* Write in the first person
* Write in the present tense
* Use expanded noun phrases
* Use powerful verbs
* Use hyphenated adjectives
* Use the power of three
* Use figurative language including simile and metaphor

I dream that I meander along the cool woodland path watching, listening to the fresh inviting stream trickling along beside me. I pause for a sip and spot two little grey, fluffy, bundles rolling around... suddenly a twig snap breaks the silence and my white tail twitches. In fear, I leap into the undergrowth; danger avoided.

I dream that I soar through the skies, commanding and monochrome, rarely defeated, scanning the Earth below for my next meal.  
I dream that I am the flightless-waddler sliding bird, huddling for warmth on the ice caps of Antarctica, sturdy, caring and reliable.

I dream that I fly through bright-green jungles, my crimson feathers fluttering in the air, colours of the rainbow.

I dream that I am the binocular eyed hunting bird, swooping through the forest, feathers soft, ears curved for rodent echo.

I dream that I fly high above the jungle, multi-coloured feathers flapping in the daylight, my stubby beak grabbing at exotic fruits and nuts, sun-grazed.

I dream that I am the large-eyed, high-diving, mouse-snatching bird, ghost of the graveyard, dancing over moonlit field, silver and graceful.