

HOW TO CREATE YOUR BE-DO-HAVE DREAMSCAPE

This is designed to open your mind to your desires. It's designed to awaken you to the awareness that there are possibilities for your life – and that you actually can create your world the way you want it to be. There are no right or wrong answers.

1

Set aside a chunk (or small chunks) of time when you won't be distracted.

You can complete this all at once - or you can do it in pieces over the course of this week so you don't feel so much pressure. You get to choose. The biggest thing is to just write.

2

Before you begin – sit quietly for about five minutes.

Just sit quietly and relax for several minutes. Set your intention that this be a fun and expansive activity!

3

Create your Dreamscape

Write – in no particular order – on the corresponding page.

WHO OR WHAT YOU WANT TO BE

This includes how you want to feel each day, your purpose or mission you want to embody, how you want to show up in life, the traits you want to possess or express, the kind of parent or partner you desire to be, etc. If there are traits that you already love about you, please include those too! *Write them as "I am" statements and the more detailed the better.*

WHAT YOU WANT TO DO

This includes travel, starting a business, offering a new program in your current business, learning a language, marriage, kids, playing the piano, etc. *Write these in descriptive sentences or as a list. Really explore the options. Please do NOT limit yourself in any way!*

WHAT YOU WANT TO HAVE

This can be anything from a house on the beach, to free time, to a yoga studio, to a great wardrobe, to three kids, etc. Let yourself dream BIG here. Many people get a little freaked out and feel greedy if they admit to wanting. Simply be open to honoring the process. Staying in abundant possibility with a mindset of play and curiosity is so powerful that it can also guide you to uncover where you resist or block your own success.



EXAMPLE:

I am empowering. _____

I am confident. I am a visionary.



EXAMPLE:

I travel to Austria and Switzerland exploring for a month.

I develop a program that helps my clients be visible in their highest expression of themselves.



HAVE

EXAMPLE:

I have lots of time to spend on self care. _____

I relax weekly in a gorgeous home on a sunset beach. I have a wonderful (fill in) who adores me.