

# Dream discovery formula

Reika Shinzato

Good morning, everyone.

I'm so grateful to have this opportunity to speak today.

I'm 100% convinced that many of you here have asked yourselves this question before, "*What should I do with my future?*".

This is something most young people face, and it's one of the biggest concerns in life. Yet, no one really tells us how to deal with this feeling in detail.

So today, I want to get you all involved in my talk, because I'm not just here to share my opinions, but to give you an opportunity for transformation.

From my experiences, I've found a very simple but powerful formula that can truly guide your life.

I named it the "Dream Discovery Formula."

As the name suggests, it's a life-changing way to discover your dreams and goals for the future.

It goes like this: Know yourself, take action, and reflect on it.

So, let me share the story behind this formula, and how following it changed my life.

Until the end of high school, I had absolutely no idea what I wanted to do.

Everyone around me was studying hard to get into university, and I felt left behind.

But even though I was scared, I knew I had to do something.

So, after graduating from high school, I studied abroad in Canada. While I was there, I enjoyed making new friends and immersing myself in English.

After returning to Okinawa, I wanted to stay in an international environment, so I started an internship at a company that runs international educational exchange programs.

It seemed a perfect environment for me, as I had opportunities to talk with students.

Seeing their smiles and their growth right before my eyes brought me a joy that I'd never felt before.

That experience led me to start researching how to become a teacher, and now, here I am taking the teacher training course.

After entering university, I began working at a cram school, which deepened my joy in helping students learn.

That's when I truly understood, my journey had been following the three steps of the *Dream Discovery Formula*.

I got to know myself while living in Canada, took action through the internship, and reflected on the joy of teaching.

Looking back, I realised that, predominantly, there are four mindsets that make this formula really work.

First, common sense isn't everything.

Especially in Japan, there's huge pressure to follow the same path as everyone else.

But sometimes, stepping off that track is the most effective way to discover who you really are.

Second, challenging yourself is easier than you think.

We all get scared of failing, but failure actually teaches us more about ourselves than always succeeding.

The third thing is that having a clear goal makes learning at school much more meaningful. Through experiences outside of school, I realised how valuable the lessons in university are. So, having a clear goal naturally makes you want to engage more deeply in your studies.

And finally, taking action beats just gathering information.

Of course, it's important to think and plan, but real experiences go far beyond that.

I never imagined I would end up pursuing teaching, but stepping into new experiences completely changed me.

Experiences speak louder than anything else.

In short, these four mindsets make the Dream Discovery Formula truly powerful. I hope that at least one of you here feels even a little spark of hope from this message.

What you need to do is simple: Know yourself. Take action. Reflect on it.

By doing so, your next step will become much clearer.

You don't need to have a perfect dream yet, just embark on your journey, and let it guide you forward. Your journey begins from there.

Thank you.