

Dream Day Day Dream Guide

Use your HEART, not your head, to uncover your TRUE calling

It's as easy as daydreaming to find your purpose in life! So often we fret about what we're meant to be doing with our lives because our logical brain gets in the way of our all-knowing hearts. Use this workbook to shed the stigma of SHOULDs and uncover your true calling with confidence and clarity!

HOW do I feel?

WHAT do I spend my day doing?

WHEN does my day start/end?

WHERE do I spend my day?

WHO am I spending my day with?

WHY is this my day?

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First things first.

This exercise is about YOU and your deepest, sometimes still unearthed, heart's desires.

I'll be taking you through 3 mini exercises that explore dreams, realities, and finally. . . ACTIONS. If you're anything like me, or Hermione Granger (it's cool, I totally get it), you'll be tempted to flip ahead to the ending but I IMPLORE YOU. . . DO NOT! Be patient, new friend, and take your time on this guide.

It is ABSOLUTELY CRITICAL that you take **at least an hour** out of your schedule to put ALL distractions aside, including your phone, your smart watch, anyone or anything that depends on you (fur babes, real babes, total babes, whatever!), and any other weird interrupting thing – like those annoying wall clocks with audible ticks.

Now that you've seclude yourself from all interferences you must give yourself the space and the permission to IMAGINE, to be CREATIVE.

In the next few pages you're going to be the Bob Ross of your FUTURE. You'll be painting happy little trees and smiling clouds, all while nurturing an abandoned baby squirrel in your denim shirt pocket. Yes, it's THAT SERIOUS. This means you've gotta get outta your left brain and into your right brain, tapping into your creative energies, to fully envision this exercise.

The next thing I need you to do is realize that your thoughts have POWER. Legit. Like, Oprah level power. When you can imagine things in the NOW, you are training your brain to act "as if". If you were to write out 5 goals you want to have accomplished by the end of the year in the present tense, EVERY MORNING, you'd start to show up every day with the behaviors it takes to get to that goal. I can't explain the science behind it, but really truly, try that out for a few months and see what happens. I won't go into the deep end with the woo-woo stuff, but, seriously your mentality creates your reality.

With alla that said, I'm going to ask you to write your responses to this exercise in the present tense. Write out your thoughts as if you are experiencing them now. FEEL them. Write them out as if they are happening RIGHT NOW. Can you do that for me? Ok, cool.

And the last request I'm gonna make before I turn ya loose is that you leave the censorship to the cable networks and you let your heart's desires run wild like untamed mythical unicorns in a field of magical flowers. The world you're about to create is LIMITLESS. You're like an unlimited box of crayons full of colors you've never even seen yet. Got it? Ok, cool!

Let's turn the page!

Dream Day Day Dream

Forget EVERYTHING you know to be true today. Forget all of the people, places, things, jobs, and especially EXPECTATIONS. Seriously, put them away in a nice closet somewhere for a bit.

Then... With a fresh, clean slate...

Imagine your PERFECT DREAM DAY **FIVE** years from now. . .

What is your DREAM DAY like? From the second you wake up to the second you fall asleep - in exact detail - the who, what, why, when, and where. None of it need be based in reality - money/history/current situations are not a concern right now. DREAM BIG. What does your dream day day dream look like, what does it **FEEL** like? Write it out in the present tense and in **FULL DETAIL**, hour by hour, minute by minute. If your brain works better saying it out loud versus writing it, record it on your phone first then write it out. Remember, the point is not to edit yourself. How do you wake up? Who do you see first? Where do you go? What time does the alarm clock go off, or is there no alarm? Where do you end your day, at what time, where, and with who? Give up all the deliciously juicy particulars. . . Annnndddd. . . GO!!!

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. The bottom edge of the paper is curved upwards, resembling a smile or a bowl shape. There are no markings, text, or illustrations on the paper.

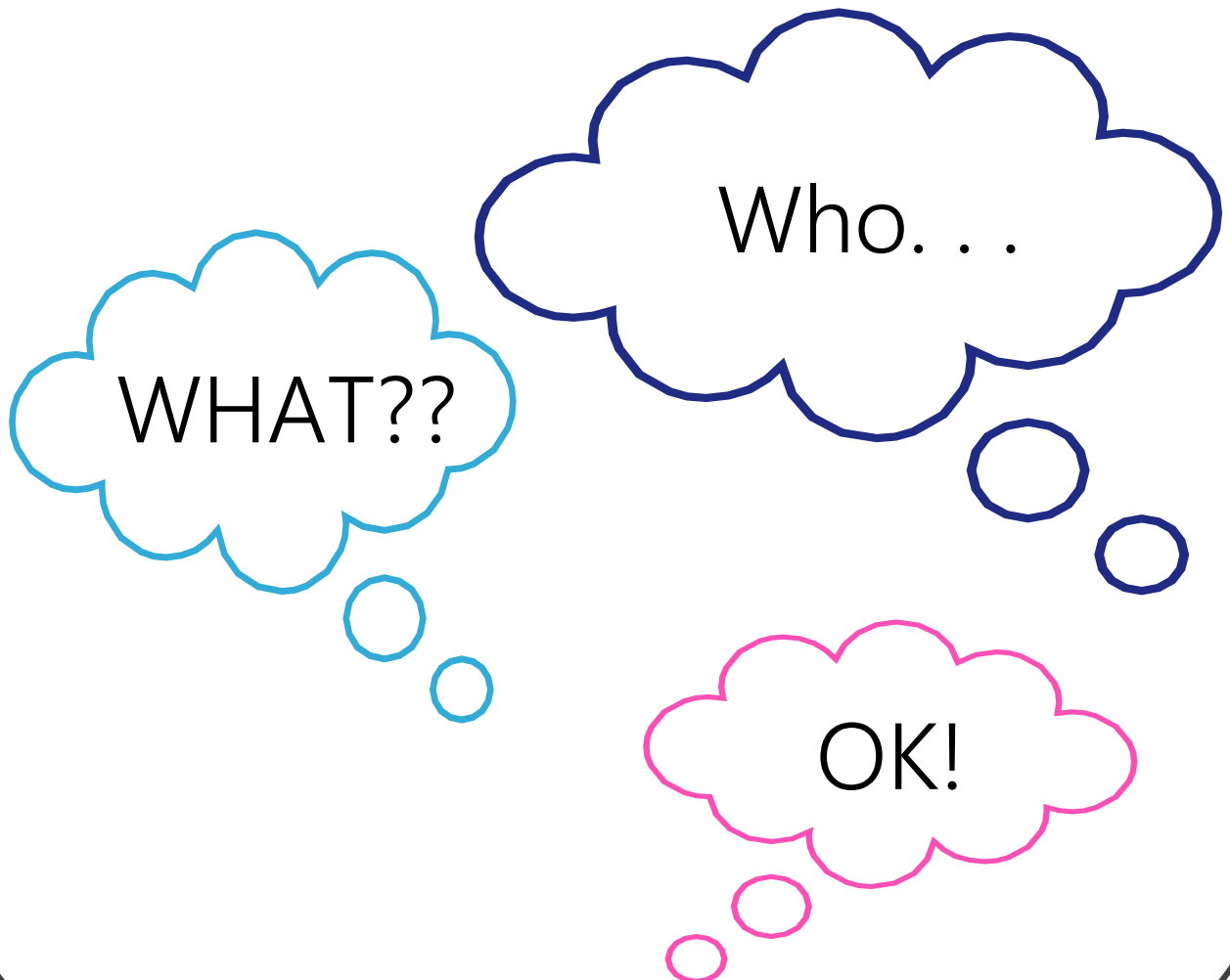
A blank sheet of lined paper with rounded corners and horizontal ruling lines. The lines are evenly spaced and run across the width of the page. The corners of the paper are rounded, while the lines themselves are straight.

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OHMYGOSH YOU DID IT!!! I'm super proud of you for dedicating the time and imagination to your Dream Day Day Dream.

Now it's time to reflect on the nitty gritty of the particulars.

We're gonna dig a little deeper and look at those big W's.



[illegible][illegible]

[illegible][illegible]

HOW do I FEEL about my day?

Lined area for writing responses.

Did anything surprise you? Were there recurring themes in your responses?

Which "W" FELT the BEST during your day? (Who/What/When/Where)

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Well, that was fun, wasn't it!

Oh man, I would love to read everyone's dream day day dream in the most selfishly voyeuristic way – but, this is not about me, this is about YOU!

Now comes the REALITY part of this fantasy-meets-reality exercise. Because while it's great to day dream, it's even better to figure out HOW to make that dream a reality. . . Amiright?

We're going to look at the three "W's" we have control over to see just how feasible our DREAM DAY is.

You'll be taking a look at the Who, the What, and the Where to discover the spaces in current life where changes can be made to achieve your DREAM DAY, IRL, ASAP.

Follow along in the next few pages as we identify which pieces of your Dream Day are UNEQUIVOCALLY IMPERITIVE (read: MUST-HAVES) to your joy, which pieces are EXTRAS (read: SUPER COOL BONUSES), and which pieces are the BOUGIE EXTRAS (read: bonuses that are like, the really EXTRA bonuses that are usually reserved for Beyoncé or the Queen of England).



Bougie's the
new beautiful

Uhh... No?

Which pieces of your Dream Day's WHO are UNEQUIVOCALLY IMPERITIVE to your joy?

Which pieces of your Dream Day's WHAT are UNEQUIVOCALLY IMPERITIVE to your joy?

Which pieces of your Dream Day's WHERE are UNEQUIVOCALLY IMPERITIVE to your joy?

Which pieces of your Dream Day's WHO are extras, but like, SUPER COOL ones you still want?

Which pieces of your Dream Day's WHAT are extras, but like, SUPER COOL ones you still want?

Which pieces of your Dream Day's WHERE are extras, but like, SUPER COOL ones you still want?

Which pieces of your Dream Day's WHO are BOUGIE EXTRAS you'd still be happy as a clam without?

Which pieces of your Dream Day's WHAT are BOUGIE EXTRAS you'd still be happy as a clam without?

Which pieces of your Dream Day's WHERE are BOUGIE EXTRAS you'd still be happy as a clam without?

Now that you've sorted out your UNEQUIVOCALLY IMPERITIVE's, your EXTRAS, and your BOUGIE EXTRAS, re-imagine your Dream Day with just the UNEQUIVOCALLY IMPERITIVES and a few EXTRAS sprinkled in. We're calling this your Attuned Dream Day.

[illegible]

Attuned Dream Day Continued. . .

[illegible]

Which pieces (Who/What/Where) of your Dream Day are noticeably ABSENT from your current day?

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Whew!

You thought you were just gonna get away with some imaginary exercises but lo and behold, I made ya do some work.

Well, my friend, don't rest on your laurels just yet (Why do I love that saying?), because we've got one more thing to do.

In the next few questions we're going to explore the great existential question. . .

WHAT DO I DO NEXT???

And while you might be thinking that the next logical step is to crank out some good ol' fashioned GOALS, I'm gonna stop ya right there.

This guide is about the DIG DEEP SOUL WORK that REALLY gets you to those BIG LIFE GOALS.

A big barrier I see SO MANY offbeat creatives hit time and again is that we don't address our BLOCKS first. It's great to set goals and everything, but if we've got serious blocks sabotaging our success (usually without us even recognizing it, sneaky, right?) then our goal-setting exercises are for naught – every single time.

Have you tried to launch the same thing, like, 5 times? Or maybe you've had 10 different passionate pursuits that all fizzled out within a few months? Hmm? It's ok to say yes, we're gonna work on that. I said yes myself.

The very last exercise of this guide is identifying our blocks and how we plan to bust em. Be prepared to get REAL in the next few prompts because that's how you'll REALLY get over your blocks, once and for all, so that you can truly set goals that will succeed.

Are ya ready to get REAL? Cool, LET'S DO THIS!

Now, for the DIG DEEP Question. . .
What's blocking you from living your Attuned Dream Day TODAY? Write out Every. Single. One.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the bottom of the page, there is a decorative blue curved border that frames the writing area. The overall appearance is that of a clean, unused piece of stationery or a template for a document.

[illegible]

Block #1 is _____, and I plan to bust it by:

Block #2 is _____, and I plan to bust it by:

Block #3 is _____, and I plan to bust it by:

Block #4 is _____, and I plan to bust it by:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the bottom of the page, there is a decorative pink curved border that follows the shape of the bottom edge. The overall appearance is that of a clean, unused piece of stationery or a template for writing.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the bottom left and right corners, there are light blue curved decorative elements that resemble the corners of a binder or folder. The rest of the page is completely empty and white.

When you feel a block creeping back up, how will you counter it?

How will you hold yourself accountable to achieving your Attuned Dream Day?


What are you most excited for, now that you have your Attuned Dream Day in sight?

What's your BIG WHY (WHY does this matter to you? WHY do you want it so badly?)?

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What behaviors/habits will you rely on to keep you moving toward your Attuned Dream Day?

What is your action plan to achieve your Attuned Dream Day?



**Congrats!
You did it!**