

The Dreamer: Understanding What Drives You

Turquoise blue is the color associated with your dominant archetype, The Dreamer.

The Dreamer is idealistic, empathetic, and expressive. A driving motivation for this archetype is authenticity. A unique identity is fundamental to the very nature of the Dreamer. A Dreamer can literally get a case of the heebie-jeebies if something he/she is engaged in is perceived as trite or a cliché. If you are a Dreamer you don't necessarily want to look like or act like everyone else. You have your own unique style.

Dreamers are very creative and expressive. Many poets, playwrights, novelists and other creative writers come from this group. Dreamers also embrace other creative mediums such as painting, pottery, and music. It's often the case, however, that the focus or intent of their art is to inspire others. Dreamers can also be found among the helping professions such as psychiatry, psychology, counseling, and the ministry. Dreamers believe life has a spiritual meaning, although they often differentiate between a religious practice and a spiritual one.

A mantra of the Dreamer is- "I think the things I do much of the time can make a difference in other people's lives. The more people I can help, the better I feel about my own life." Dreamers are cause people. Whether they worked in a non-profit or philanthropic organization during their careers, they are quite likely to volunteer for a cause they support in their post-career years. Making their community a better place to live is an important consideration for Dreamers. These turquoise Dreamers have been idealists. They seek harmony and love in the world.

Dreamers are excellent friends. Dreamers are nurturers by nature and spend a great deal of energy nurturing relationships. Communicating with friends on a regular basis is important. These turquoise dreamers remember special dates and occasions. As they have aged, being the type of person who is there when someone needs them is a value they hold dear.

Dreamers are not only team players they are quite often the team captains. They know how to get the most from others and are quick to praise the accomplishments of others. They can build a consensus within a group, and love cooperative activities much more so than competitive ones. Dreamers like new people and have the interpersonal skills to make others feel their worth.

What Does Retirement Look Like for the Dreamer

Dreamers tend to be the best adjusted of all the archetypes in retirement. They always find lots to occupy their new-found time.

As you navigate retirement or semi retirement you might want to consider the following:

The Dreamer's Rx for Retirement

- ❖ As a person over 60, you might ask, "What has happened to my idealism?" The day-to-day grind of being an adult may have suppressed this idealism over the years, but it is still there. It is at your essence and can be re-kindled with a little effort.
- ❖ Your strong people skills have served you well. While remembering special dates and occasions is an admirable quality, you should allow others to treat you with the same care and sensitivity as you have treated them. Dreamers can default to being martyrs. Too many commitments can make you feel overwhelmed and cause burnout. You have earned the respect and admiration of others. Don't be afraid to reach out and ask for what you truly need.
- ❖ As you consider post-career options becoming an entrepreneur in a new endeavor might interest you. You may want to open your own store on Etsy - <https://www.etsy.com/> to feature your own artistic creations. Given your altruistic nature, you may want to start your own Non-profit organization. Your creative thinking ability will help you conceive of the right

concept for you. You will have lots of support and encouragement from those you have helped and supported over the years.

- ❖ If not for income than just for the fun of it spend time engaging in something creative- singing in a choir; taking a pottery or painting class; writing your memoir, short stories, or even a novel. Our turquoise Dreamers tend to have a way with words. You might want to even launch your own blog! Wordpress.com is a great blogging platform- <https://wordpress.com>.
- ❖ Volunteer for one or more of the many causes you support. You would make an excellent spokesperson for a cause you care about.
- ❖ If you weren't in a caring profession, consider something involving counseling or other form of ministry. You are a wonderful listener and offer good advice. Communication is like breathing to the Dreamers among us.
- ❖ Your home environment is critical to your well-being and state of mind. Whether you stay put in your current home or down-size to a smaller place, make sure your residence is warm, inviting, and nurturing to your spirit.

The Dreamer in a Nutshell

Authentic

Unique

Creative

Nurturing

Empathetic

Compassionate

Someone who inspires others

Idealistic

How Do You Spend Your Time?

Where does your time go? List your five major activities in the last week. How much time did you give to each one? Which were what you wanted to do and which were obligations or activities you felt you were expected to do? How much of your time is spent devoted to the needs of others at the expense of your own desires?

List five activities you enjoy doing. These are activities that nourish and lift your spirits. When was the last time you pursued these activities? How might you incorporate these activities into your schedule, even for short amounts of time? Time is one of our most precious resources. The following is a discourse on time written by Peter Beagle in *The Last Unicorn*...

“When I was alive, I believed-as you do- that time was at least as real and solid as myself, and probably more so. I said 1:00 as though I could see it, and “Monday” as though I could find it on a map...Like everyone else, I lived in a house bricked up with seconds and minutes, weekends and New Year’s Days, and I never went outside until I died, because there was no other door. Now I know that I could have walked through walls.”