

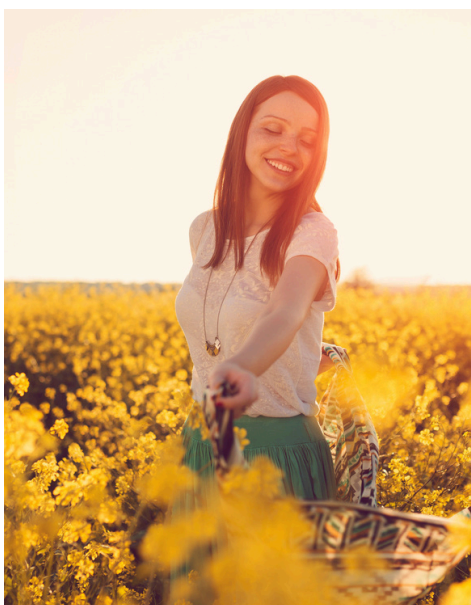
dream life GUIDE



ANGELA STRANK

CONGRATULATIONS!

You took the first step and said YES to wanting to live your DREAM LIFE! Now you may be wondering...What comes next? Am I going to need to put some effort in? My life is OK now, is this even worth it? The answer is **YES!**



love notes

Everything that has been, is now being, or will be in the future, was imagined first.

-Unknown

Our intention for this workbook is to give you tools to help you gain clarity on what it is you really want in life and the support you need to get you started.

In this guide you will perform a life review. Where are you now, where do you want to be? You will create a mind map, learn about the power of affirmations, awaken gratitude and more. All of these practices, when performed regularly, pave the path to your **DREAM LIFE.**



LIFE REVIEW

In order to get you where you want to be, you need to figure out where you currently are. Without judgement, take some time to review your life. Are you fulfilled in any of the following areas? Are you happy with where you are? What areas need your attention?

1. Health and Wellness
2. Relationships
3. Family
4. Life Purpose
5. Creativity and Passion
6. Finances
7. Spirituality

The Foundation Process

Once you've completed the life review listen to this recording.

This Foundational Process recording is an energetic process to assist in supercharging you on your Dream Life quest! While listening, repeat this affirmation:

EVERYTHING MANIFESTS IN PERFECT DIVINE TIMING





love notes

The subconscious mind does not know the difference between visualizing and experiencing. And since it is called our hidden manifestor, it is the part of the mind that we want to engage in this exercise.

-Angela Strank

MIND MAP

Now that you've taken the time to assess where you're at, let's look at where you want to go. *What does your dream life look like if you were to allow yourself to dream without limitations?* Holding a strong vision is the first step in any successful endeavor. We like to crystallize our vision using the mind map.

Start by getting out some fun markers. The blank page (following) is the dedicated space for your mind map. From there, think about the categories in the life review above and what you want those areas of your life to look like. Write it down, let it all flow and make it fun! Bring colour and energy to your vision by allowing yourself to daydream.

Remember, no dream is too big! You deserve to have it all.

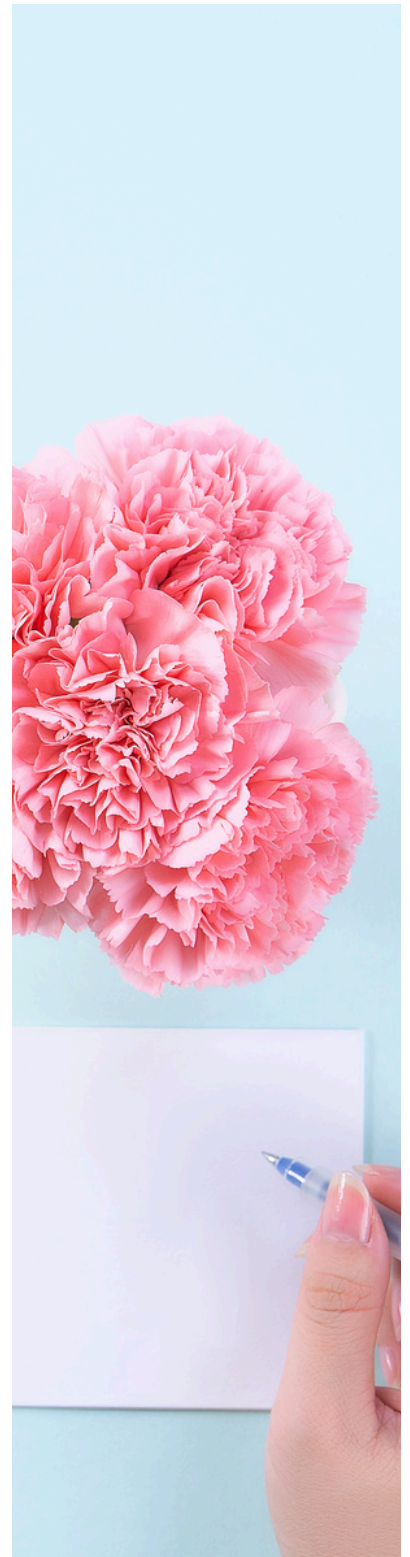
dream ♥ *life*

GRATITUDE

The first step in receiving the abundance we desire is expressing gratitude for what we already have. The Law of Attraction says that whatever we focus on grows stronger. When we start being grateful for all the little things, not only are we becoming more positive and loving, but more appreciative as well. Once we make a habit of being grateful for all that we have (and continue to receive) we will attract even more to be grateful for. Therefore, gratitude is one of the secret keys to manifesting more success, happiness and abundance in our lives.

Make a list below of 10 things you are grateful for right now. Start each sentence with "I am grateful for":

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Gratitude awakening process

Once you've completed your gratitude list choose one and repeat it to yourself while listening to the following energetically filled recording.



AFFIRMATIONS

We encourage you to practice affirmations on a daily basis. Not only will affirmations reinforce your commitment to living your **DREAM LIFE** but when you practice saying affirmations you will notice beautiful shifts in your inner thoughts, your energy and your life.

Examples of affirmations you can use are:

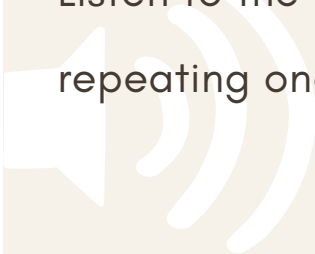
SUCCESS and **ABUNDANCE** come naturally to me.

I **LOVE** the life I am **CREATING** for myself.

I am **ALIGNED** with my **TRUE LIFE PURPOSE**

Chakra alignment process

Listen to the energetically charged recording below while repeating one of the above affirmations to yourself.



love notes

Thank you for starting on the path to living your DREAM LIFE. The more people who live their dreams, the better this world will be. We are here to support you and want to see you THRIVE!

-Angela Strank



You've already taken the first step to living your dream life by saying YES. When you incorporate the steps and daily practices above you will start to notice positive changes. Be consistent with your practices. And be patient as it takes some time for our energy to catch up to our dreams. In the meantime, enjoy all that life has to offer and get excited because you are on your way to living YOUR DREAM LIFE!!

Love,
angela



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dream Quest!

Want to dive deeper? **DREAM QUEST** is an online energetic program designed to accelerate you on the path to your dream life. You will take an in-depth approach to all of the above in addition to transforming subconscious limiting beliefs, raising your energy levels, supercharging your inner growth and up-leveling your life. This program was designed to help clear the blocks to achieving your dreams and elevating what is possible for you in all areas of your life. We designed it FOR YOU!





Love notes

Are you ready for your own life transformation? May you be blessed, may you be happy, may you THRIVE!

-Angela Strank

[find out more](#)

What to expect:

- A complete energy program to awaken your dreams and align you with greater success.
- Powerful processes to fast track your success in life and business.
- Supercharged practices to help you crush your business goals.
- Angela's powerful Mind Power system to reprogram your subconscious mind to help build the life of your dreams.
- Powerful techniques to help you change limiting beliefs into successful outcomes.
- Gratitude section to align you with greater prosperity and happiness in life.
- Forgiveness module to help release past hurts and failures that may be blocking you.
- Energy infused meditations to enhance your manifesting progress.
- Angela's mastery Manifesting Meditation.
- Affirmations to awaken greater abundance in both life and business.
- New Visionary Board experience designed to awaken your biggest dreams for life and business.
- Chakra wisdom to support your transformational journey into building a life you love.
- Yoga poses to align your body and mind for success.
- The Dream Retreat.