



MAKE YOUR REAL LIFE
YOUR

DREAM LIFE

- take back your energy
- stop feeling drained
- spend more time on projects you truly love



YOUR DREAMS

WHAT DREAMS ARE STILL LIVING IN YOUR HEART?

You're here for something more exciting than checking things off of a to-do list.

If you're reading this (which, you are) know that you are brilliant. This unique brilliance, if ignored and unexpressed, can create exhaustion. Raise your hand if you ever feel exhausted?

An antidote to this is to be super intentional with what you focus on in your day, making what matters most (those dreams) your anchor.

You end up spending less time wasting energy on things that don't light you up. You stop over-extending yourself to make life easier for everyone else and you start to shine and live more connected to your brilliance. Then, giving and contributing from this place is where the magic happens.

You pay attention to that quiet whisper (your inner knowing) and become intentional and aware with what you say yes to. And, inch by inch, move your dream life towards your real life.

You ready? Let's get started.



STRATEGY 1

GRATITUDE

THE MUSCLE OF FOCUS

Gratitude exercises the muscle of focus. It shifts our perspective.

Now before you roll your eyes, or whisper “I’ve tried it. Didn’t help.” stay open for a minute. There’s a reason why you keep hearing about gratitude. Our brain produces thought. The thoughts we choose to believe create a cascade of chemical reactions in the body. You feel the effects of this cascade via your emotions.

Our brain is also a muscle. The more you work a muscle in certain ways the more its strength builds. **Practiced gratitude, shifts the molecular structure of our brain, influencing what emotions come to mind with ease.**

This means you’re making choices in your day that support the life you crave.

It’s impossible to be in a state of gratitude and anger, shame or any other low vibe emotion simultaneously.

For even a moment, gratitude shows you what’s going right in your life. A new cascade of chemicals get produced in the body and flood your cells with feel goodness. This impacts your health on every level - physically, mentally and emotionally.

What we focus on grows and turns into what we look for more of.



STRATEGY 1 CONT'D

GRATITUDE

HOW TO PRACTICE GRATITUDE:

ONE

Write down 3 things you're grateful for.....with a twist.

You have the urge to name your dog or your friend who's been there for so many important moments right?

Turn this exercise inward. Make one thing you're grateful for about your character. *What are you grateful for about yourself?*

TWO

Express gratitude for the most basic thing.

The sun coming through the window. The breeze in the air. You have running water...

THREE

You have free rein here. Choose whatever you wish.

Why am I being specific? The first two shift your focus onto everyday things you take for granted. Our culture focuses on what needs to change, be improved, etc. Training this muscle to appreciate the simplest things in your life allows gratitude to grab your attention easily.

Bonus Assignment: After each gratitude session - take a deep breath and ask - *what do I notice about myself right now?* Pay attention to how you feel in your body. Write this feeling down. Then ask *what would staying in this lightness (insert your feeling here) look like in my day?* Envision it. What would you be doing? How would you show up?

Envisioning things helps to lock them in.



STRATEGY 2

PAUSE & REFLECT

CHOOSE TO SLEEP ON IT

Sleep On It. Sounds easy enough right? The key to this is the permission you give yourself.

When you feel strapped or pressured to respond, give yourself permission to pause. Avoid responding with an automatic yes. Doesn't matter if it's face to face, in a text or email. Give yourself permission to take time.

Over-extending yourself, saying yes because you're stuck in a story of *"they'll be mad at me"*, *"what if they get offended"* isn't healthy and causes unnecessary stress.

Give yourself permission to sleep on it and decide tomorrow if it's a *heck yes* or a *heck no*.

Bonus Reflection: Notice how it felt to sleep on it. Did you get to express a no? How did it feel? Did your reaction to how you felt surprise you?

What do you want to take away from this experience? This is your opportunity to lock this feeling in.

"Sleeping on it" makes you aware of what's important to you



STRATEGY 3

MAKE IT EASY

AND KEEP IT SIMPLE

Uncomplicate The Complicated. We create so much overwhelm and anxiety by overcomplicating our decisions. When you notice yourself getting anxious or stressed out over a decision - **stop!**

Take a deep breath and ask - *what would this look like if it were easy?* This question offers you a powerful reframe in like 2 seconds. Why?

When stressed we shallow breathe. Not enough oxygen is getting to the brain and now that simple solution has been clouded over with **#allthingscomplicated**. You'll be amazed how quickly a simpler solution surfaces. You may also notice there's more than one simple solution or work around.

Bonus Reflection: After you've uncovered an easier solution ask, *who do I want to be in this? How do I want it to feel?*

We focus on doing and checking things off of lists and put little to no attention on who we want to be in a situation. *Who do I want to be to create my desired outcome?* These questions help you focus on ways to make your dream a reality.

You'll notice you may hold your tongue or take a deep intentional breath before you speak. Whatever it is for you, your new solution will feel so much easier.

what would this look like if it were easy?

There you have it.

These 3 strategies are foundational to the coaching work I do. We all have an inner voice that we often don't pay attention to. These strategies make it easier to connect to your inner voice and what it is you really want.

It's a joy to offer you this level of service. If you're curious about coaching, you can try a free 30-minute mini-session with myself. Book your time [here](#).



- GRATITUDE
- PAUSE & REFLECT
- MAKE IT EASY

Commit to this and make it a habit.

YOUR DREAM LIFE IS WORTH 5
MINUTES EACH DAY

