Your Be-Do-Have Dreamscape

This is designed to open your mind to your desires. To awaken you to the awareness that there really are incredible possibilities for your life And that you can actually create your world exactly the way you want it to be. There are no right or wrong answers.

Create Your Dreamscape

1. WHO OR WHAT DO YOU WANT TO BE
This includes – how you feel each day, your purpose or mission, how you show up in life, your strongest traits, the kind of parent or partner you are, etc. If there are traits that you already love about yourself, include those as well!

Write them as "I am" statements and the more detailed the better.

2. WHAT DO 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 "I will" sentences. Really explore the options. Don't limit yourself in any way!

3. WHAT DO 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. Lots of people get a little freaked out and feel greedy if they admit to wanting. It doesn't feel "noble". But, just open up to those "have" desires. Knowing what they are can guide you to the places where you resist or block your own success.