



*Tips on how to become
a daydream achiever*



Daydream Believer

The Monkees

Ideas from co-counselling and other sources (Check out www.co-counselling.co.uk/)

Music from www.inspirationjukebox.com and other sites



Number 40

You Can't Get What You Want ('Till You Know What You Want)

Joe Jackson

In other words to achieve your dreams of happiness, first decide what those dreams are. Then work towards them every day, even if it's only in small ways. Sometimes this might just be reminding yourself that you have a dream or goal.

Next it's...



Number 39

A Dream Is A Wish Your Heart Makes

Michael Bolton

Sometimes it can even be difficult to know what will make us happy. Perhaps then it's best to get back to basics. As humans we all have body needs like food, water, touch and movement. We also have mental and emotional ones. These head and heart needs include

- being loved and giving love
- understanding what's going on and being understood by others
- letting our feelings out
- the power to make choices in our lives.

What is your heart, head or body dreaming of, that it doesn't have now?



Number 38

Is That What You Really Want?

Libby Roderick

Libby Roderick is the diva of inspirational song. (For those of you not familiar with her check out her best album; 'Thinking Like A Mountain'.)

This is one of her most moving tunes. It asks us to remember what we were like as children. Then lovingly challenges us. Are we following our own dreams or are we simply doing what family, school or TV has told us to do?

Perhaps we've time to think about that before we move on to...



Number 37

No Limit

2 Unlimited

There's endless ways of meeting our needs and achieving our dreams of happiness. Never think that there's only one answer. If you're going round in circles with a problem, pick a word at random from the dictionary. Does it spark off any new thoughts?

If the problem is having too many possible solutions or choices, don't get hung up on which is the 'right' choice. Pick one that seems workable. Then put your energies into making it work.



Number 36

Don't Lose Your Dreams

Pete Wylie & Wah!

It's easy to be blown off course. Music can help as it can remind us what our values, dreams and strengths are. Get hold of some of the tracks in this chart, or favourites of your own. Listen to them often. If you're low use what is known as 'entrainment' to change your mood. Make a mix of music that fits how you are feeling. Then start adding tracks that are more and more positive. As the music changes your emotions will too.



Number 35

The Greatest Love Of All

Whitney Houston

Originally recorded by George Benson, this song is an anthem to achieving happiness. The greatest love of all it talks about is self-esteem or self-love. This isn't the same as being selfish or big headed. It's not about comparing yourself with other people or doing them down. Self-esteem is about liking yourself. Not listening to that voice in your head that criticises you.

[Back to the Chart...](#)



Number 34

I Am What I Am

Gloria Gaynor

And if we do try to raise our own self-esteem, Gloria Gaynor is with us every step of the way. Particularly if they're dance steps. Originally from the show 'La Cage Aux Folles', 'I Am' became a disco smash. If we could all just live out the title, the world would be a much happier place. High self-esteem is based on two things.

The first is believing that you deserve love and happiness. This means accepting who you are and being able to say, 'I Am What I Am'.



Number 33

I Believe I Can Fly

R. Kelly

The second thing self-esteem is based on is self-belief. Believing that you can do the things you want to.

This doesn't mean that, as Tina Turner put it, you have to be 'Simply The Best'. You don't have to be perfect to be a good or loveable person.

What realistically might you be capable of? Decide and then act.

Next up it's Ol' Blue Eyes.



Number 32

My Way

Frank Sinatra

This must be one of the most world known songs on the planet. On one level it's a song about self-love. But I also like it because the words remind me that there are up and downs in following your dreams. I always find this reassuring.

Thanks Frank.



Number 31

Say It Loud – I'm Black And I'm Proud

James Brown

We all have an image of what we think we're like. We also have one of what we think we should be like. If the two don't match our self-esteem will suffer. We'll feel disappointed in ourselves. These self-images often reflect the roles the world says we should play, be it the tough man, good mother or logical scientist.

Some roles have very few positive messages attached to them however. One response to this, by Afro-Americans, was 'Black is Beautiful'. This went against the racist beliefs of the time and reminded them of their own worth and abilities. What are you proud of about your own background?



Number 30

Sisters Are Doin' It For Themselves

The Eurythmics with
Aretha Franklin

Roles have nothing to do with real human needs and potential. At best they exaggerate certain human qualities at the expense of others. For example women have been encouraged over the centuries to be carers rather than go-getters.

Go get it, girl!

(But only if you want to. The important thing is being able to make the choice about what'll make you happy.)



Number 29

The Kids Are Alright

The Who

They are - and so are you, whether you're a kid or not. Sometimes it seems like whatever age you are, it's the wrong one. As children we're told to wait until we are older, not to be childish or to grow up. As adults we're supposed to be pleased, if people take us as being younger than our years. As we get older we may be told to act our age.

So there are roles around the different stages in our lives too. We have to decide for ourselves whether to live them out or not.

Next it's Sting and the band at...



Number 28

Rehumanize Yourself

The Police

To recap, to be a daydream achiever and be happy we need to make sure that we're meeting our basic human needs. These are for things like food, touch and love. We also need to make sense of the world around us.

I'll continue this review with the help of our next track...



Number 27

This Is Me

Climie Fisher

We need to be able to choose what we really want from life, rather than what other people have told us we want. Be able to say 'This Is Me'.



Number 26

Be Proud, Be Loud, Be Heard

Toyah

Well here's one pop star who certainly seems able to speak up for herself.

To be happy we need to be true to ourselves. In part this means being able to say and do what we want. For some of us this might mean choosing safe places and people to be with. For others it might mean being more assertive with people, while still respecting them.

Be bold. Be gentle with yourself. Have fun.



Number 25

**If You Want It
(Do It Yourself)**

Gloria Gaynor

A second entry for Gloria Gaynor and another song about personal power.

Whenever you hear yourself start to complain about other people, the government or fate, bung this on your hi-fi.



Number 24

Imagine

John Lennon

Before you do it yourself - imagine. Remember if you always sing the same notes you'll always get the same tune. Think about all your options.

For tips on thinking creatively visit the website at www.brainstorming.co.uk/links/weblinks.html.

Next up it is John again with some old mates from Liverpool.



Number 23

Help!

The Beatles

Doing it yourself doesn't mean doing it on your own. Think about what you need next to achieve your dream of happiness. Do you want help of any sort? It could be information, a loan, counselling or whatever. Set a date by which you'll look out the support you want.



Number 22

**Whatever Will Be Will
Be (Que Sera Sera)**

Doris Day

Sometimes even with help we don't get what we want. Being powerful doesn't mean being all powerful. Life will always throw up the unexpected. Accept this. 'Que Sera Sera.'

Our next song has some good advice too.



Number 21

Don't Give Up

Peter Gabriel & Kate Bush

Sometimes we have to accept that some dreams are the impossible dream. Then we have to decide how else we can meet our needs. Giving up on a particular dream, doesn't mean giving up on your deeper dream of happiness.

In case you're trying to remember who else recorded this track, it was Willie Nelson, with Sinead O'Connor on "Across The Borderline".



Number 20

Nobody's Perfect

Mike & the Mechanics

Here's another song about accepting some things as they are. This is a good way of becoming a daydream achiever. To be happy, we need to be gentle on ourselves. Nobody's perfect. We all make mistakes. To think otherwise just puts extra pressure on yourself.



Number 19

Get It Right Next Time

Gerry Rafferty

However it's not a good idea to 'forgive and forget'. I prefer the sentiment of 'Nobody Does It Like Me'. Shirley Bassey sings this old-fashioned tale of error and failure ike she's boldly shouting these facts from the roof tops.

You don't have to be ashamed of making mistakes. Who doesn't make them all the time? Love and share your 'mistakes', with people you trust. This reduces the fear and shame attached to the myth of perfection. Even try to learn and grow as a result of 'em.

Then as Gerry Rafferty put it; get it right next time. (Or the time after - change isn't always easy).



Number 18

Always Look On The Bright Side Of Life

From Monty Python's
'Life of Brian'

Of course it does make sense to try to make the best decision right from the start. So it actually helps to look on the negative as well as the bright side. And the 'crazy-what-haven't-I tried-before-that-might-just-work-side' too. Then decide.

Being happy is about making good choices, and not just repeating old behaviours. Wishing on a star just isn't enough.



Number 17

Reasons To Be Cheerful (Part 3)

Ian Dury & the Blockheads

Looking for the positives in a situation is a good idea though.
Note what absorbs you and makes you happy. If it doesn't do
you or anyone else harm, try to do it more often.

More cheerfulness to follow...



Number 16

Don't Worry Be Happy

Bobby McFerrin

Worry and happiness are both feelings. Without feelings we'd be alive but would never do anything. We wouldn't be able to decide what to do, as nothing would matter to us. Having feelings is a good thing. It makes us human. Most of us prefer to be happy than worried however.

One way of not worrying so much is to put time aside each day to relax. Put on some soothing sounds or tune in to your own breathing. If you want to take this a step, further visit the website at www.meditationcenter.com.



Number 15

Cry And Be Free

Marilyn

Another way of stopping worrying is to let our feelings out. Over the years we've all learnt to feel stressed in certain situations. The body copes with this by getting ready to fight or run away. Even when we don't, it stays on red alert.

Crying releases some of this stress from the body. So sobbing along to sad songs could be good for you. Alternatively dancing can be a good release. Dance teacher, music maker and urban shaman, Gabrielle Roth has developed this idea over the years. Famous for her work on the Five Rhythms, visit her website at www.gabrielleroth.com/ to find out more.



Number 14

Body Talk

Imagination

Try to listen to your body. What's it telling you, about the dreams and needs it has? Is it hinting that it'd like to eat more healthily, drink less or give up the cigarettes and drugs? But enough about the rock'n'roll lifestyle, it's time for more rock'n'roll...

But before the next track, just a reminder not to feel guilty about your way of life - and remember to get expert advice if you need it. The people at NHS Direct maybe able to help you. Go to www.nhsdirect.nhs.uk.



Number 13

Silly Love Songs

Paul McCartney & Wings

The last few chart entries have been about us as individuals. But getting ourselves sorted out is only part of the answer to achieving our dreams of happiness. We all need other people.

Macca asked us in this hit what was wrong with silly love songs. Nothing, except that sometimes they simplify things too much. Pop songs often say find the right person and everything will be OK.

In reality one person can't meet all our needs. Indeed we have to meet a lot of them ourselves. And just to continue this one-way conversation with Paul about love, next up it's...



Number 12

All You Need Is Love

The Beatles

We probably need clean water, good sanitation and money too. You get the Fabs' point though. So what is 'love'? In song it's often about feelings, of excitement, despair or addiction. But emotions change all the time, so a relationship based on love needs more than that.

Love's also about commitment and action. The commitment to not just being a slave to emotions, but to putting time into making a relationship work.

Action is also important as feelings alone won't feed the baby you love or fund the cause that you passionately believe in.



Number 11

Healing Hands

Elton John

Touch is one form of love in action. Studies show that children need it to be healthy. Probably we all do, but often it's taboo for adults to touch each other except when making love. But although sex is about touch, all touch isn't about sex. We need touch to show excitement, sadness, playfulness and support. We all need those healing hands. Touch is about energy and expression. It's about being in contact with one of our key senses. We use it to make sense of our lives. To live out your dream of happiness probably means a life fully in contact with your senses. Could you get more touch in your life?

And finally we go in to the Top Ten...



Number 10

Reach Out And Touch (Somebody's Hand)

Diana Ross

To find the happiness you've always dreamt of, means being in touch with what's important to you. This could be an activity on your own. Most of us, at least sometimes though, need to be in touch with other people. This means making enough safety to be yourself and drop your defences, whilst helping others to do the same. By looking after our own needs and feelings in this way, we're more able to reach out to others. We move beyond selfishness or mere charity to feeling connected. We need to do this everywhere, in our relationships, work places, churches and political parties. To make the world a better place, means that we have to be more in touch with both ourselves and other people.



Number 9

Caught (Between A Rock And A Soft Place)

Libby Roderick

Libby edges into the Top Ten with a true to life song about a disagreement between two people. To live out your dreams may require conflict. The trick, which I often find difficult, is to experience conflict as a good thing. It should be an opportunity to learn and to create. Without new ways of seeing and doing things we'd still all be living in caves, hunting mammoths and the only rock legends would be at Stonehenge. Change comes from the conflict between the new and the old. Unfortunately however our personal differences often end in bitterness or stalemate. Frequently this is because our feelings get in the way. Conflict can then easily become linked with pain.



Number 8

The Winner Takes It All

Abba

Yes, the winner takes it all, including the loser's wish for a rematch. Instead try to get to a situation where you both win. Often conflicts start off as being about a particular issue. They then turn into arguments about how the conflict's being handled. This is particularly true if neither side feels listened to. Feeding back what you think the other person has said may stop misunderstandings and let the other person feel heard. As Hendrix might have said 'I love that feedback, man'. Generally try to talk about your own feelings about the issue. Don't blame the other person. Be specific about the problem you want to sort out and deal with one thing at a time.



Number 7

Sorry Seems To Be The Hardest Word

Elton John

On your way to achieving your dreams you're going to make mistakes. Mistakes can be unasked for gifts that help us grow, as long as we reflect and learn from them. Saying sorry helps this process. We become aware of our mistakes rather than hiding from them. It may also stop bad feeling developing between people and things getting out of hand. Instead it creates a chance to talk more and to move the relationship on. Saying sorry may make it easier for other people to say sorry to you too. Accepting their apology, helps everybody involved share information and closeness. Don't worry about losing face. What do you need to say sorry for to get nearer your dream of happiness?



Number 6

Thank You

Dido

Giving thanks is another way of becoming more aware of what's good in your life. And so perhaps get more of it. Think about the people you know. What about them do you give thanks for? I find this a powerful question even if I don't tell them. Appreciating them is a gift to me, as well as to them. It cuts through the everyday stress and helps me love them more. If you find it difficult to think of things to give thanks for in your life, stop thinking. Use your senses to be aware of what things are giving you pleasure at the moment. This could be as simple as an awareness of your own breathing or the colours and sounds around you. And I give thanks for Chart entry...



Number 5

T'ain't What You Do (It's The Way That You Do It)

The Fun Boy Three & Banarama

This awareness of what's going on around us is important. It connects us with our senses. Along with the brain, the senses are the way we feel pleasure. In moving towards your goals be open to what's around you. The journey is as important as the destination.



Number 4

I'm A Winner

Jimmy Cliff

The countdown continues.

So in what ways are you already a winner? For example what have you done well, despite setbacks? What qualities have you got that help to make you happy? How could you use them to make you even happier?



Number 3

Success

Duran Duran

So you're a success. You've achieved your dreams of happiness. Enjoy the feeling.

(Remember as well that no one's happy all the time. This isn't failure. It's simply being human. To move back towards being happier again, decide what your needs are. Then act.)



Number 2

Celebration

Kool & the Gang

Celebrate often and give time to take in your achievements. Not only so as to reflect and learn from them, but to enjoy them too. Relive these moments in your head when you need your confidence building. Remember every detail. What can you see, hear, smell and feel?

And after 39 hot hits from the Daydream Achiever chart, we've finally reached Number One...



Number 1

What A Wonderful World

Louis Armstrong

It is. It's your world.

Be happy living out your dreams in it.



Thank You For The Music

Abba

If you are looking for many of the tracks from this chart you could try www.inspirationjukebox.com

My own inspiration originally came from Co-counselling International. (See www.co-counselling.co.uk)

Thanks must also go to writers like Edward de Bono (not the secret French lovechild of the U2 star as far as I know), John M. Ortiz and John Heron & others from the world of Humanistic Psychology for the ideas that appear in this book.



The End

The Doors

(Or is it 'We've Only Just Begun' by The Carpenters?)

