sh.

ISSUE 01
FOR THE DELUSIONAL AMONG US

THE DELUSION AUDIT.

Pen required.
Shame optional.

Big dreams. Questionable plans.
One worth pursuing.

A 10-minute reckoning for people with too many ideas and not enough decisions.

Susan Hannam | @susanoffscript

FREE WORKBOOK · 10 MINUTES

01. *Get it all out.*

THE DREAM DUMP

The sensible ones, the "what if" ones, and the one you've never said out loud because someone would raise an eyebrow. Nobody's marking this.

DREAM 01
The one you'd start tomorrow if you could.

DREAM 02
The one you've been "thinking about" for three years.

DREAM 03
The one that sounds ridiculous out loud.

DREAM 04
The one you'd quietly love but would never post about.

DREAM 05
The one somebody once called unrealistic.

DREAM 06
Wildcard. Go on.

— *Fewer than six? Fine. Quality over quantity. Unlike my Notes app.*

02. *Answer fast.*

THE NO-BULLSHIT QUESTIONS

Four questions. Your first answer is usually the honest one. Your second is the one you think sounds better.

1. What would you do if money didn't matter?
   And not "lie on a beach." What about after week two?

2. What would you want if nobody was watching or applauding?
   No likes. No LinkedIn post. No told-you-so.

3. Is this your dream, or someone else's expectation?
   Parents. Partner. Your 22-year-old self. The algorithm. Who's actually holding the pen?

4. Which idea keeps coming back?
   The 2am one. The shower one. The one that crashes conversations about something else.

Now go back to your dump. Circle up to three. That's your shortlist.

03. *In daylight.*

THE REALITY CHECK

This isn't a personality test. There's no score at the end. It's you, being honest about three dreams.

	DREAM A	DREAM B	DREAM C
THE DREAM			
WHY IT MATTERS TO ME			
HOW IT MAKES ME FEEL *Excited, terrified, or both.*			
WHAT I'VE ALREADY GOT *Skills, time, money, people, sheer stubbornness.*			
WHAT'S GENUINELY IN THE WAY *Be specific. "Life" doesn't count.*			
WOULD I START THIS MONTH?	◯ Yes ◯ Not yet ◯ Honestly, no	◯ Yes ◯ Not yet ◯ Honestly, no	◯ Yes ◯ Not yet ◯ Honestly, no
WHAT WOULD MAKE IT A YES?			

No gold stars here. You're gathering evidence, not passing sentence.

04. *Just for 2027.*

FOUR DECISIONS

Every dream gets a verdict. Not forever. Just for 2027.

PURSUE IT

Commit.

This one gets your time, your energy and the good pens.

THE ONE DREAM

WHY

DITCH IT

Release.

Not a failure. Just not yours, or not anymore. Let it go with dignity.

DREAM(S)

WHY

PARK IT

Not now.

It's real, but the timing's off. Write down when you'll check back.

DREAM(S)

WHY

PLAY WITH IT

No pressure.

Explore without pressure. Dabble. Experiment. No business plan required.

DREAM(S)

WHY

Only ONE goes in Pursue It. Yes, one. Greedy is how we got here.

05. *Write it like you mean it.*

THE DECLARATION

Then sign it. It's not legally binding, but it helps.

My dream for 2027 is ...

It matters because ...

My first small action within seven days is ...

Small. "Book the class," not "become a novelist."

SIGNED _____ **DATE** _____

Share it.

OPTIONAL

Screenshot this page or send me your biggest takeaway. Tag or DM @susanoffscript. Part 2 is coming: The Dream-to-Reality Plan. How the hell do I make it happen? Follow so you don't miss it.

You're not delusional. You're just early. — *Susan*

NOT THERAPY. NOT FINANCIAL ADVICE. NOT A GUARANTEE. JUST A BLOODY GOOD STARTING POINT.