



Unleash Your Dream NYC Challenge

Created by *Sarah Michelle Brown*
of

FIRST HAND WOMAN



LET'S DO THIS!

I'm thrilled that you're hopping on board for the **Unleash Your Dream NYC Challenge!**

While I roll the dice in bringing my stage play *First Hand Woman* to The Big Apple, I want **you** to take your own action step towards unleashing your dreams.

Ready for your mini-journey? Let's dive in!

And as always...

Dream up,

A handwritten signature in black ink that reads "Sarah". The script is fluid and cursive, with a large initial "S" and a horizontal line under the name.

Sarah Michelle Brown
Playwright/Producer
First Hand Woman

Unleash Your Dream

NYC Challenge

AWAKEN: It is time to step into the world of Denial.

DENIAL – AWAKEN

Are you awake?

In honour of the characters in *First Hand Woman* – the stages of loss – your action step deals with the first stage: Denial.

I had lots of excuses. Lots of big reasons why I couldn't put *First Hand Woman* up in my home town again, let alone in New York City. Facing a stack of rejection letters from theatres and funding sources, I couldn't see how I could make steps towards my dreams.

Then **the year of the wake up call** happened. Yes, 2012 (and early 2013) was an unbelievably difficult time. I lost three loved ones, all under the age of 56, to a sudden series of late stage cancer diagnoses. One by one, these special people died. In January 2013, the last survivor of the three passed away, and I sat there thinking, *you just never know when your time will come*. A few days after he died, I decided that there was no more room for excuses, even the really “valid” ones.

You know those reasons why (not): The fears, the risks – financially and in your heart and mind.

I had to find a way to make these fears less important than the actual act of acknowledging and going after my dreams.

I made up my mind that I had to stop **denying** the things lit me up inside.

In facing so much loss in such a short period of time, I've really learned that **there's no time like the present** to go after a life that you love.

Are you awake to what your heart wants?

TAKE ACTION NOW!

It's time for you to get clearer about your heart's desire.

So the first thing that you need to do is wake up.

What are the things that light you up inside?

WRITING CHALLENGE GUIDELINES:

1. Set aside 12 minutes.
2. Read *all* the guidelines below.
3. Grab some paper, a notebook, or open up a writing program on your computer.
4. Set and start a timer for 10 minutes.
5. Start with the phrase **“What really lights me up is...”** and dive in. Write as quickly as you can and come back to that phrase if you need to while doing this exercise.
6. Keep your fingers moving. Don't pause.
7. Write **whatever** comes to your mind. Don't censor, edit, cross out, erase or redo. Just let your voice come out in its raw form. Keep writing until the timer goes off.
8. Pat yourself on the back!
9. *Let me know what you discovered about your voice, your goals, your hopes and your fears at www.facebook.com/FirstHandWoman.*