A GOLDEN MOMENT · WITH REBECCA MONTGOMERY

Make Your Cloud Card

A simple exercise for naming your dream and making it real

For more than 35 years, children at Kids Who Care climbed into a tent made of sheets, listened to a story, and wrote their dreams on a cloud card. Decades later, some of them still have those cards, and some of them are living what they wrote. On A Golden Moment, founder Deborah Jung walked us through how to make your own. It takes less than 10 minutes.

WHAT YOU NEED

A small card that makes you smile. Business cards work well, or print page 2.

A pen or pencil you love.

A song that soothes you.

1. **Set the mood.** Give yourself at least three minutes and no more than seven. Put on a calm song and let it be your timer.
2. **Write your dream.** Be still and write down what you dream of. No one has to see it. Your only job is to be honest. Keep it simple: "I want to have a food truck." "I'm going to write a children's book." "I'm going to learn the saxophone." If you need more room, use a second card.
3. **Put it where you'll see it.** Your wallet, your mirror, your bulletin board. Somewhere it will talk to you every day.
4. **Tell someone you trust.** When you're ready, share it with one person who will say "Yes, and?" Not someone who will tell you how to do it or why it's impossible. Just someone who will ask now and then, "How's the book?"
5. **Get quiet and listen.** Find a few quiet minutes each day. Ideas will start to come: "Call so-and-so." Write those nudges down and act on them, one small step at a time.
6. **Ask for the porch.** When Deborah asked a friend if her kids could perform on a museum porch, she was offered the dome instead. Ask. The worst thing anyone can say is no.

SHARE YOUR CLOUD CARD

Post a photo with **#GoldenMoment**. You can turn it over. We don't need to read your dream, we just want to see that you wrote it.

"Whatever you have in your heart that you were born to do, the world needs it." — Deborah Jung

A GOLDEN MOMENT

Your Cloud Cards

Print on cardstock, cut along the dashed lines, and keep an extra card handy.

MY CLOUD CARD

I dream of…

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