



Dreamscape to Vision Boards

Use these prompts to help you to decide on your goals for 2021.

It is the perfect way to pay attention and decide exactly how you would like to BE, what you would like to DO, what you would like to HAVE and most importantly, how you want to FEEL.

So, I invite you to print off the workbook, dedicate sometime to you and make a plan for how you want your 2021 to be.

Then, make a vision board to remind you everyday of your 2021 goals.

This year I will be making mine on Canva so I can have it as a screen saver on my laptop.

However, I will probably still do it a traditional one too using magazine cuttings, drawings or inspirational quotes.

Whatever way you decide to do it, unleash your inner child and let them have some fun!

Sending you love and best wishes for a kind 2021 xx



How to create a BE – DO – HAVE - FEEL dreamscape

This exercise is designed to open your mind to your desires. It is designed to awaken you to the awareness that there really are possibilities for your life – that you can create your world exactly the way you want it to be.

BE

This includes how you feel each day, your purpose, your mission, your strongest traits, the kind of parent, friend or partner you are etc. If there are traits you already love about you, include those as well. Write them as “I am” statements and the more detailed the better.



DO

This includes your wealth, health, personal relationships etc as well as learning a new language or to play a new instrument or a new qualification. Write these in descriptive sentences or as a list. Really explore the options. Don't limit yourself in any way and write them as though you are already doing them.



HAVE

This can be anything from material wealth and possessions, to children and pets and, anything and everything in between. Don't fall into the trap of feeling greedy by admitting that you want. Just open up to those 'have' desires. Knowing what they are can guide you to the places where you resist or block your own success. Write as though you already have it.



FEEL

You have written a new story for yourself and created your dream life. You are living the life you are really meant to live,

Now how do you feel?

