

UNSERIOUS

# Upshots Cheat Sheet

USING YOUR DREAMS AS DATA

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"Listening to your dreams can be an act of deep compassion and self-trust... when you acknowledge yourself as having something worthy to tell yourself, that can change your life." - Sarah Epps

## The Upshot

### WHO IS THIS FOR?

- Anyone who wants more clarity and purpose in their life.
- It's free. Our dreams are free. You don't need a coach or a subscription or an app, just do the thing you do nightly!

### WHY IS THIS IMPORTANT?

- In business we talk a lot about data-driven decision making, but not all data comes from a spreadsheet. There is really powerful data that comes from within you. Your dreams are often this data - it's a letter from your subconscious.
- Think back to being a kid, or if you have kids. When kids have a bad dream we tell them "it's just a dream, don't worry about it..." but actually, dreams can provide real clarity. When you're in the thick of it, it's so hard to hear your inner voice.

- This is only in your best interest, there's no one else who can tell you these data!
- A lot of people say when I retire or when XYZ happens, then I'll enjoy life. But this is your life. So while you're in it, what of your deep joy and deep personality can I bring to this experience? Getting in touch with your dreams can help you bring more imagination, direction, and even play into your waking life.

## HOW TO DO IT?

1. Keep a notebook by your bed, something easy like a Moleskine with a pen in the blank page, so it's as quick as possible to access.
2. As soon as you wake up - even before you open your eyes, write with bleary eyes whatever snippet of the dream that you can remember even if it's just one word. Zoom out and try to describe the feeling of the dream. If you could give a dream a title, like a movie, what would that title be?
3. Keep this up daily - The more you do this, the more it trains your brain to remember more of your dreams.
4. Later, when you're more awake, revisit what you've written - There's an approach from Jungian psychology - underline the nouns and then free associate what they might mean. Retell the story to yourself using those words.

## PITFALLS AND PRO-TIPS

Go back into the dream and explore - powerful imaginative work. You do this waking, and bored, like when you were a kid. Daydreaming. Stare out the window.



Go back into the landscape of the dream, how did it feel? Pretend you're a character in the dream and do stuff, like a video game. Ask a question, is there something that you wish could or would happen?

Active dream work also isn't just limited to dreams, you can use it for waking life.



You could use this approach to revisit a meeting where you wish things had gone differently, a 1:1 where someone said something, you couldn't react, etc. Replay it and say what you would have wanted to say.

Sometimes dreams really are just digestion dreams. You can't read too much into them - your body and mind are decompressing. There's a different quality to those dreams. The ones where the message is clear, you'll feel that clarity.



Heads-up! When you start listening to your dreams, you may end up considering major changes in your life. Be careful what you wish for!



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