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Dream: Plan: Experience



Types of dreams

On the 1st December 2017 I posted the following on LinkedIn:

So you think you know how to plan. Or are you making it up as you go along?

Perhaps it is now time to write a series of 10 articles (now expanded to 21) which will explain my thesis and form the basis of my new book which I will call "Dream: Plan: Experience".

This is the second article which is a summary of Book 1 Chapter 2 which covers the topic of 'Types of dreams'.

What is a 'dream'?

The answer is:

- 1) A fantastic but vain hope
- 2) A state of mind characterized by abstraction and release from reality
- 3) A series of mental images and emotions occurring during sleep
- 4) Imaginative thoughts indulged in while awake
- 5) A cherished desire

In order to experience a dream it is vital that the 'deliverables' from these 5 definitions be fully understood, irrespective of the planning method.

So how many types of dreams are there?

The answer is 5.

What are they?

- 1) Daydreams/Fantasies
- 2) Nightmares
- 3) Lucid Dreams
- 4) Recurring Dreams
- 5) Prophetic Dreams

So how do you turn a dream into a benefit rather than disillusionment?

Answer: You need a plan!

"If you fail to plan then plan to fail" (Benjamin Franklin supposedly once said).

But everyone plans! So why do most plans fail to deliver?

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Charles Meyer Richter
Principal information architect and Diagnostician
Ripose Pty Limited