

# DREAM LIFE

## EXAMPLE WORKSHEET

Complete this worksheet once a week.

Imagine yourself living your dream life, right now. Answer these questions as though you are already LIVING it! The more detail, the better.

This page raises your goal VIBRATIONS!



Where do you wake up?

City? Country?

I wake up in PARIS, France! Woonoo!

Do you work? Retired?

What do you do during the day?

I WORK part time so I don't get bored writing my blog and affiliate marketing. The rest of my time is spent enjoying crafts, seeing friends.

What's your fave hobby in your new life?

my new favorite hobby is photography, because PARIS?!

What do you eat for your dream breakfast, lunch & dinner?

breakfast is eggs, bacon + croissant.  
lunch is a chicken salad.  
dinner is literally all my fave foods on rotation because I can afford everything I want to eat,

Who do you spend your free time with?

I spend most of my free time with different friends and my french tutor

What does your house or apartment look like?

I live in a beautiful flat in the city center with a view of the Eiffel Tower

What does your wardrobe look like? Fave outfit?

I wear elegant, fancy clothes in basic colors like white, beige, grey and black like all the fancy girls in magazines

Where is your favorite vacation spot now?

being in PARIS gives me access to all the other countries in Europe- so everywhere!

# DREAM LIFE

EXAMPLE Schedule of A Typical Dream Day  
Complete this worksheet weekly or monthly.



Imagine your dream life, right now. Create your agenda for ONE DAY The more detail, the better. This helps our brain REALLY match those vibes by shaking things up & creating NEW images!

6:00 AM

wake up, meditate, drink coffee + read something inspiring, then kickboxing training session in home gym

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8:00 AM

shower, put on designer suit, head to office for big presentation to the board

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10:00 AM

take coffee break to decompress + brainstorm new ideas with of Lilly Singh and Gary V (cuz they're awesome)

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12:00 PM

have a working lunch with the creative team to plan next quarter's awesomeness

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2:00 PM

get some work done in my private corner office with the perfect view of the beach/big city/garden/whatever

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4:00 PM

still working, because awesomeness takes hard work, but my assistant keeps the coffee + snacks coming

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6:00 PM

head home to have fantastic dinner (made by my personal chef) with the spouse and kids

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8:00 PM

give kids a relaxing bath, get kids settled into bed, and enjoy some alone time with my awesome partner

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10:00 PM

prep for my next day, make sure laundry is in the hamper for housekeeping, read more of my book, sleep

---

12:00 AM

still sleeping- because you can't conquer the world without proper rest and recovery time.

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# DAILY WORKSHEET



EXAMPLE Worksheet (with sample answers)

This page combines goal manifestation with positivity & gratitude to Boost those HIGH vibes & attract your DREAM life!

## MY MAIN GOAL IN LIFE

(Right now at this moment)

make \$10,000 every month easily

## TODAY I WILL DO

(One thing towards this goal)

add 3 blog posts to website

## THREE POSITIVE AFFIRMATIONS (SHORT SENTENCES ABOUT MYSELF)

I have awesome ideas

I deserve to be wealthy

I work hard for my family

This goal is important to me because:

i want to create diversified streamlined income

I am so grateful to be able to work towards this goal because:

we have more money without working such long hours

Completing this makes the world a better place because:

i can give more money to charities i care about

Completing this makes me a better person because:

i will be less stressed and more present with my family

## FIVE THINGS I AM GRATEFUL FOR TODAY:

my amazing family

cool friends that i enjoy seeing

our savings is growing fast

awesome summer weather

im getting stronger every day

## Something I did AMAZING at yesterday:

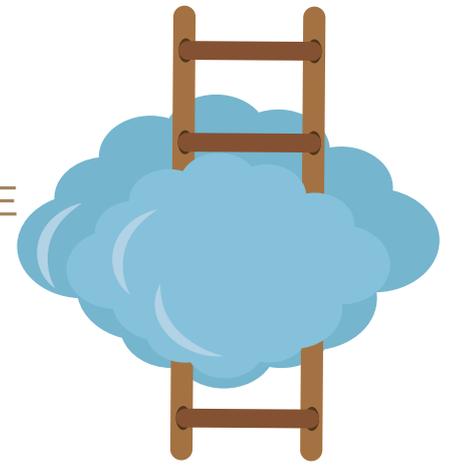
added tags to my blog posts

## One small thing I am doing for myself today:

(reading, make something, text a friend, learn a skill, etc):

setting up time to hang out with Gina

# DREAM LIFE



Prompts To Schedule ONE DAY of your FUTURE  
Complete this worksheet once a week.

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This page raises your goal VIBRATIONS!

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City? Country?

---

Do you work? Retired?  
What do you do  
during the day?

---

What's your fave hobby  
in your new life?

---

What do you eat  
for your dream  
breakfast, lunch & dinner?

---

Who do you spend  
your free time with?

---

What does your house  
or apartment look like?

---

What does your wardrobe  
look like? Fave outfit?

---

Where is your favorite  
vacation spot now?

---

# DREAM LIFE

Fill In The Blanks Style Dream Day Schedule  
Complete this worksheet weekly or monthly.



Imagine your dream life, right now. Create your agenda for ONE DAY The more detail, the better. This helps our brain REALLY match those vibes by shaking things up & creating NEW images!

6:00 AM

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8:00 AM

---

10:00 AM

---

12:00 PM

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2:00 PM

---

4:00 PM

---

6:00 PM

---

8:00 PM

---

10:00 PM

---

12:00 AM

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# DAILY WORKSHEET



EXAMPLE Worksheet (with sample answers)

## MY MAIN GOAL IN LIFE

(Right now at this moment)

## THREE POSITIVE AFFIRMATIONS (SHORT SENTENCES ABOUT MYSELF)

## TODAY I WILL DO

(One thing towards this goal)

This goal is important to me because:

I am so grateful to be able to work towards this goal because:

Completing this makes the world a better place because:

Completing this makes me a better person because:

## FIVE THINGS I AM GRATEFUL FOR TODAY:

## Something I did AMAZING at yesterday:

## One small thing I am doing for myself today:

(reading, make something, text a friend, learn a skill, etc):



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## Something I did **AMAZING** at yesterday:

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