



Dreams

OFFICIAL SLEEP PARTNER

Ali Jawad's Paralympic Dreams

Written by
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Illustrated by
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Hope you enjoy my story and
remember you can always
follow your dreams!

Sleep Well,

Ali Jawad

Ali Jawad

When I was young, things were different for me,
I was born without legs, a disability.
How life would be, at first, didn't seem clear,
But it became the start of my sporting career.

My parents were worried about where we lived,
So they moved us to London when I was a kid.
At school it was hard, both to work and to play,
Though my dreams were beginning to show me the way.

Because as I grew older, my dreams also grew,
From being that small boy, not knowing what to do.
The path wasn't easy, the dreams would be tough,
But not dreaming big, never felt like enough.



By day I was trying to make myself strong,
By night I knew nothing could start to go wrong.
By day it was tiring, I was aiming for the top,
And by night in my dreams, I still couldn't stop.

By night I could lift up my arms straight and high,
I'd pick up the weights and then reach to the sky.
This new sense of strength was so vivid and real,
I felt how the feeling of victory would feel.

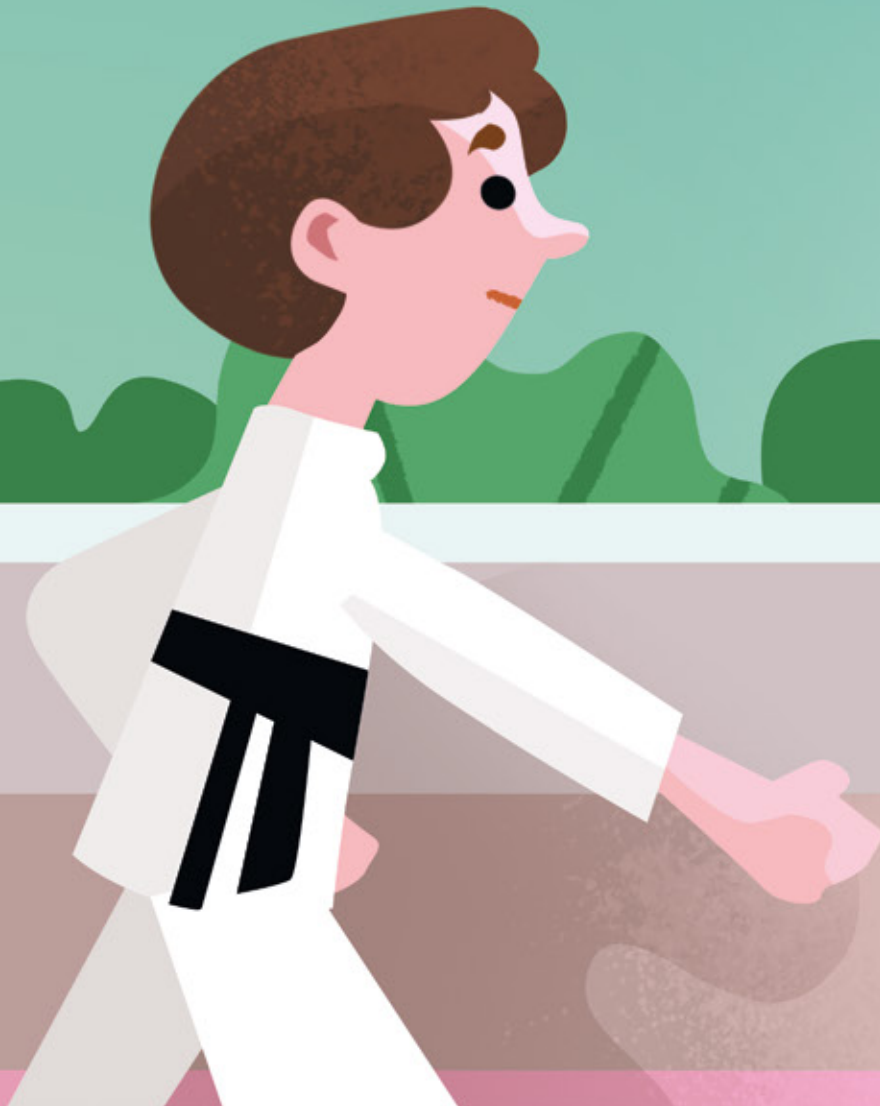
Sometimes the days weren't so great as a teen,
The kids at my school could quite often be mean,
By night I stayed focused, my dreams they remained,
My confidence grew and new skills I gained.



Eventually by day I would start something new,
A sport called Judo is what I could do.
By day I competed, I suddenly felt free,
Defeating opponents much older than me.

I focused on Judo and gave it my all,
But it didn't quite work out and my dreams took a fall.
Competing in the Paralympics is where I'd set my sights,
And for a moment I faltered, I'd lost my fight.

But I couldn't give in, by night or by day,
I just needed a new path to get on my way.
My friends would encourage and help me to see,
And a coach at the gym saw potential in me.





By day I was training to lift up more weights,
I had new skills to master and dreams to create.
My dreams they had changed but they had changed for the good,
I was meant to be a powerlifter, and I finally understood.

The time had arrived to compete in The Games,
A first time to make sure the world knew my name.
But just on the eve of my Paralympic day,
I became really ill, I was devastated to say.



It made me continue to train really hard,
I knew that the next Games wouldn't be too far.
A home Paralympics in London arrived,
I wanted a medal, gave everything and tried.

The crowd were amazing and cheered really loud,
They helped me to fourth place, I felt super-proud.
But deep in my dream was a medal to gain,
Four years on in Brazil... and a silver one came!

Go Ali !



By day I continue to strive for success,
By night I won't settle for anything less.
The Tokyo Games are now set in my sights,
I imagine the room and the noise and the lights.

'Cause that boy in those dreams, he is really just like you,
If you're facing challenges, you can overcome them too.
Decide on your dreams, make them as big as can be,
Believe in yourself, like others believed in me.

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From a very early age, Ali Jawad never let his impairment get in his way. With the help of his friends, family, and a very special coach, he followed his dreams and became a Paralympic Powerlifter.

Ali's story is like no other. He's shown the world that no matter what obstacles you face, if you sleep well and believe in yourself, you can follow your dreams.

