

Just the Introduction
to

DAYDREAM

FIRST AID

FOR WRITERS

by Indigo Esmonde

DAYDREAMS & ASSOCIATES

- open the door -

February 2021.

Dear reader,

This course is a collaboration between me (Daydreams & Associates) and me (School of Failure). I originally wrote and tested the course during Summer 2020. And then I tried to revise it but... I was daydreaming about a version of the course where I got the art perfect and the text was polished and 100% clear to every reader. Then I realized my daydream of perfection was making me anxious and angry: perfection is not that interesting! So instead I started daydreaming about making the course into a rebellious refusal to be perfect - a FAILURE to be perfect - and I decided: the course is good enough as is.

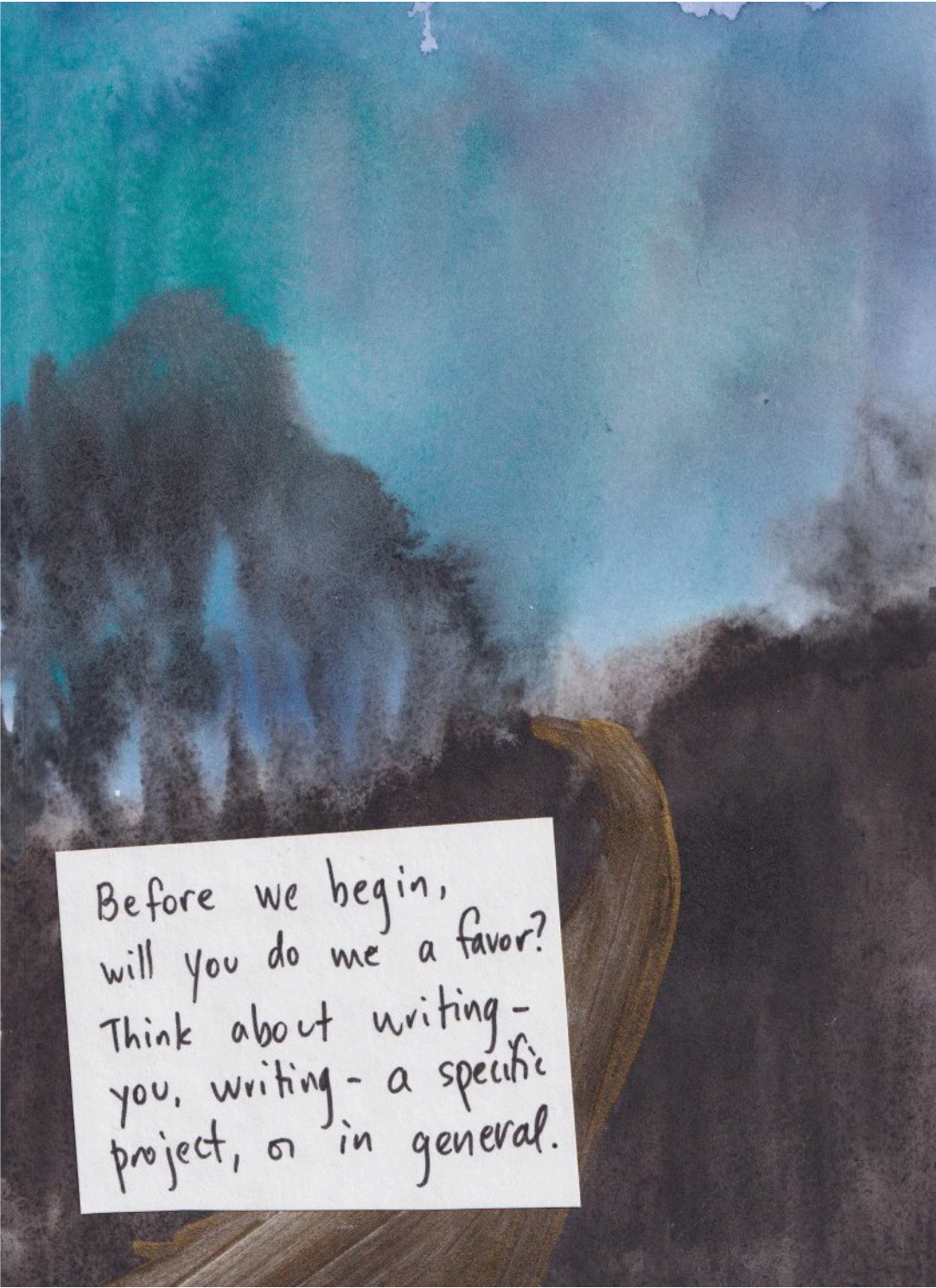
So I'm sharing the first draft version of the course. Nine of my eleven beta-testers loved it. One person said the course "helped re-ignite my ability to dream about good things happening in my life." Another person said they became more curious about their daydreams, less judgmental about themselves and what they desired.

Two of the beta-testers didn't like it so much, because they didn't like the idea that daydreams should be fixed. And I agree! Your daydreams are perfectly fine and I don't want to tamper with them. But, if daydreaming feels bad - you feel stuck, or unworthy, or bored, or anxious, or or or or ... - I designed this course for you.


Because a painful daydream can be illuminating. My daydream about the perfect course showed me where I was going after something (perfect art, lettering, prose) that is impossible, and also bores me. So I changed the daydream and realized a way to be truer to what I actually love to do - be imperfect, share first drafts, and move on to something new.

I hope you enjoy this course - and I would love to hear your favorite daydreams. I think desire is a beautiful, vulnerable thing, and I'll be happy to read any daydreams you care to send me.

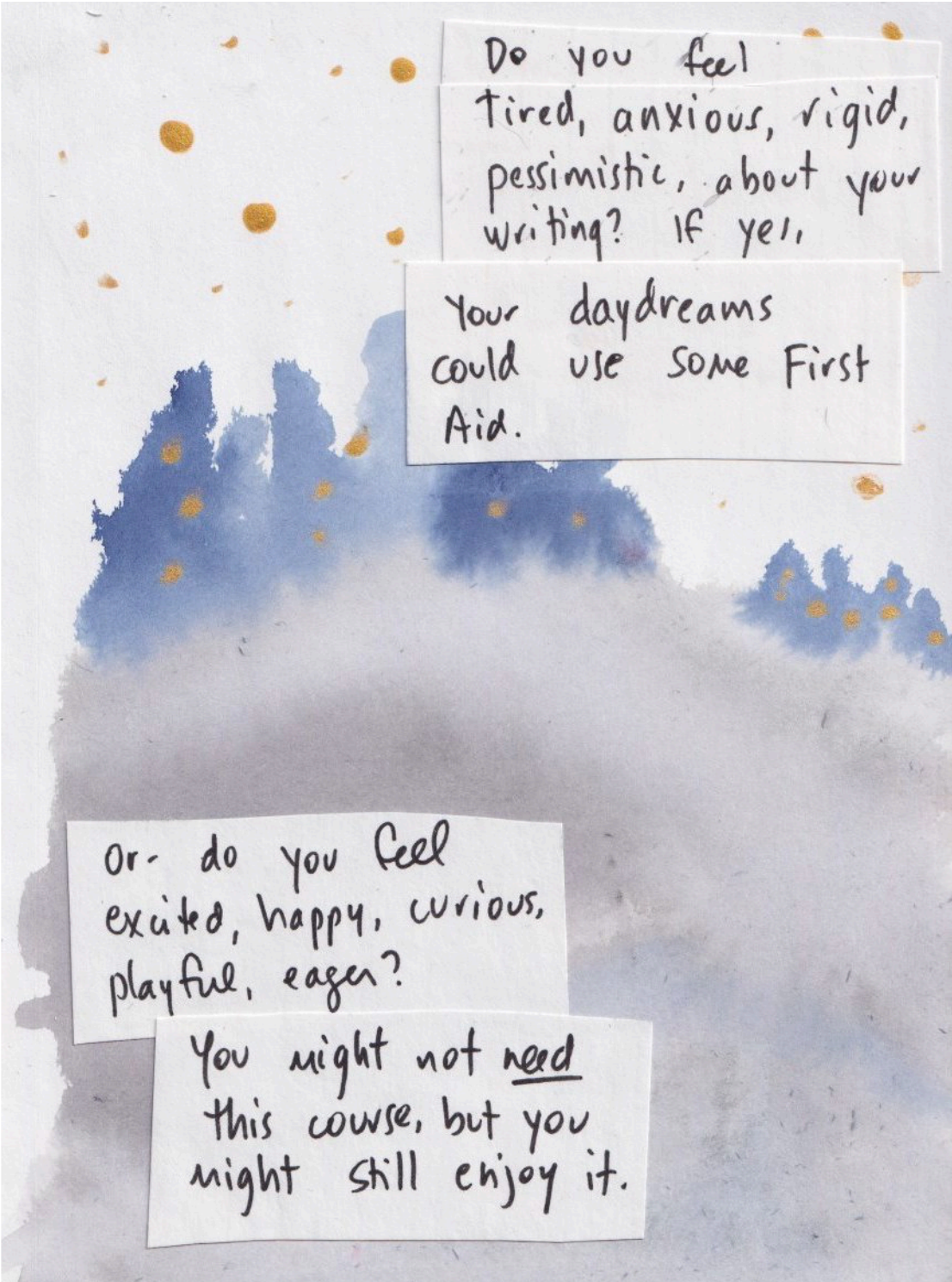
Love,
Indigo Esmonde
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School of Failure
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Before we begin,
will you do me a favor?
Think about writing -
you, writing - a specific
project, or in general.

A photograph of a rocky landscape under a blue sky. A white paper with handwritten text is placed in the center of the image. The text reads: "Now: how do you feel in your body?". The background shows a rocky hillside with some sparse vegetation and a clear blue sky with some light clouds.

Now: how do you
feel in your body?



Do you feel
tired, anxious, rigid,
pessimistic, about your
writing? If yes,

Your daydreams
could use some First
Aid.


Or- do you feel
excited, happy, curious,
playful, eager?

You might not need
this course, but you
might still enjoy it.

I have a tendency
to pessimism.

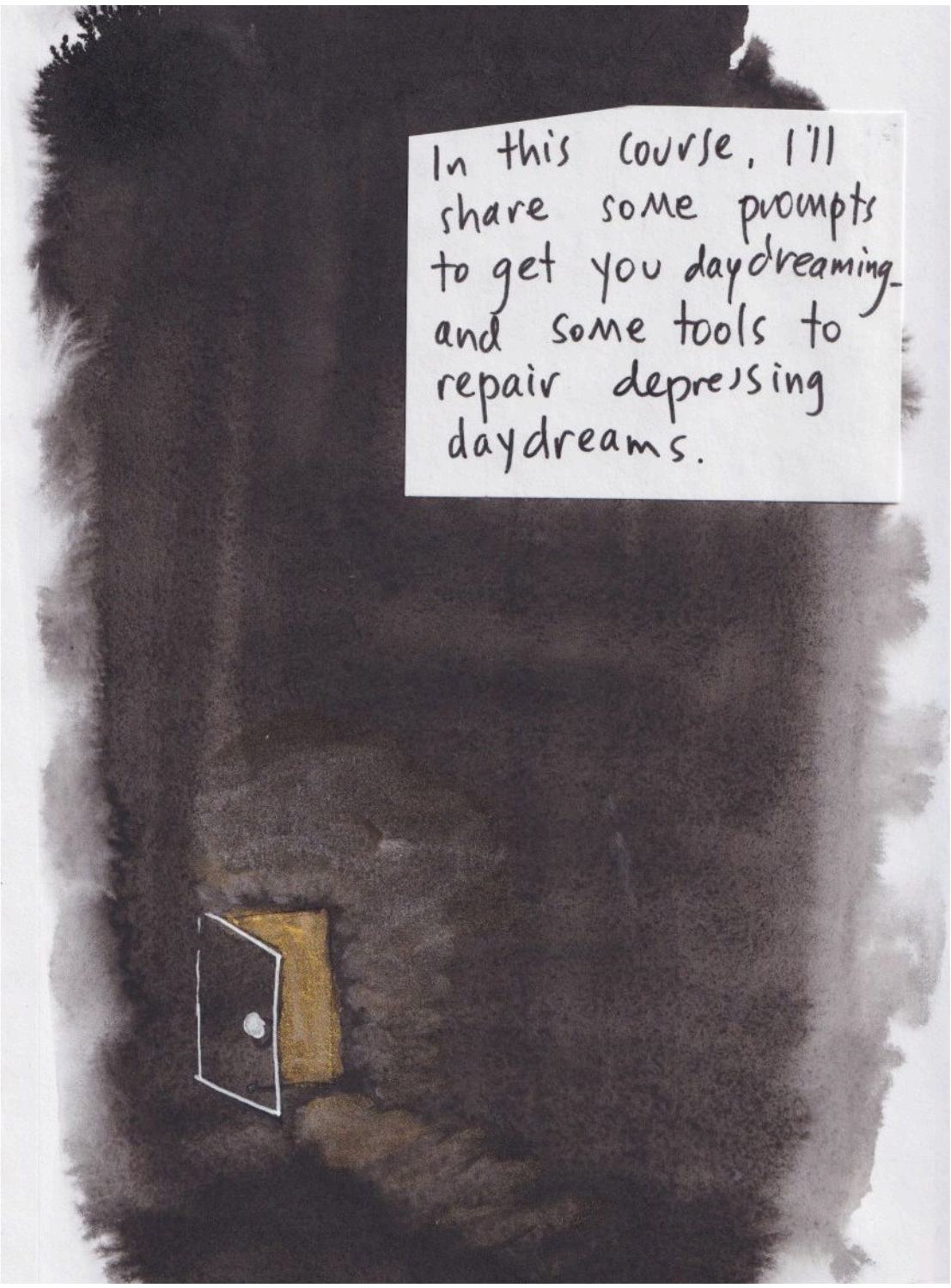
I want to be perfect
and I get upset when
I can't tell the future.

But I'm really good at daydreaming:
imagining wonderful possibilities.
So I developed daydreaming tools to
help me get light and playful.



And when my
pessimism invades my
daydreams and wounds
them...

I have a First Aid
Kit that helps me
restore the daydreams
to good health.



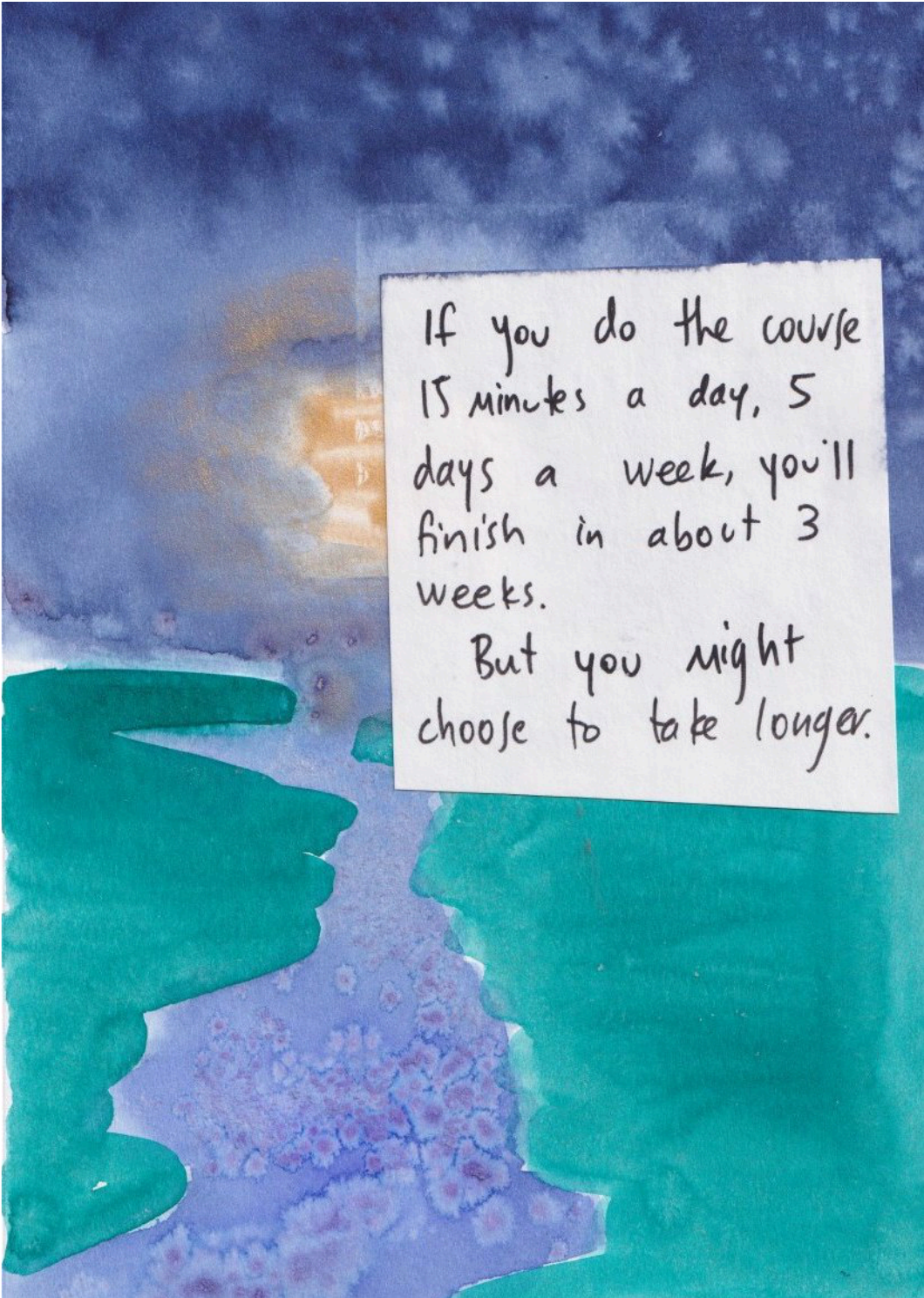
In this course, I'll
share some prompts
to get you daydreaming
and some tools to
repair depressing
daydreams.

We'll start with daydreaming
your life.

Then daydreaming what
you want to write.


And end with daydreaming
how you want to write.





If you do the course
15 minutes a day, 5
days a week, you'll
finish in about 3
weeks.

But you might
choose to take longer.



The first half of each unit is a set of prompts: one per day.

After that, you'll use the First Aid Kit to heal the daydreams you generated in the first part of the unit.

Take as many days as you like for this part.