

DREAM LIFE VISION EXERCISE

What do you really want? What is the vision for what your dream life would look like?

How will you being wildly successful in your business benefit the people you love? \

How will it benefit the wider community of people around you?

How will it benefit the world on a larger scale?

Really expand on all the ways that you being successful in your online business will benefit more than just you. Because I promise you it will. Like all things they have a ripple effect that extends far beyond what we imagine.

Free write on what you want. ALL OF IT.

- What are all the things you want to have? (Yes we can talk about physical possessions here.)
- What are all the things you want to experience?
- What are all the things you want to try?

Just let it all out no matter how far-fetched it may feel to you at the moment.

Once you've done that I want you to free write about what an ideal work day would look like.

- What would you be doing?
- Who would you be working with?
- What does your calendar look like?
- How many hours a day do you work?
- How much money are you making?
- How do your work days feel?
- What does your work environment look like?
- What kind of support or help do you have?
- What kind of day would you be excited to wake up and fulfil in your business?
- How do you FEEL?

Now do the same thing with your evenings and weekends. We aren't talking about vacations and special occasions but if you were to dream up what your ideal ordinary evenings and weekends would look like.

- What would you be doing?
- Who would you be spending time with?

- How would you be giving back?
- What would you be learning and exploring?
- How do you FEEL?

Once you've had a chance to dive into all of your wants and desires I want you to take some time to reflect on how they align with your values.

- Are all of these things expressions of living your value aligned life?
- Are any of these wants and desires conflicting with your values and perhaps not a true desire?

Just take some time to sit with it all and feel into how this exercise has made you feel and any new awareness that has come up.

Now it's time to look at how we are living our life and conducting our business right now at this moment.

With all of the stuff you have uncovered in terms of your wants and desires in this module, how many of them are your current reality? Are you living a life and building a business that closely resembles what you want? If not WHY?

The simplest way to step into the person we desire to be and the future we desire for ourselves is to start acting like that person NOW.

If there are a lot of things that you want to be doing then why aren't you doing them now?

What are you claiming now? What actions are you going to start taking?