



# DARE TO DREAM

Welcome to *Dare to Dream!* A space designed for you, for your dreams, and for the amazing things you can achieve in your life.

I want to invite you to take a small but courageous step towards becoming the woman of your dreams. I want you to write your dreams in all the areas of your life that we tend to avoid. We may not get to explore all of them together, but we will explore at least two, *You* and *Your Career*.

Make your dreams juicy, delicious, enriching and so yours! The invitation is to give yourself the liberty and the space to think about your future like you have never done before, to consider what you want, how you want to feel and who you want to become.

This is about You! Just You! So, focus on Your dreams! Let your imagination fly, free yourself from limiting beliefs, and just write what your heart desires.

Be bold and when voices in your head tell you that something can't be done or that it will just don't happen... ignore them. *Keep on writing no matter what. Write your heart out.*

Every accomplishment starts with a desire, every major achievement is made of small accomplishments. I invite you to dream big and manifest what you want for your life.

EVERYTHING IS POSSIBLE. It truly is.

## How to write your dreams?

Below you will find 7 areas of your life that we tend to live and not plan for. You are going to look at each of the descriptions and imagine that we are having a glass of wine one year from now. You are going to write how you want to feel at this time about each area of your life, write what you have accomplished and how your life has been transformed. Write in the present tense and as if things have already happened.

Looking forward to partnering with you to make your dreams come true.

This is how my *YOU* dream starts:

*I woke up this morning filled with gratitude, kissed Camilo good morning and we both smiled. My life is filled with joy and satisfaction. I am in a place where I have time for me, my family, friends and my business. I have been training for the last year and my body is in the best shape it has ever been, I am also connected to my emotions – and wow! What a difference that has made! I am driven, I am accountable and I make shit happen! My relationship with Camilo is great, we are able to communicate clearly and listen to each other from a place of love and curiosity. My kids smile serves as my driver to show up every day with my best self, I am a good mom and a great example. My other drivers are myself and my clients, I love the transformation I have seen in myself, I am more than enough. My clients love working with me and see value in every session, I am helping change lives, and that gives me profound satisfaction. I am running a high six figure coaching business where I run my own workshops every month and I also have private clients. I am in the process of writing a book and I have participated in over 10 conferences this year. I love what I do and the freedom I have to serve others. Next month we are going on vacation to Alaska to watch whales! A dream come true! Our home is gorgeous! I am so happy living here, I have been able to upgrade the floors, the patio and the outside of the house is looking so amazing! Every day we are more comfortable here.*



## *YOU*

This is you! How important is this area of your life? I know, **it is EVERYTHING!!!** You are at the core of what we are going to be working on and most likely you have a plan for everyone in your family except you. So, here is the space to *Dare to Dream* about You! Who is the woman you wish to become? Who do you want to be, what do you want to do, and where do you want to get? This is your journey... DREAM BIG! Your YOU dream will include a bit of all other areas and that is ok. Think of this area as your ultimate vision board.

## *YOUR CAREER*

Important distinction: your career is your calling, your vocation, your passion, that spark that makes you unique at what you do – at your job. Your job is where you go to work, it can be short-term or long term and it tends to be focused on earning money. You will have many jobs that may not be related, all of them are part of your professional journey and they should be aimed at fulfilling your professional goals and ambitions.

For this section, don't think about just paying the bills... dream about waking up every single day and being crazy happy about what you get to do. Think about being engaged with your work, bragging about the opportunities you have, and being unapologetic about how happy you are from 9-5 (or any hours that you dream about). Regardless of where you are today if you want to start a new job, reinvent your career, start a new business, grow your business, own your company, define what you want to do.... DREAM IT!!!!

If you are unsure about your career, that is ok, dream ten things... We will work together to figure them out.

## *YOUR MONEY!*

SUPER IMPORTANT!!!! Your time, talents, and experience are worth A LOT of money!

Have you hidden away from money conversations? Played small and felt embarrassed to charge others for your services? You may not realize how much you are worth and how much VALUE you bring to the table... Today, dream about how much money you would you like to earn, how much do you want to have in your savings account? How much in your saving? What will you spend it on? Would you like to invest, how would you like to invest and in what? If you are unsure, think like a man.

## *YOUR TIME*

Welcome to my favorite excuse and my worst enemy... ***Idon't have time!***

Take a few minutes to think about your relationship with time. How you feel about time today and how you want to feel about time in 2 years. We all have the same amount of time – fact, we all have 24 hours in a day and 7 days in a week. How we decide to spend that time is up to us – yes! You are in control.



Dare to Dream about how you spend your time, how all your tasks and responsibilities fit seamlessly into your schedule. You may have never considered it, but what is your ideal relationship to time? Do you battle it, work with it, manage it well? What is your dream relationship with time?

## *YOUR BODY*

Have you forgotten about your body because you are taking care of everyone in your life?

Your body, your health, your weight, your appearance, your mind, your heart... Are all part of you. How do you want to feel about your body? What sort of body do you want to have? What will make you feel crazy sexy, crazy proud?

You are stuck with your body for the rest of your life... you need to take care of it, love it and nurture it! What is your dream body? Yes! You can achieve it.

## *YOUR LOVE LIFE*

Welcome to taboo land, no matter where you are in your love life – single, married, divorced, maybe even wanting to change status our relationships are a huge part of our life and as such we need to take the time to Dare to Dream about what we want from them, ...and all that comes with when: sex, romance, conversation, chemistry... What is your dream when it comes to love? What warms your heart and leaves you in heaven?

This is an area we are not used to talking about... what do I want from my relationship? We just live in it and hope that we will be happy every day for the rest of our life... Dream big about the relationship that will bring YOU joy, warmth, happiness, and satisfaction.

## *YOUR FAMILY*

You have one, whether it is your immediate or extended family... your kids, step kids, parents, in-laws, crazy sister/brother, they are all part of your life... What is your dream relationship with them?

Dream how you want your family gatherings to be. Dream about that relationship you need to amend, and that conversation you have been avoiding.

This is your DREAM, don't worry about others... Do you!