

Explore



Decide



# Day Dream Journal

A self-help tool

## Introduction

Day dreams are a much more important part of our life than we realise. We can spend as much as 30-50% of our waking life daydreaming (Killingsworth & Gilbert, 2010, as cited in Yates, 2019, p. 72). Yates argues that the spontaneous thoughts we have during day dreaming are a valuable source of information about our hopes and ideas for the future.

Usually our daydreams float away and are lost like dandelion seeds blown on the wind. Your day dream journal is a simple way to catch and keep them.

According to Yates (2019, p. 75) research by Pisarik and Currie (2015) has shown that students find this is an effective way of increasing their self-awareness and tuning into their values.

# This tool is designed to...

- Help you tune in to what your subconscious might be telling you.
- Identify patterns in your day to day thinking that otherwise would go unnoticed.
- Tap into your creative side.

# Consider using this tool if you...

- Want an approach to getting career ideas which is light-touch, easy and non-threatening.
- Feel you might be overlooking your 'gut-instincts'.
- Want to think outside of the box and avoid being blinkered by every day circumstances.



# How to use this tool

**First, find an easy way to jot down the career ideas that you think during the day.**

You might want to get a small note book, set up a word doc in OneDrive, or use notes function on your phone, for example.



**Second, note down the different ‘random’ thoughts you have about careers, what ever they are and whenever they occur.**

Don’t filter what you record. Any career related observations are valuable, no matter how short, fragmentary or confusing.

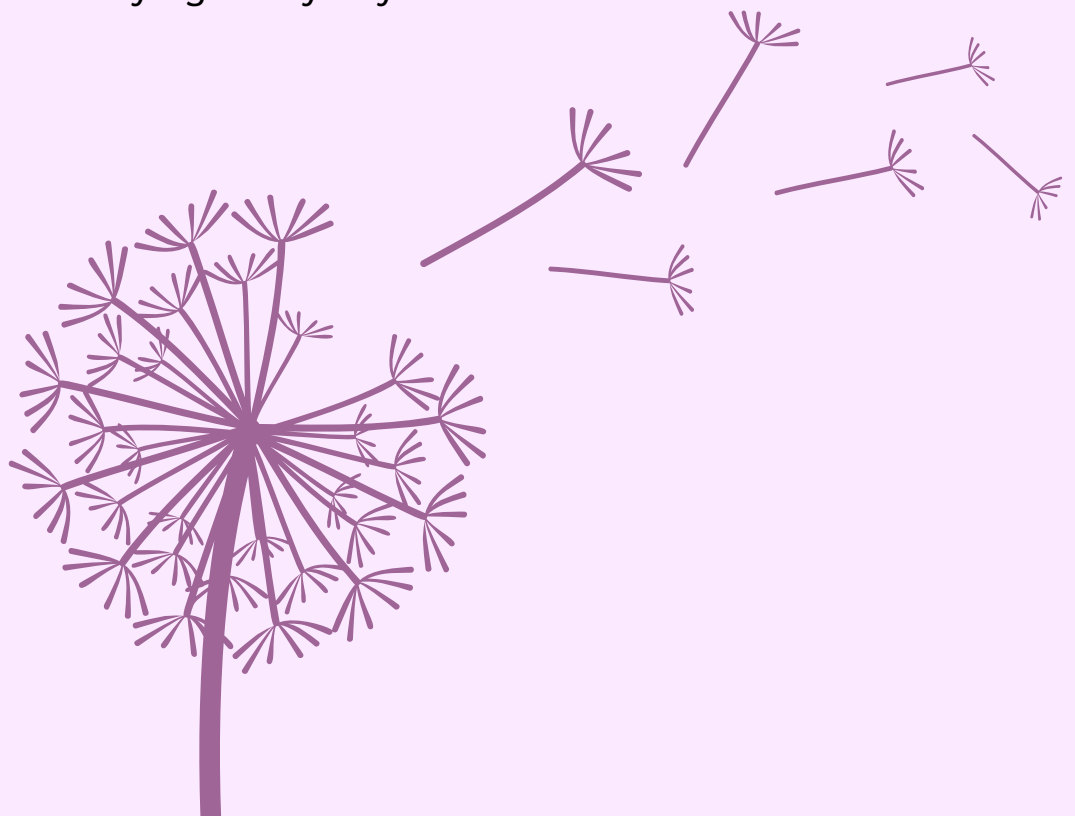
It’s best to do this as far as possible in the moment while they’re fresh. Try to record your day dreams as vividly as possible. It might be a scene that you imagine with a thought or a phrase. Or perhaps, just a fleeting thought about a job ‘I wonder what it would be like to be...’ or perhaps a reaction to seeing someone in job or watching something online. It might be the thought ‘I’d really like to that’ or ‘I can’t imagine anyone wanting to have that job’.

Note anything that arises.

### **Third, after a while read and look for patterns and themes.**

After a couple of weeks, you should review what you have written.

- What does your mind keep coming back to; why might this be?
- What is the emotional tone of your thoughts?
- What patterns seem to emerge?
- What might it tell you about what you like / dislike?
- What ideas intrigue you?
- Which possibilities do you feel drawn towards?
- Are there ideas here that you'd love to do if they were practical?
- What is your heart trying to say to you?



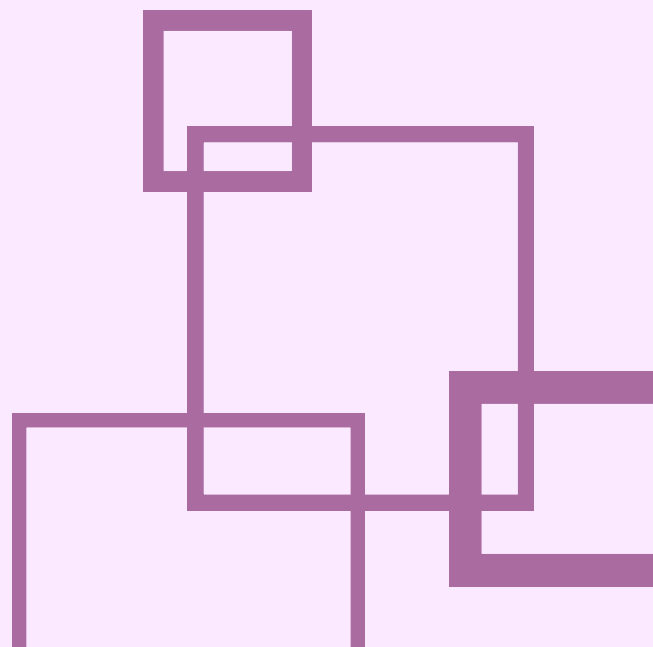
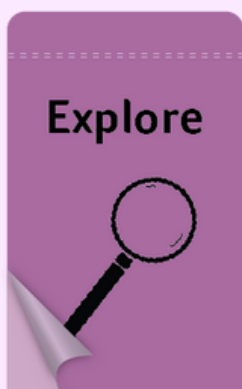
# Pause, Reflect, Act

- What practically do you want to do now to take forward the insights from this exercise?
- Who could help you with this?
- Which other self-help tools would you like to look at next? The Day Dream Journal fits naturally with intuitive and creative techniques approaches to career thinking, so you may find these suitable if you liked the Day Dream Journal.

NB: Because everyone is different and no one solution on its own is necessarily a magic bullet, please look at our other self-help Tools as well and use the ones that work best for you.

# References and Resources

- Yates. J. (2019). *The Career Coaching Toolkit*. Routledge.



If you are a member of staff from another educational organisation and want to use a limited number of our self-help tools with your students, we'd love to hear from you and share good practice. We'd ask that you retain references to University of Huddersfield as a matter of courtesy and acknowledge the other sources we've used. Thank you.