



DESIGN YOUR DREAM LIFE

♥ And gain clarity direction, intention and manifestation

Before you begin, it is very important to get as calm and positive as you can. Choose an area that you like to be in, put some music, candles, incense or whatever make you feel relaxed. Do some deeply breathing until you feel full relaxed.

STEP 1 - DEFINE YOUR EMOTIONS

Write down from 5 to 10 emotions you want to feel regularly:

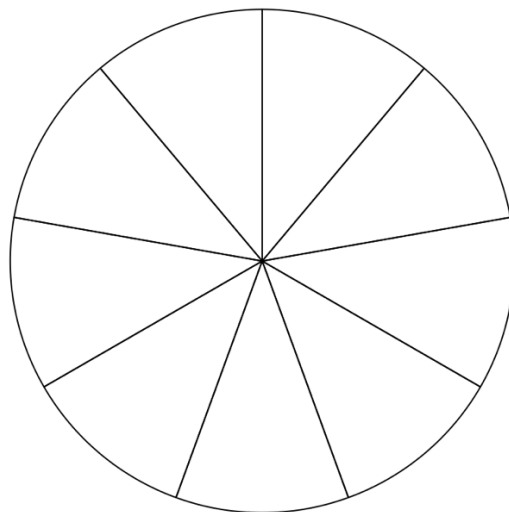
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Now enter to that emotion, connect with it. How does it feels? where do you feel it? How is the expression of your face while you feel it? How is the expression of your body while you feel it? Can you see something else in your surrounding?

Do this step with every emotion you want to attract and create in your life.

STEP 2 - DEFINE YOUR GOALS AND YOUR WHY'S

List the areas of your life that are important to you. These might be family, social, spiritually, financial, career, physical, emotional, mental and personal (hobbies, free time). You can choose as many areas you want to work in, and then start visioning what you want. Important! Be as specific as possible.



Make a list of the goals you want for each area you choose and write down the reasons why you want to accomplish these goals:

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STEP 3 – GET INSPIRE

Get the magazines, drawings, pictures, images, or whatever feels right for you and start cutting it down! Remember to play some nice and inspiring music in the background!

STEP 4 – CREATE THE ROADMAP TO YOUR BOARD

Divide the images according to the areas and your life goals, create a roadmap before glue them out. Once ready, create your vision board!! And put it in some visible place.

STEP 5 – WORK FOR IT BUT LET IT GO

You are a powerful manifestator, believe in yourself, work hard, be bold, dream big, trust the process and get surprised!

♥ I believe in you

With love, Pia