



**Dreams**

OFFICIAL SLEEP PARTNER

# Jade Jones' Olympic Dreams

Written by  
**Becky Green**

Illustrated by  
**Bali Engel**







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Hope you enjoy following  
my story!

Sleep Well,

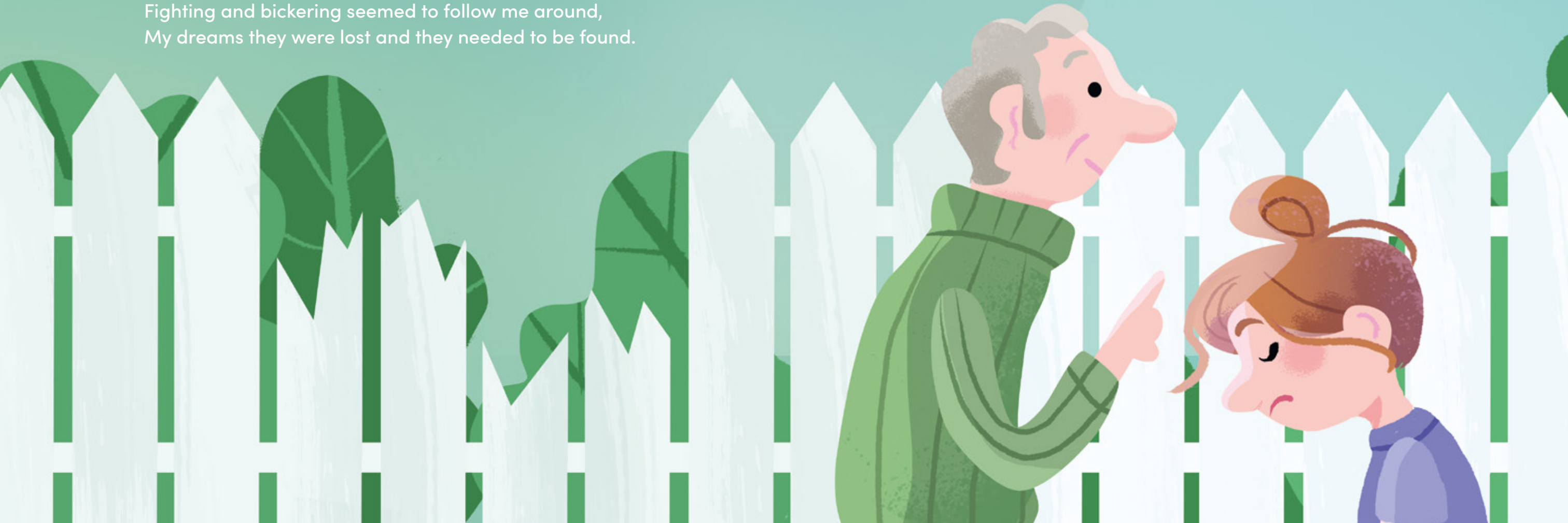
A handwritten signature in white ink that reads 'Jade Jones'.

Jade Jones

Brought up in Wales, I was a bundle of fun,  
I wanted to jump and I loved to run.  
I oozed out energy and I was a busy young kid,  
I gave as much as I could to everything I did.

As I got older, I didn't always choose well,  
I made silly decisions and I'd often rebel.  
Fighting and bickering seemed to follow me around,  
My dreams they were lost and they needed to be found.

Finally one day, life took a turn,  
My Grandad stepped in and I started to learn.  
Taekwondo was the sport he wanted me to try,  
Hard work and dedication I'd need to apply.



I turned my rebellion into force,  
And just trying this sport set my life back on course.  
I started to see that perhaps there was more,  
I stepped into my dreams and began to explore.

By day I began to put my power to good use,  
I worked hard at training and never gave an excuse.  
By night I could see how my dreams could unfold,  
I was turning my strength into something brilliant and bold.

By day I would train - strength and discipline my goal,  
I was learning the ropes and mastering control.  
By day the dojo was my second home,  
But by night is where I allowed my mind to truly roam.



By night I could see medals, triumph and more,  
Taekwondo had led me to my dreams and opened the door.  
Opened the door to success and acclaim,  
Opened the door to really making my name.

My dreams they moved fast by both night and by day,  
And before I knew it the Youth Olympic Games were in play.  
My dreams told me to do it, they knew I could win,  
And I did! I won gold and the next phase of my life could begin.

Before the Youth Olympics, I didn't allow myself to believe,  
I didn't know who I could be or all I could achieve.  
But something happened when I won the gold,  
Because now I believed in my dreams and I watched my future unfold.





At just nineteen, to the London Olympics I went,  
For Taekwondo and for Great Britain, I was ready to represent.  
I'd dreamt of making history, of being the first to reach the top,  
I brought the Taekwondo gold to Team GB, and right then...  
I knew I'd never stop.

As I got older, my dreams only grew,  
It's hard to stop dreaming when you've seen them come true.  
By night they grew wilder, bigger and bolder,  
The dream of making history again sitting firmly on my shoulder.



Onto the next challenge, and then on again,  
Training up my body and focusing my brain.  
The next Olympics were in my sights,  
And at the Rio Olympics I was ready to fight.

In my dreams I had been there and I'd tasted the victory,  
Now, I was here and ready to make history.  
Two gold medals in Taekwondo had never been done,  
But I took on that challenge, and aimed for number one.

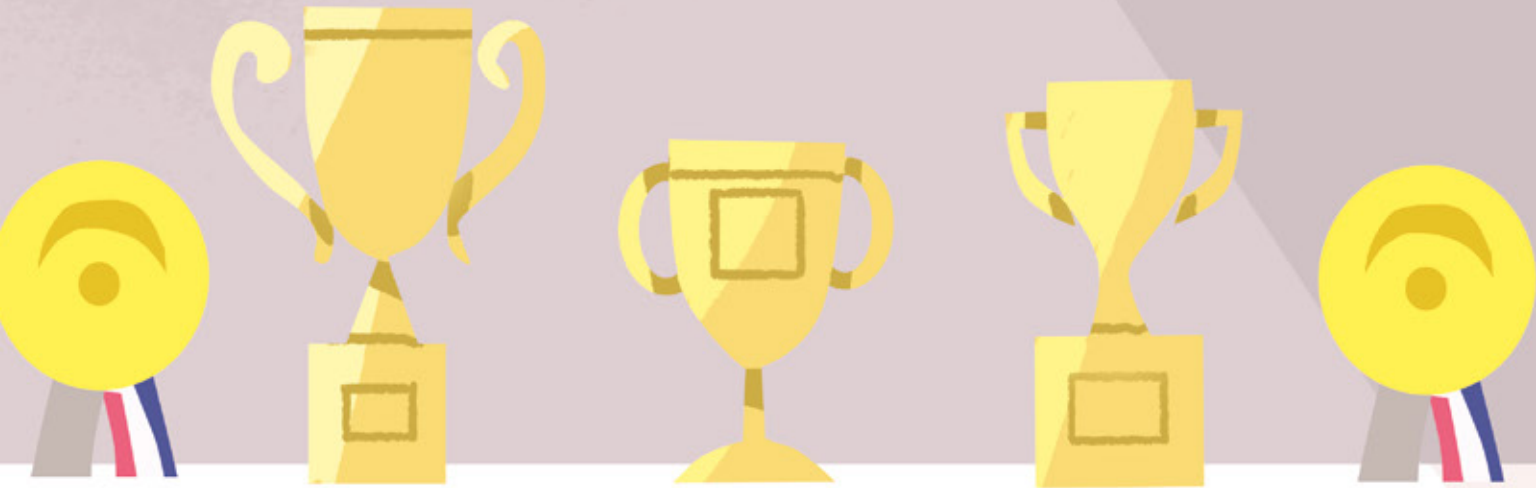
I came home from those Olympics, a champion for sure,  
Another gold medal I'd managed to secure.  
My name was known from far and wide,  
And I stood on that podium and felt nothing but pride.





My dreams they had started as a small escape,  
But they'd crossed with my life and helped it take shape.  
Rebelling had been easy but there was nothing to gain,  
I'd taken hold of my future and it was never the same.

My Grandad is older, wiser too,  
and it was he who realised what I needed to do.  
It was he who realised that a dream gives you power,  
A dream takes a seed and helps it to flower.



My Grandad introduced sport as a focus for me,  
And that focus gave me something greater, it gave me a key.  
It unlocked my dreams and my passion too,  
And anyone can do that... especially you!



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When Jade Jones' Grandad introduced her to Taekwondo, her life changed forever. She found a sport that made her believe she could do anything.

As she got older and stronger, she learned that when you put your mind to it, and you get a good night's sleep, you can achieve all your goals and even win shiny gold medals! Discover Jade's Taekwondo adventure as she travels the world to follow her dreams.

