

Dream believer

If 2020 has taught us anything, it is that life is unpredictable. And while most of us are jumping for joy at seeing the back of it, we are also recognising that 2021 is our chance to press reset. *Goal Getter Workbooks* author Leonie Dawson says following our dreams should be a priority. "We live in a chaotic and changing world, and people are realising they only get one chance to do something they love," Leonie says.

WORDS PENNY HARRISON



"I've learnt that you really have to step out and take a risk in life," Kim says. "Fear is ever present, but you can let it rule you, or you can let the dream rule."

Kim Miatke

Kim Miatke had spent 20 years working as a counsellor when she decided to take up painting. "I hadn't picked up a paint brush since I was given a D for art in Year 8," Kim says.

Kim was playing with her youngest daughter and a set of watercolour paints when she suddenly knew what she wanted to do. "I realised the power art could have on people's lives," Kim says. "I just knew that I wanted to create beauty in the world."

It's now been just over a year since Kim launched her business Calla Collective, a store and workshop studio in Melbourne's north that showcases the work of Kim and other makers.

HERE ARE
LEONIE'S
TOP TIPS
TO FOLLOW
YOUR PASSION.



Fight the fear

While self-doubt and fear often rear their ugly heads when talking about dreams and change, you have to make a choice, Leonie says. "You could absolutely stay stuck in your life ... or you could be more interested in having a glorious life, in being your own best friend and trying new things."

Passion play

The best way to give your creativity a kick-start and find your true passion is to play. "The first thing you should do is write a long list of everything you love doing, or everything you loved as a kid and then start trying things," Leonie says. "Try stuff and have some fun."

Kick goals

Write down your goals and review them regularly. But don't just have "wishy washy" goals – come up with achievable goals that are "tick-off-able and doable", Leonie warns.

Make it work

If you're going to turn your dream into a reality, you need to do the work. Surround yourself with like-minded people and carve out time each day to focus on your dream. "You don't need to quit your job to become a writer or artist," she says. "You have to make time for your dreams." **W**