



Permission to Dream Journal: Write, Collage, and Play Your Way to Living the Life of Your Dreams

Lisa Hammond

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What would we do if we knew we could not fail? In our busy and often overbooked lives, it is sometimes difficult to discern what our true dreams and passions are. The Permission to Dream Journal is designed to help readers discover their dreams and to aid them in achieving them. As the founder of Femail Creations and the booming home-party business, Barefoot Parties, Lisa Hammond brings her own success and wisdom to readers with The Permission to Dream Journal, along with quotes from other great role models like Oprah Winfrey, Dolly Parton, Helen Keller, Eleanor Roosevelt, and others. In this one-of-a-kind journal, sections include Remember Your Dreams, Building Your Dreams, and Living Your Dreams. Each section begins with a wish list and various prompts like “What is your craziest dream? What would it take to accomplish it? Make a to-do list. Put your passions at the top of the list,” followed by blank pages for Dream Doodles and Creative Collaging. The Permission to Dream Journal sets out to motivate readers not only to dream, but to make their dreams happen on their own terms.

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