

Day Dream

Day Dream is about seeking while you're awake.

Following your natural curiosity to discover, connect, and create.

KNOWLEDGE
PRINCIPLE

Day Dream Loop

Complete this loop 4 times in the month of July- once each week



Daily Mini Practice

Every day ask,

"What is one thing I'm curious about right now?"

Share Your Journey



Take a picture of your creation from the Day Dream loop. Use: #HCDayDream