

dream life

WORKBOOK

We are so excited you said YES to wanting to live your dream life!

You've made the first step and now you may be wondering... *What comes next? Am I going to need to put some effort in? My life is OK now, is this even worth it?* The answer is **YES**. Our intention for this workbook is to give you some tools to help you gain clarity on what it is you really want in life and provide the support you need to get you started.

LIFE REVIEW

In order to get you where you want to be, you need to figure out where you currently are. Without judgement, take some time to review your life. Are you fulfilled in the following areas? Are you happy with where you are in life? Which areas in your life need your attention?

Health and Wellness

Relationships

Family

Life Purpose

Creativity and Passion

Finances

Spirituality

MIND MAP

Now that you've taken the time to assess where you're at, now let's look at where you want to go. What does your dream life look like if you were to allow yourself to dream without limitations? Holding a strong vision is the first step in any successful endeavour. We like to crystallize our vision using the mind map.

Start by getting out some fun markers. The blank page on the end of this workbook is the dedicated space for your mind map. Go to that page and write DREAM LIFE in the middle. From there, think about the categories in the life review above and what you want those areas of your life to look like. Write it down, let it all flow and make it fun! Bring colour and energy to your vision by allowing yourself to daydream. Remember, no dream is too big! *You deserve to have it all.*

AFFIRMATIONS

We encourage you to practice affirmations on a daily basis. Not only will affirmations reinforce your commitment to living your **dream life**, but when you practice saying affirmations you will notice beautiful shifts in your inner thoughts, your energy and your life.

Examples of affirmations you can use are:

SUCCESS and ABUNDANCE come naturally to me.

I LOVE the life I am CREATING for myself.

I am ALIGNED with my TRUE LIFE PURPOSE.

GRATITUDE

The first step in receiving the abundance we desire is expressing gratitude for what we already have. The Law of Attraction says that whatever we focus on grows stronger. When we start being grateful for all the little things, not only are we becoming more positive and loving, but more appreciative as well. Once we make a habit of being grateful for all that we have (and continue to receive) we will attract even more to be grateful for. Therefore, gratitude is one of the secret keys to manifesting more success, happiness and abundance in our lives.

Make a list below of 10 things you are grateful for right now:

You've already taken the first step to living your dream life by saying YES. When you incorporate the steps and daily practices above you will start to notice positive changes. Be consistent with your practices, and be patient, as it takes some time for our energy to catch up to our dreams. In the meantime, enjoy all that life has to offer you and get excited because you are on your way to living **YOUR DREAM LIFE!**

Want to dive deeper? **DREAM QUEST** is a 3-month online energetic program designed to accelerate you on the path to your dream life. You will take an in-depth approach to all of the above in addition to transforming subconscious limiting beliefs, raising your energy levels, supercharging your inner growth and up-leveiling your life. This program was designed to help clear the blocks to achieving your dreams and elevate what is possible for you in all areas of your life. We designed it **FOR YOU!**

Learn more and connect with us:



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Use this page for your Mind Map exercise. Have fun!