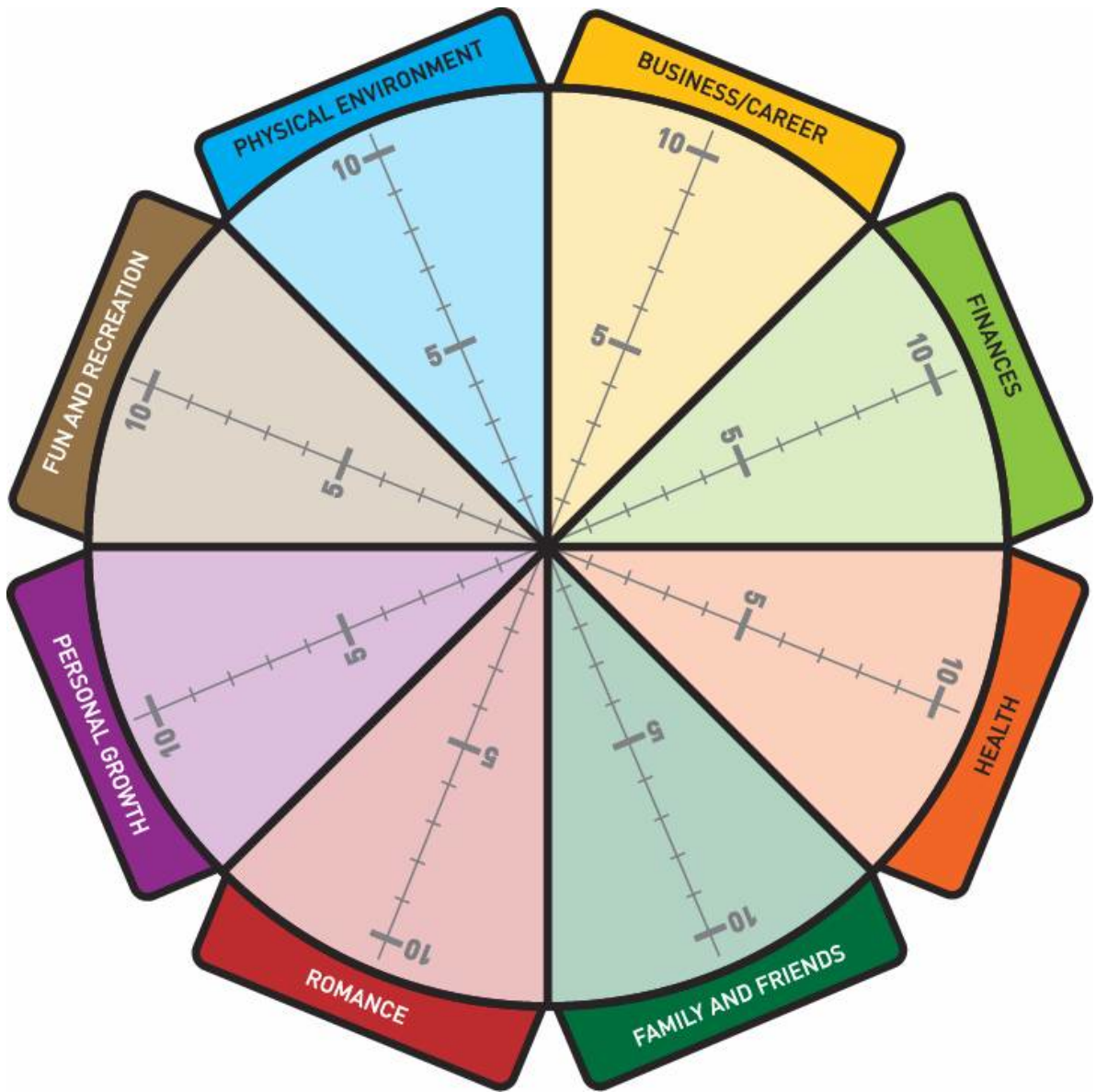




Month 1 : Dare To Dream

Step	DIRECTIONS - TICK WHEN COMPLETED	TICK
Step 1 Journal	<p>Dare to dream and surrender to the process. Write in your journal and let your creativity spill out - knowing that there is no right or wrong.</p> <p>If you could notice what that void in your life is - could you name it?</p> <p>What does it look like?</p> <p>What are the things in life that pull on your heart strings?</p> <p>What are the injustices you see that spurs you into action?</p> <p>When you were a child what did you want to be?</p> <p>What are the day dreams you've had in the past, that as an adult you've let go as pipe dreams?</p>	
Step 2 Activity	<p>Life Wheel</p> <p>Rate every area of your life out of 10 and mark the dot on the graph.</p> <p>Draw the dots together and see what kind of a shape it makes.</p> <p>Is it a smooth balanced circle? Is it whacky and misshapen?</p>	
Step 3 Worksheet	Complete the worksheets	
Step 4 Worksheet	Trip Wire : How Do I? Given That ?	
Step 5	Now let's get really clear on what it is that you DO want!	
Step 6 Healthy Habit	<p>Eat slowly without distractions everyday this month.</p> <p>Chew longer. Take up to 5 minutes more to eat your meals.</p> <p>Notice what comes up for you? Do you struggle with doing this consistently and patiently? You might like to journal about it!</p>	

Step 2 : LIFE WHEEL



What does the shape of your Life wheel say to you?



Step 3 : "BE DO HAVE" BRAINSTORM

[illegible]

Step 4 : How DO I? Given THAT ?

[illegible]

Step 5 : Now Let's Get Really Clear

What Do You WANT?

Question	Your Answer
What DON'T you want ?	
What DO you want ?	
WHERE will you have it?	
WHEN will you have it?	
HOW will you have it? (specificially)	
How will it FEEL when you do?	
What's the PURPOSE? Why?	
Is this ECOLOGICAL? Good for you & others?	
What are the STEPS you will take?	
What CAN you DO to obtain this?	
What RESOURCES do you need?	
And have already?	
What's the EVIDENCE you have it?	

