

CLOSE-UP: PURSUING YOUR DREAMS

Persistence helps wishes come true

Turn your dream to reality

The road to fulfilling a wish can be long and difficult. Here are pointers from Barbara Sher, author of *Wishcraft, How to Get What You Really Want*:

- Write down your wish and be specific.
- Pick the brains of friends and colleagues and ask for advice, resources and support.
- Make a plan of action that includes step-by-step goals and timetables.
- Get your feet wet. If you dream of making movies, start by renting a camera and making a five-minute film.
- Meet with friends regularly to discuss your progress, your fears and your plans.

Barbara Sher is in the business of helping people find strategies that work. Sher, a therapist, career counselor and author of *Wishcraft, How to Get What You Really Want*

(Ballantine, \$5.95), observes that children who grow up in a family where they are encouraged to pursue their talents and dreams have great potential to fulfill them. But she be-

lieves that others who have not been given this early support can acquire resources, skills and confidence to make their wishes come true.

It's never too late to turn your aspirations into action

A high school student who dreams of becoming a doctor has plenty of time to pursue the dream. But what about a middle-aged woman who wants to be a movie star? Or an opera singer?

Career counselor Barbara Sher doesn't take anyone's dreams lightly. When confronted with a client who has a fantasy that either age or

experience will make impossible, she encourages the client to think about what's really exciting about the fantasy.

"Don't think about your skills, think about what you love" about the fantasy, she says. Once you know what that is, develop a plan. Consult friends and colleagues, make new contacts, and get some firsthand experience.

Roz Dunn was one of Sher's clients who had a fantasy that sounded out of reach. In her late 50s, Dunn wanted to be a Broadway star. She had worked in public relations, advertising and at desk jobs for most of her life, but performing is what really excited her.

She put the word out to her friends and associates, and

soon learned about an opening for a host on a late-night radio show in New York City.

She got the job. Since then, she has been an extra on a number of soap operas and has appeared as an extra on several off-Broadway shows.

Another of Sher's clients, a 50-year-old woman with an untrained voice, wanted to be an opera singer — or

thought she did. When she looked more closely, she realized that what she really wanted was for her friends who hated opera to learn to love it. Now, after several courses in the history of opera, she's taking groups of people to rehearsals and on backstage tours at New York's Metropolitan Opera House.