your brain and your heart – and you never know where the learnings on offer might lead you! Awakening to your dreams and the immense possibilities they foster serves not only your quality of and excitement for life but that of the world.’

- DR LIBBY WEAVER -
LEADING NUTRITIONAL BIOCHEMIST, AN ELEVEN-TIME BESTSELLING AUTHOR AND INTERNATIONAL SPEAKER
Kristina Karlsson is the founder and Creative Director of global Swedish design and stationery business, kikki.K (102 kikki.K stores, stocked in another 250 and sold online to stationery and design lovers in more than 140 countries worldwide). She’s also a sought-after international speaker, a passionate learner and self-improver – and the proud mother of two children, Axel and Tiffany, with her partner, Paul.

After growing up on a small farm in country Sweden, at the age of twenty-two she found herself in a new country, half a world away from family and friends, with little money and no idea what to do with her life. So what was a girl to do? Imagine what her dream life could look like – and then make it happen.

With deep personal experience of the power of dreaming and then doing, Kristina is on a mission to encourage people the world over to follow their own dreams.

Her new dream is to inspire and empower 101 million people just like you to write their own dreams on paper and set about bringing them to life.

Why? Because by dreaming, we can all help make the world a better place, starting with us.
YOUR DREAM LIFE STARTS HERE

ESSENTIAL AND SIMPLE STEPS TO CREATING THE LIFE OF YOUR DREAMS
DREAMS DON’T WORK UNLESS YOU DO.

– JOHN C. MAXWELL –
DEDICATION

THIS BOOK IS DEDICATED TO YOU, OUR CHILDREN, MY KIKKI.K FAMILY, AND TO THE 101 MILLION FUTURE DREAMERS OF THE WORLD, WHOSE IMAGININGS AND REIMAGININGS WILL SHAPE THEIR LIVES, THE LIVES OF THEIR LOVED ONES AND THE WORLD FOR GENERATIONS TO COME.

THANKS

A VERY BIG THANK YOU TO MY LIFE PARTNER AND CO-CREATOR IN SO MANY WAYS, PAUL. YOU ARE TRULY THE WIND BENEATH MY WINGS AND AS ALWAYS YOUR CONTRIBUTION IS INSEPARABLE FROM MINE. I LOVE OUR DREAMS.

A MASSIVE THANK YOU TO THE INSPIRING HEROES OF MINE WHO HAVE LENT THEIR SUPPORT AND ALLOWED ME TO SHARE THEIR STORIES WITH YOU IN THE PAGES AHEAD – SO THAT TOGETHER WE CAN INSPIRE AND EMPOWER 101 MILLION PEOPLE THE WORLD OVER TO DREAM AND DO. IN ORDER OF APPEARANCE IN THE BOOK, HEARTFELT THANKS TO DR TERERAI TRENT, ARIANNA HUFFINGTON, LI CUNXIN, LISA LEMKE, STELLA MCCARTNEY, YVONNE HALLGREN, OPRAH WINFREY, SIR RICHARD BRANSON AND ALISA CAMPLIN-WARNER.

AND TO MICHELLE OBAMA WHO I ADMIRE ENORMOUSLY. THANK YOU FOR ALL YOU HAVE DONE AND ALL THAT YOU DO FOR MILLIONS BY JUST BEING YOURSELF. I HOPE YOU KNOW HOW YOUR WORDS – WHICH I’VE SOURCED FROM PUBLIC SOURCES – WILL LIFT PEOPLE UP.

COLLECTIVELY YOUR STORIES WILL SPARK DREAMS THAT WILL CREATE WAVES OF POSITIVITY AROUND THE WORLD.

AND TO TERERAI ... I AM INCREDIBLY EXCITED TO BE DONATING US$1 FROM THE SALE OF EVERY BOOK TO THE TERERAI TRENT INTERNATIONAL FOUNDATION, TO HELP YOU BUILD ON THE GENEROUS FOUNDATIONAL SUPPORT YOU RECEIVED FROM OPRAH WINFREY, AND TO HELP ELEVATE YOUR DREAMS OF BRINGING UNIVERSAL ACCESS TO QUALITY EDUCATION FOR CHILDREN, REGARDLESS OF THEIR GENDER OR SOCIO-ECONOMIC backgrounds. FOR YOU TERERAI, I HOPE WE SELL A MILLION BOOKS!
## CONTENTS

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
</tr>
<tr>
<td><strong>OPEN YOUR HEART AND DREAM WITHOUT LIMITS</strong> – 23</td>
<td><strong>BE INSPIRED BY THE DREAMS OF OTHERS</strong> – 39</td>
</tr>
<tr>
<td><strong>Dream guidance</strong> – 30</td>
<td><strong>Real dreams you may find inspiring</strong> – 51</td>
</tr>
<tr>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
</tr>
<tr>
<td><strong>START TODAY</strong> – 65</td>
<td><strong>YOU’RE IN THE DRIVER’S SEAT</strong> – 75</td>
</tr>
<tr>
<td><strong>The power of putting pen to paper</strong> – 73</td>
<td></td>
</tr>
<tr>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
</tr>
<tr>
<td><strong>WHO ARE YOU AND WHERE ARE YOU AT RIGHT NOW?</strong> – 87</td>
<td><strong>DISCOVER AND FOLLOW YOUR PASSIONS</strong> – 103</td>
</tr>
<tr>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
</tr>
<tr>
<td><strong>BE GUIDED BY WHAT YOU TRULY VALUE</strong> – 117</td>
<td><strong>LIFE IS SHORT – LIVE WITHOUT REGRET</strong> – 135</td>
</tr>
<tr>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
</tr>
<tr>
<td><strong>THE POWER OF PURPOSE</strong> – 149</td>
<td><strong>MORE INSPIRATION – MY FAVOURITE DREAM QUOTES</strong> – 161</td>
</tr>
<tr>
<td><strong>Dream. Do. Enjoy. Share.</strong> – 158</td>
<td></td>
</tr>
<tr>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
</tr>
<tr>
<td><strong>YOUR DREAM WEEK AND DREAM YEAR</strong> – 177</td>
<td><strong>START PULLING IT TOGETHER – YOUR DREAM LIFE LOOKS LIKE THIS</strong>… – 187</td>
</tr>
</tbody>
</table>

---

**INTRODUCTION**

**FROM MY HEART TO YOURS** – 13
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Visualise - Write Your Dream Life Story</td>
<td>195</td>
</tr>
<tr>
<td>14</td>
<td>Prioritise Your Dreams</td>
<td>207</td>
</tr>
<tr>
<td>15</td>
<td>Look At Your Dreams Daily</td>
<td>217</td>
</tr>
<tr>
<td>16</td>
<td>The Enormous Power of Sharing Your Dreams</td>
<td>225</td>
</tr>
<tr>
<td>17</td>
<td>From Dreaming To Doing</td>
<td>239</td>
</tr>
<tr>
<td>18</td>
<td>Rewrite Your Dreams As Inspiringly Smart Dreams</td>
<td>255</td>
</tr>
<tr>
<td>19</td>
<td>Brainstorm Every Action</td>
<td>265</td>
</tr>
<tr>
<td>20</td>
<td>Who Can Help?</td>
<td>273</td>
</tr>
<tr>
<td>21</td>
<td>Potential Barriers and Possible Solutions</td>
<td>281</td>
</tr>
<tr>
<td>22</td>
<td>What Supports Can I Put In Place?</td>
<td>291</td>
</tr>
<tr>
<td></td>
<td>How I've applied these ‘doing’ processes</td>
<td>297</td>
</tr>
<tr>
<td>23</td>
<td>Your Seven Key Things to Focus On</td>
<td>299</td>
</tr>
<tr>
<td>24</td>
<td>Creating Your One-Page Dream Roadmap</td>
<td>305</td>
</tr>
<tr>
<td>25</td>
<td>Dreaming - It’s a Lifelong Process</td>
<td>313</td>
</tr>
<tr>
<td></td>
<td>Conclusion</td>
<td>323</td>
</tr>
<tr>
<td></td>
<td>What Now?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Epiilogue</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Often Unexpected Power Of Dreaming</td>
<td>326</td>
</tr>
</tbody>
</table>
UNDERSTAND THAT THE RIGHT
TO CHOOSE YOUR OWN PATH
IS A SACRED PRIVILEGE. USE IT.

DWELL IN POSSIBILITY.

- OPRAH WINFREY -
# Inspiring Stories and Wisdom

<table>
<thead>
<tr>
<th>Page</th>
<th>Quote</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>58</td>
<td><em>Tinogona – It is achievable!</em></td>
<td>Dr Tererai Trent</td>
</tr>
<tr>
<td>84</td>
<td>‘You are in control of the clicker.’</td>
<td>Arianna Huffington</td>
</tr>
<tr>
<td>97</td>
<td>‘I thought again of the little frog in the well…’</td>
<td>Li Cunxin</td>
</tr>
<tr>
<td>113</td>
<td>‘Try something new – you can do it!’</td>
<td>Lisa Lemke</td>
</tr>
<tr>
<td>130</td>
<td>A life of dreams driven by values</td>
<td>Stella McCartney, OBE</td>
</tr>
<tr>
<td>145</td>
<td>Bringing dreams to life</td>
<td>Yvonne Hallgren</td>
</tr>
<tr>
<td>173</td>
<td>Dreams guided by values and tied to the betterment of others</td>
<td>Michelle Obama</td>
</tr>
<tr>
<td>203</td>
<td>‘Obstacles will come, but if your dream is strong…’</td>
<td>Oprah Winfrey</td>
</tr>
<tr>
<td>235</td>
<td>‘Very few people ever made a great idea come to life without a lot of help.’</td>
<td>Sir Richard Branson</td>
</tr>
<tr>
<td>247</td>
<td>‘Big dream, little steps…’</td>
<td>Kristina Karlsson</td>
</tr>
<tr>
<td>287</td>
<td>Preparing for the impossible dream</td>
<td>Alisa Camplin-Warner, OAM</td>
</tr>
<tr>
<td>331</td>
<td>Your dream reading and resource list</td>
<td></td>
</tr>
</tbody>
</table>
INTRODUCTION

FROM MY HEART TO YOURS

‘YOUR IMAGINATION IS YOUR PREVIEW OF LIFE’S COMING ATTRACTIONS.’

- ATTRIBUTED TO ALBERT EINSTEIN -

Imagine this. At the age of twenty-two, sleepless at 3am one morning, I woke my partner, Paul. ‘What am I going to do with my life?’ I whispered more than once in frustration. I’d been restless for months, having just moved to a new country, and still getting to grips with a new culture, a new language, a new life. I missed my native Sweden desperately, my family and friends. I’d had some great life experiences, but no university education, and much of my work experience till then had been in hospitality – mostly as a waitress.

I was living pay cheque to pay cheque. I felt frustrated. I felt stuck. I had no idea what I was going to do with my life, and I craved direction and purpose.

‘Grab a pen and a notepad,’ he said groggily, but surprisingly patiently for that hour in the morning. ‘Let’s write down on paper what’s important to you. Let’s see if we can help you get some direction.’

What ended up on paper that night was what I now call my 3am List. I certainly didn’t know it at the time, but that night Paul inspired and empowered me to really dream. It was to be a profoundly pivotal moment in my life.
Neither of us realised exactly what we were doing or where it would take us, but in that 3am moment of personal angst, Paul challenged me to cast aside all constraints, all limiting thoughts, all complaints and frustrations, all of my head-driven thinking. He dared me to connect with my heart and my feelings, and to dream about what I really wanted from life at that point in time.

My 3am List was the first time in my life I’d put my dreams on paper and the power of this one simple act was remarkable. It gave me a crystal-clear sense of how my dream life could be, and the feeling was exhilarating.

On my 3am List was the following:

+ A career I’ll love driving to work for every Monday morning – doing something I’m passionate about, which gives me a sense of meaning and which I’ll love!

+ Something that will keep me in touch with my family and friends in Sweden (I loved my new country, having moved to Melbourne from my native Sweden, but had been feeling really homesick and wanted to find a long-term solution that drew together the best of both worlds)

+ Something that can be a business of my own (I loved the idea of the freedom it might provide and the life I could build around that – little did I know how much hard work and how long that would take)

+ Earn $500 a week (the amount I felt I needed to live on and to be able to call home regularly – phone calls were very expensive in those days!)

That simple list of my dreams, written on paper, was the catalyst for me setting out in my early twenties – with almost no money, no training, no experience, English as a second language ... but with bucketloads of passion, drive and a couple of well-stretched credit cards – to start up what would become a globally loved brand and to build my dream life.
I know that we can all make dreams come true.

I’ve experienced firsthand the power of dreaming and know it’s something anyone can do anytime, anywhere. It’s free and the process can be learnt – and it really is a process, or a practice. The more you do it, the better you become.

Something magical happens when you dream, and something even more powerful happens when you write your dreams down on paper. It brings the intangible within reach, the unclear into the spotlight … it’s a life-changing process.

But few of us enter adulthood embracing the power of dreaming. Even fewer venture past merely wishing and hoping into purposefully pursuing our dreams. Instead, many of us drift or race through our days, settling for the ordinary or just trying to survive, when we could be seizing the opportunity of each precious new day to create and live our dream lives.

This is what I want to change.

For as long as I can remember, I’ve had a restless desire to live an amazing life – to travel the world, meet inspiring people, experience wonderful things, learn and do something meaningful with this one life I’ve been given. These big dreams were a world away from my upbringing on a little farm in country Sweden but, after a wildly thrilling ride, I now find myself living what to me is my dream life.

I have to pinch myself sometimes when I think about the way these dreams of mine have come true – and now I want to share what I’ve learnt with you.

So … what does it mean to live your dream life?

Let’s get one thing straight; it isn’t about aiming for a fairytale or a perfect fantasy. Life doesn’t have to be perfect to be wonderful. It throws so many ups and downs and surprises, and our lives will always be influenced by events outside our control.
INTRODUCTION

YOUR DREAM LIFE

YOUR DREAM LIFE – WHATEVER THAT MEANS FOR YOU – IS A LIFE YOU LOVE, CONSCIOUSLY DESIGNED BY YOU, FOR YOU.

A DREAM LIFE IS NOT ABOUT CREATING A FANTASY OR LIVING SOMEONE ELSE’S LIFE OR HAVING A ‘PERFECT’ LIFE, WHATEVER THAT MIGHT MEAN. IT’S ABOUT BECOMING SOMETHING MORE, NOT SOMETHING ELSE. IT’S ABOUT PROGRESS, NOT PERFECTION.

MOST IMPORTANTLY, IT’S ABOUT CONNECTING WITH YOUR UNIQUE POTENTIAL, TAKING TIME OUT TO IMAGINE HOW YOU WANT YOUR FUTURE TO BE FOR YOU AND YOUR LOVED ONES, AND THEN CREATING IT.

When I stopped some time ago to reflect on how my dreams have become a reality, it was clear to me that I’m just one of hundreds of millions of people who have imagined what they want for their life – big and small – and then set about making it happen.

Every human achievement begins as someone’s dream.

Think of the Wright brothers who imagined what it might be like to fly. Einstein, Mandela and Martin Luther King Jr whose dreams had such a big influence on the world. And people in war-ravaged countries whose desperate hopes and dreams for survival, peace and freedom drive them to extraordinary lengths to transform their lives and the lives of their loved ones.
Learning how to improve my life is something I’m totally passionate about. I absolutely LOVE hearing about what other people do to move towards living their dream lives – whatever that means for them. I love hearing the little details: their routines, practices and habits; how they take notes; how they move forward; what inspires them; what scares them; what keeps them awake at night ... what they’ve learnt from their biggest mistakes.

In this book you’ll read the inspiring stories and wisdom of people like Dr Tererai Trent (Oprah Winfrey’s all-time favourite guest), Arianna Huffington, Stella McCartney, Sir Richard Branson, Oprah Winfrey, Li Cunxin (Mao’s Last Dancer), Alisa Camplin-Warner and others – stories that will show you how to harness the power of dreaming to genuinely transform your life.

I’ve spent years collecting inspiration from others, trying things out for myself and then building the things that make sense (to me) into my life. Which brings me to my reason for writing this book ... I literally get asked this one question thousands of times a year when I speak at conferences and events: ‘I want to live a great life, but where do I start?’

This book is my answer.

I want to share what I’ve learnt and inspire people – to shed light on the simple process of dreaming, to help people ignite their creativity and imagine the future they want for themselves and their loved ones, and then set about making it happen.

Why?

I want to do my bit to make the world a better place for my children and their children – for everyone’s children. With so much fundamental change happening all around us and so much uncertainty in the world, it’s an important time to think about how we can all pursue our dreams and in doing so contribute to making the world a better place for all.

I’m so proud that in the last year alone via kikki.K we’ve shared inspiration on the power of dreaming with millions of people around the world via our products, workshops, physical and online stores, and social channels – and we’re really only just getting started.
INTRODUCTION

If I was able to find a way to transform my own life so profoundly from very humble beginnings, by following a very simple process of dreaming and then doing, then you can do the same.

My theory is that the only reason people don’t consistently practise dreaming in their lives is because they haven’t been taught how. I want to change that by sharing the message far and wide, and inspiring the world to dream.

My promise to you is that your dream life truly does start here – if you want it to and if you take responsibility for making it happen.

If you have ever wanted something more from life, something different, but not known where to begin, this book is for you. It’s filled with powerful ideas and simple proven tools that will help you transform those wishes into dreams and into an achievable One-Page Dream Roadmap for creating your dream life – a life designed by you for you, and for your loved ones.

What happens next is up to you. My experience is that none of us ever dream big enough. Even though your dreams may look big and seemingly impossible when you first write them down, one day I know you’ll look back and realise you could have dreamed even bigger.

Sure, sometimes it can feel uncomfortable to commit to big dreams on paper. But it’s important to let your imagination run wild and think up all the amazing ideas of what your life could be and hold. I’m so excited for all your dreams to take flight, and for the wild and wonderful ideas you’ll explore – and I wish I had this book as a guide when I was starting out.

Whether you want to get the most out of your personal life, your career or your business, the insights into ‘dreaming and doing’ in this book may be your most important learnings this year. Be prepared for an amazing adventure!

So, find a quiet place, light a candle, grab a cup of your favourite tea – or do whatever you need to feel comfortable – and let’s start dreaming together.
HOW TO GET THE MOST VALUE FROM THIS BOOK

I recommend that you approach this book step by step. Read each chapter thoroughly. Re-read if you need to. Then do the exercises at the end of each chapter before moving to the next.

Take your time with each chapter. We’re all so different, but my estimate is that on average each chapter will take you about an hour to complete – including the reading and the doing. Some may take longer, all depending on how deeply you challenge yourself and the pace you want to go at.

I recommend you do one chapter per week and give yourself lots of time during that week to reflect on the content and the work you’ve done. My experience is that doing work on yourself like this prompts lots of thoughts and ideas for days afterwards, giving you the chance to refine things as you think about them.

Consider involving your partner, other family members or like-minded friends in the process of reading and working through the book – or even just some of the exercises. I’ve found it so rewarding – and fun – to work with others on dreaming over the years.
WHERE TO DO
THE WRITTEN EXERCISES

Putting pen to paper and working through the exercises at the end of each chapter is where you will get the most value from this book. Reading is one way of learning, but absorbing yourself in doing the exercises will take you to a whole new level and have the most positive impact on your life.

You’ll find the exercises stimulating, fun, challenging, exhilarating and sometimes perhaps confronting. But your dream life lies somewhere beyond your comfort zone.

I recommend that you use the kikki.K Dream Life Journal we’ve designed specifically to accompany this book. This includes all the worksheets and space you need for your work at the end of each chapter, making the process really simple and easy for you. It’s available from kikki.K stores and via www.kikki-k.com.

If you want to get started on some exercises right away, you’ll find some downloadable worksheets that you can print yourself at www.kikki-k.com/bookresources.

Another option is to use a journal or notebook of your own. If you do, make sure it’s a new one with plenty of pages so you can keep all your work in the one place – easy to find when you need it and to look back on.

For simplicity, as we work through all of the inspiring exercises ahead, I’ll refer to the journal you use to do your exercises as your ‘Dream Life Journal’.
THERE IS NO PASSION TO BE FOUND
PLAYING SMALL – IN SETTLING FOR
A LIFE THAT IS LESS THAN THE ONE
YOU ARE CAPABLE OF LIVING.

– NELSON MANDELA –
CHAPTER ONE

OPEN YOUR HEART
AND DREAM WITHOUT LIMITS

YOUR DREAM LIFE STARTS HERE
INDEX

1. LIVE A HEALTHY LIFE UNTIL I'M 100
2. TRAVEL TO 100 COUNTRIES
3. OPEN A BOUTIQUE FLORIST STORE IN NEW YORK CITY
4. TAKE A VACATION OFF WHEN I'M 50
5. START A NON-PROFIT TO HELP 100 MILLION PEOPLE TO MAKE THEIR DREAMS COME TRUE
6. DESERVE A DESIGNER DRESS FOR MY 60TH BIRTHDAY
7. WATCH TIGER KING WITH THE FAMILY
8. DESIGN AND BUILD A NEW DREAM HOUSE
9. TAKE TWO WEEKS OFF TO JUST READ, THINK AND BREATHE
10. GIVE A TALENTED SPEECH AT NELSON'S 50TH BIRTHDAY ON 14TH MARCH 2025
11. HAVE AFTERNOON TEA WITH ORAH IN THE TATTE
12. GO ON A CRUISE FOR A WEEK IN THE CARIBBEAN
13. KEEP A JOURNAL EVERY WEEK
14. DANCE WITH FRED AT TITANY'S WEDDING
15. WRITE A NOVEL TITLED 'THE DREAMS OF WILLIAM'
16. GO ON AN AFRICAN SAFARI WITH THE FAMILY
17. RUN A 5K FUN RUN WITH AXEL
18. READ 300 BOOKS IN ONE YEAR
19. COOK A MEAL WITH NATALIE'S HELP
20. TAKE MY WHOLE FAMILY TO THE JUNGLE
WHAT WOULD YOU DO IF YOU KNEW YOU COULD NOT FAIL? WHAT WOULD YOU DO WITH YOUR LIFE IF YOU HAD ALL THE TIME AND MONEY YOU NEEDED?

These two questions are my absolute favourites so I’m excited that we’re starting this dream journey together with them. Both have something magical about them that get you out of your head and into your heart, where you’ll find the most amazing ideas.

If I just asked you simply to write down your dreams, without giving any context, you’re likely to write a list of dreams that feel comfortable and achievable, limited by many different factors in your life right now – things like time, money, knowledge and your current circumstances.

All too often, the beliefs we have about what is possible have also been limited by our upbringing and the expectations of others around us.

But if I ask you, ‘What would you do if you knew you could not fail? What would you do with your life if you had all the time and money you needed?’ this takes you to another level altogether – giving you permission to cast off the constraints of everyday life and to dream big. To reimagine what is possible for you.

There is so much freedom and power in taking time to dream like this, and these two questions are where I start every time I dream – which I do regularly, in the same way many people practise a sport, hobby or music. It helps me to forget about barriers and to let go of limitations. It takes me to places and gives me ideas I never would have without this approach. It’s literally life transforming – and it’s so, so simple.

I truly believe that dreaming is the first step to creating your dream life. There’s something so special about giving yourself the time and space just to dream – to imagine how your life could be. When dreaming becomes a part of your everyday life, it becomes life-changing.
I’m convinced that a key reason everyone in the world doesn’t practise regular dreaming in a structured way is because they’re unaware of the enormous benefits it will bring their way.

I remember when, sometime not long after writing my 3am List, I attended a seminar as part of my journey to find ‘my thing’ in life. One of the speakers briefly mentioned the idea of practising dreaming without limitation. A light bulb went off in my mind. I hadn’t thought of dreaming before as a practice, like meditating or yoga, and I hadn’t contemplated the idea – or experienced the power – of regularly dreaming without limitations.

Soon after, I took time out to reflect on my 3am List and, for the first time in my life, I sat down and took time to practise dreaming completely without limitations. I asked myself the first question I asked you: What would I do if I knew I couldn’t fail? I began to write down a list of everything that bubbled up for me. They were big dreams, far beyond my normal thinking, and it was so exciting to see them take shape on paper – almost as if they had a life of their own.

When I scribbled on my list a dream that felt like ‘the one’, I was almost too excited to keep writing. It gave me goosebumps. My heart pumped fast.

**It was a dream so big and so exciting for me that I rushed home to Paul and squealed, ‘I know exactly what I’m going to do with my life. I’m going to open beautiful Swedish design and stationery stores in all my favourite cities around the world! London, Paris, Tokyo, New York, Stockholm, Hong Kong…’ As I kept listing cities, Paul looked at me with a touch of shock, which soon turned into a knowing look of shared excitement.**
I felt so certain about that dream – more certain than I’d felt about anything before in my life. I had no idea whether or not it could be done (which turned out to be a blessing – ignorance can be bliss), but I knew I had to try. That dream, of course, was the start of kikki.K – my global stationery and design business – with the name coming later over a few glasses of wine with friends, combining my childhood nickname ‘kikki’ and ‘K’ from my surname, Karlsson.

Dreaming is something I’ve now studied and incorporated into my life on a regular basis – it’s one of the most important things I spend time on – and I want to inspire and empower you to do the same. I’m certain that, once you start, it will ignite a spark in you that will fire such a strong sense of possibility and excitement for your future that you’ll never be quite the same. A door will open that you won’t be able to close.

So, whether you’re feeling a little lost like I was, feeling like something is missing in your life, or even if you feel clear about where you want to go and you want to stretch yourself further, dreaming is the perfect place to start. It’s your first step towards shaping an amazing future for yourself and your loved ones – and creating positive ripples that will flow to your community and the world.

While dreaming is such a big part of my life, I’m always surprised by how few people make time to dream regularly. It’s not something taught in schools – as far as I know – and my experience is that most people don’t teach their children the process either. I wish this were different! What an amazing and positive impact this will have on the world when we all do it.

Once you’ve learnt how, this one habit will be something that opens new doors, changes your perspective, brings new opportunities and is, without doubt, the key to you creating your dream life, whatever that means for you now and at different times through the years ahead.

Your dreams can be big or small. They might take years or just days to achieve. It doesn’t matter. It’s all about letting your dreams come to life, and falling in love with the feelings of excitement and possibility that they create. Just starting this process will open a door in your mind and you’ll be surprised by how often possibilities and ideas will bubble up, often at unexpected times.
These aren’t all dreams that I’m working on right now, but they’re there in my 101 Dreams Journal. I glance over them often and I’ll start working towards each whenever the time is right for me. I add to my list regularly and my intention is to keep adding to it my entire life.
Soon you’ll start your own 101 Dreams List and you can add to it whenever you come up with a new dream.

You’ll need to make sure you can give yourself at least thirty minutes – preferably an hour – in a quiet and inspiring place. Choose somewhere you’ll be comfortable and won’t be interrupted. I always like to pour myself a cup of my favourite tea, light a candle, and pull out my beautiful journal and pen. I start by centring myself, taking three deep breaths and then I remind myself that I only have one life, and I want to make every day and month and year count. Then I work through the following exercise.

I’m going to ask you a series of questions and I’d love you to write whatever comes to mind on the 101 Dreams List on the following pages or in your Dream Life Journal. When you’re finished writing every dream you can think of on the page, read back through the questions again and then go back to your list and keep writing whatever comes to mind.

Write down as many dreams as you can in the time you give yourself, and come back and do this powerful exercise as often as you like over the course of your life. I’d suggest doing this every few months, but do it at least annually.

The idea is to just get as many dreams down on paper as you possibly can. Later when you reflect on them, some will totally inspire you. Some will inspire completely new dreams you hadn’t thought of before. Some you will edit. Some you may later throw away...

But somewhere on that list will be some absolute gems that will ignite your soul and inspire you to reimagine your life in ways you wouldn’t have otherwise.

Be as bold as you like. Be as silly as you like. Be as childish as you like.

You are about to start reimagining and reshaping your future. How exciting!
To help you get started, here is what I share with people about dreaming. Read through it as many times as you like as you do this practice. A good alternative is to listen to my 101 Dreams Guide as you write – many people find the verbal prompts, inspiration and guidance help them get the most from the experience and it’s really useful to play in the background if you’re dreaming with others (www.kikki-k.com/bookresources).

Immerse yourself in your inspiring space where you won’t be interrupted. When you’re ready, close your eyes while you take three slow, deep breaths. This is your time. Open your eyes when you’re done.

Don’t worry about the doing. Don’t filter what you come up with. Don’t worry about sorting through them. Just connect with your heart, dream big and capture those dreams on paper as quickly, roughly and simply as you like. Think of this as a brainstorming exercise.

I want you to imagine your life without any limitations. You have all the money you need. Time is no limit. There is no urgency. No musts. No shoulds. And you cannot fail.

Imagine you can do whatever you want to do and have whatever you want to have. To be whoever you want to be.

You are not constrained at all by what your parents think, what your friends think, what your partner thinks, what anyone thinks. You are totally free to just be you – to be your best self and to dream without any limitations about what you want for yourself, for those you love and care about, and for the world.

I’m giving you permission to stop for a moment and just let go of everything you thought you could or couldn’t do. The world is so full of possibilities. It all starts with a dream, so this is your turn to cast all doubts and all constraints aside and give yourself the gift of dreaming. Dream away.
Now, let’s put pen to paper and use the questions ahead to inspire, prompt and guide you to create your own list of 101 Dreams – or as many as you can. As they surface in your mind, write those dreams onto your 101 Dreams List. You can edit later.

Read each question in the three areas on the opposite page one by one. After reading each question, pause, think about that question, and let it stimulate your imagination. When you’ve written down every dream it inspires, move to the next question, and so on.

When you feel you’re out of ideas, cycle through the three lists of questions again. Do this as many times as you like to inspire as many dreams as you possibly can. Let your imagination run wild. Tap your creativity. And remember, turn off your rational mind. Resist the temptation to limit yourself.
01 / DREAMING BIG

- What would you do if you knew you could not fail?
- What would you do if you had all the money and time you needed?
- What would you do if you had all the skills and knowledge you needed?
- What would you do if you had all the courage you needed, all the self-belief you needed?
- What would you do if you had all the support you needed?
- What dreams do you have already?
- What have you often wished for, but never put in writing?
- What have you dreamed about, but never shared with anyone else?

02 / DREAMING DEEPLY

Look deeply into your heart, and consider the following questions too.
Think about your dream life and how it would be different to your life today...

- What would you start doing?
- What would you stop doing?
- How would you spend your time?
- What would you do for work?
- What experiences would you have?
- Where would you travel?
- What would you buy?
- What would your purpose be?
- Where would you live?
- What would you surround yourself with?
- How would you feel and act?

03 / SHARING THE DREAM

If your life was filled with all the love and deeply satisfying relationships you could hope for, how would it look?

- Who would be the key people in your dream life? Describe your relationships with them in just a few words...
- What dreams do you have to help your loved ones - your family, your friends?
- What do you dream of for your community? For the world?
MY 101 DREAMS

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1. Don’t worry about the doing yet – just give yourself permission to dream and to capture those dreams on paper.

2. Dreaming is the first step to creating and living your dream life.

3. In order to dream big, you have to ask yourself the right questions to help you let go of limitations.