

By Yuen Chiu Wan Wanda

Sark, the author, put the book as “a plan for procrastinators, perfectionists, busy people, and people who would really rather sleep all day”, but I would rather put it as a self-healing therapy in the world full of frustration and disappointment, and when it was Sark herself that succeeded in Making her creative dreams real, there is nothing more convincing: in the world of “No”s, there is still ground to exploit our land of creative dreams.

Children and adolescent have the exclusive right to dream, but to adults who shoulders responsibilities, dreams are luxuries to far to be reached. Energy and time are dedicated to make a living, getting along with our family and friends, and more. When we are convinced that living out a dream is impossible, Sark points out that when searched deep inside ourselves the crave for fulfilling a dream is simply undeniable. To some, creative dream is a haven from the harsh reality; to the majority, creative dreams give us life and energy. Only when we realized how paramount creative dreams are to us we would summon the determination to overcome the obstacles in living out dreams. To no surprise, the biggest deterrent is we. We are unwilling to change, make excuses, procrastinate, criticize, discourage ourselves..... all things add up to the recipe of giving up. Sark was not lecturing us as an indifferent outsider. All these have had been very real to her. Yet she has conquered them, and stand up to see her creative dreams being realized one after one, and was eager to share with us how could that be achieved. The key to success lies in one phrase “Be frank with yourself”: delving into your dream legacy, finding out the “No”s we have been telling ourselves, identifying the kind of support you need to rally, and most important of all, acknowledging that we are ultimately responsible for fulfilling our dreams. Even though the book is printed in a way “out of the box”, the content was presented systematically. Sark analyzed the procrastinators, perfectionists and busy people behaviors, pointing out the excuses these people have been making to leave behind their dreams. Furthermore, there are inner criticism, expectations from others, negative feelings come along in pursuing dreams (lost, frustrated, misunderstood, jealous.....) and the very reality (creative dreams doesn't necessarily be turned into cash flow, and we have to feed ourselves, don't we?). But it is also the very reality that we have the desire to live dreams and dreams drive us. Sark urges us to find all the “Yes”es for our dreams: love, energy, allies etc. Self-acceptance could be one thing we overlooked. Self-acceptance means accepting what we hate or find repulsive about ourselves as well. We would doubt if we are worthwhile to possess dreams. If we do not believe we deserve our dreams, will our dreams ever become true?

Then Sark laid out plans for realizing dreams: take micro-movements (aggressive

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plans most often end in failure), rally supports (we always deprived ourselves of support unintentionally. Consequently, our dreams died in solitude). If our dream is to write a novel, the micro-movement could be as simple as turn on the computer at 2:00pm Sunday and open a file called "Novel" (On one side you have no excuse to not doing something trivial as that, on the other side there is accomplishment and the momentum is sustained.) Supports do not fall from heaven all in a sudden. Sark asked us to reach out for support. Again, she applied some creativity and wit, and twisted the somehow "passive" word Support into a different meaning: friends, families or mentors supporting your creative dreams could be inspired by your dreams, and this in turn supports them to pursue their own ones.

Besides her biography, Sark offers inspiring stories from other persons as well. These were all ordinary stories from persons just next door: getting married, be a mother, having their art works be published.....but these were great! I can read the energy and joy they were living out when they were recounting their stories. Sark even offers clues to sustain and manage creative dreams. It impresses me that living out a creative dream is no difference to upbringing a child from cradle to adult, and let the creative dream grow and become independent becomes our ultimate goal.

Not only creative dreams has Sark lived out, but she has also worked out a miracle. The amount of effort and courage taken to step up and transform oneself from an introvert into writer, not shy from discussing her fumbling, floundering along the way to success and failure, is tremendous. The zest to enlighten every reader, to inspire all the people she come across, to offer help and light to the desperate, leap out from page to page and from word to word. That is exactly what I call "a life that moves other lives". It re-ignites many dreams that have been lurking deep in my mind. I have long been thinking of getting grade eight piano competency. I have been in grade four since form three, after which I concentrated on my study and work and find no time to take piano exam. Now I started playing piano again. Recently I am practicing badminton and wakeboard. At the very instant I am writing the report, I have had a badminton competition and lost two games. The very reality would probably define me as a loser. The stress that comes with the competition should have stifled me long before I write this report. But I shared with Sark the same point of view that the progress is a reward itself. I and my partner were glad to see that we have improved a lot, and our team mates applauded us playing brilliantly. Recounting the matches, I thought over and over advices (sometimes negative) from my team mates, and adjust my maneuver from time to time. This coincided well with Sark's perspective: acquire support from friends who would give "Yes" to your dreams, and sometimes conscious "No"es do do us a lot of goods. You know how many times I have fallen until I finally

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stand up on a wakeboard? I got cuts and bruises during the course as well. When compared with my peers I was probably the poorest in the sport (and it was pretty funny to see me bumping into the water), but I am grateful that at least I have tried, I have not given up, and I succeeded! To many it might be the most trivial accomplishment ever made. To me, that has already been a huge step forward and I feel my dream flies up high in the sky. There is one thing that I and Sark share in common: in the old days we were easily intimidated by many things in our circumstance, and they were enough to suffocate our lives from moving forward. Now we were enjoying lives and learning new things from time to time. We were not blindfolded to the circumstances. Indeed we are facing them and conquering them one by one. We might be detoured in the way, fumbling and floundering during the course, but we were gaining in the progress and even the failure experience is precious. To all those desperate and disappointed with life, this book would bring you comfort and light and healing. When you read the book, follow the micro-movements and keep going, you will never be far from making your creative dreams real.