



Dream Big!

Dream Beautiful Dreams...Dreams that make you feel alive!

Breakthrough method that will help you create habits so you can achieve your goals.

HOMEWORK: Things to consider & questions to answer!

When do you feel alive and filled with joy?

What's your deeper purpose? For example:

Why do you want to lose weight? I want to play with my grandkids!

Why do you want to create art? I want to bring more joy to the world!

How do you want to feel when you realize your dream life? For example:

Balanced, whole, empowered, filled with joy and peace, happy, content, satisfied, solid.

Allow in lightheartedness...when we relax we “hear” better,

Draw your goals. Crayons, markers, colored pens, etc. Keep adding to your drawing as it becomes clear to you.

Be open to receiving information in a new way (ask!)

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