

Reveal the Dream

A photograph of what you are working toward, uncovered one day at a time.

WHAT YOU NEED

1. A photograph of the actual thing. Not a mood board, not a quote. The place, the object, the view. If you cannot find a photo of it, it is probably still an idea rather than a goal.
2. This sheet, printed at 100%. Do not let the printer scale it to fit.
3. Scissors or a craft knife, and tape.

SETTING IT UP

1. Print your photo so it is at least 5 by 7 inches, and trim it to that.
2. Tape it behind the window on the next page, face forward.
3. Put it somewhere you pass every day. On the back of a door is better than a drawer.

WHEN IT IS FINISHED

The whole photograph is there, and the lattice lifts off. Keep the squares if you want to see how long it took.

SEVEN DAYS INSTEAD

The last page is the same idea over a week, in seven larger pieces. Good for something you want to test before committing a month to it.

EVERY DAY

Do the thing. Then cut out one square and take it away. Start with the square marked **1**, then **2**, and so on. They are scattered on purpose, so the picture comes through from everywhere at once instead of rising like a blind.

To start the cut, push a scissor point through the middle of the square, or use a craft knife against a board.

THE DAY YOU MISS

Nothing happens. That square stays where it is and you carry on tomorrow.

There is no streak here to break, and nothing to start over. That is the whole point of it: most goals are not lost to one bad day, they are lost to deciding that one bad day ruined the set. The squares you have already taken out are gone, and they stay gone.

If your week has days off in it by design, two at the gym and five not, those are rest days rather than misses. Leave them. A five day week is not two failures.

THIRTY DAYS

Cut out one square a day, in the order printed on them.

27	6	29	14	20
26	25	28	13	12
24	15	22	18	1
5	7	10	2	8
21	4	16	11	17
30	23	3	9	19

SEVEN DAYS

Seven larger pieces. The eighth stays where it is.

