

LIVE YOUR Dream Life NOW

example

My dream life includes...

lots of traveling

Why do I want this?

I want to see and experience things that are new and beautiful to me.

How do I want to feel?

I want to feel wonder, freedom, like I'm not trapped in my own four walls.

3 things I can do to feel this way

- 1 Try a new restaurant*
- 2 Go on a walk in a different neighborhood*
- 3 Visit a city within driving distance*


Something I will do TODAY to feel this way

Go on a nature walk and collect flowers

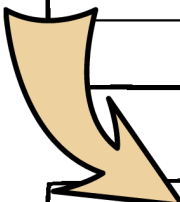
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My dream life includes...

Why do I want this?



How do I want to feel?



3 things I can do to feel
this way

1

2


3

Something I will do
TODAY to feel this way

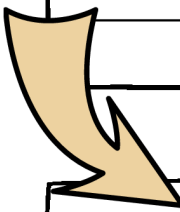
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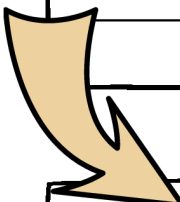
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