



Happy Healthy Wealthy Tribe

Dream Life Workbook

Start creating your ideal freedom life now!

A LOT CAN HAPPEN IN 90 DAYS & A LOT CAN NOT HAPPEN IN A YEAR...



It's time to become really , really clear on what you want to create in the next 90 days, and in the next year. Sometimes we hit massive goals and sometimes we don't, and sometimes we are trying to figure out parts of our past that are haunting us.

Either way, all of us are wanting to create the best year of our lives. This exercise is designed to guide you into getting crystal clear on what you want to create for yourself and to get in an energetic alignment to receive what you're asking for!

In other words - GET OUT OF YOUR OWN WAY!

This is your opportunity to create and declare your dream life by writing it all down. This year is yours for the taking, just like you put your order in at a restaurant for what you'd like to eat/drink, you get to do the same in your life...

What do you TRULY desire in life? Writing it all down is the best way to declare it. Remember to have the courage to dream again. All you need to do is simply write your answers down in a journal and you can use the following questions as prompts.

IMPORTANT

Find a nice quiet place, turn within and connect with your heart for a few minutes, then grab your journal or a few clean sheets of paper .Give yourself a good 30-60 mins. Answer these questions as if this already exists for you NOW...

Don't write the questions out, just free write the answers.

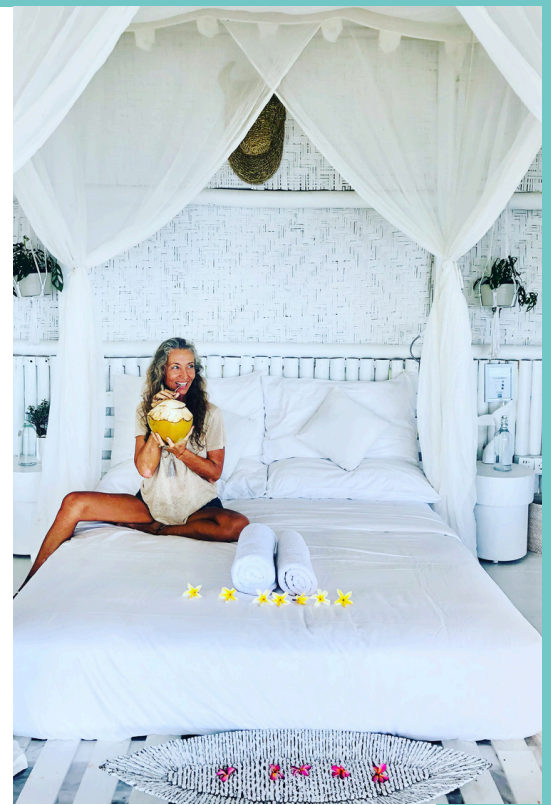


DON'T BE AFRAID TO ASK FOR WHAT YOU WANT...

Imagine you have been sent these questions while you live your dream life, A YEAR FROM NOW...

Don't write the questions down in your journal, just the answers, as if they are true TODAY-present tense.

Allow it all to flow in together by answering as if you are directly responding to the questions.

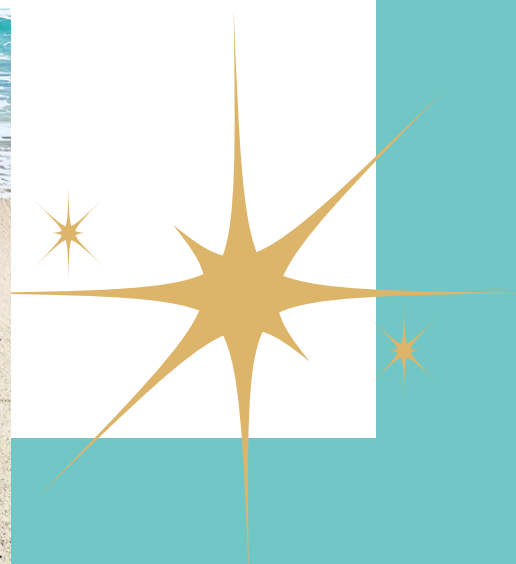


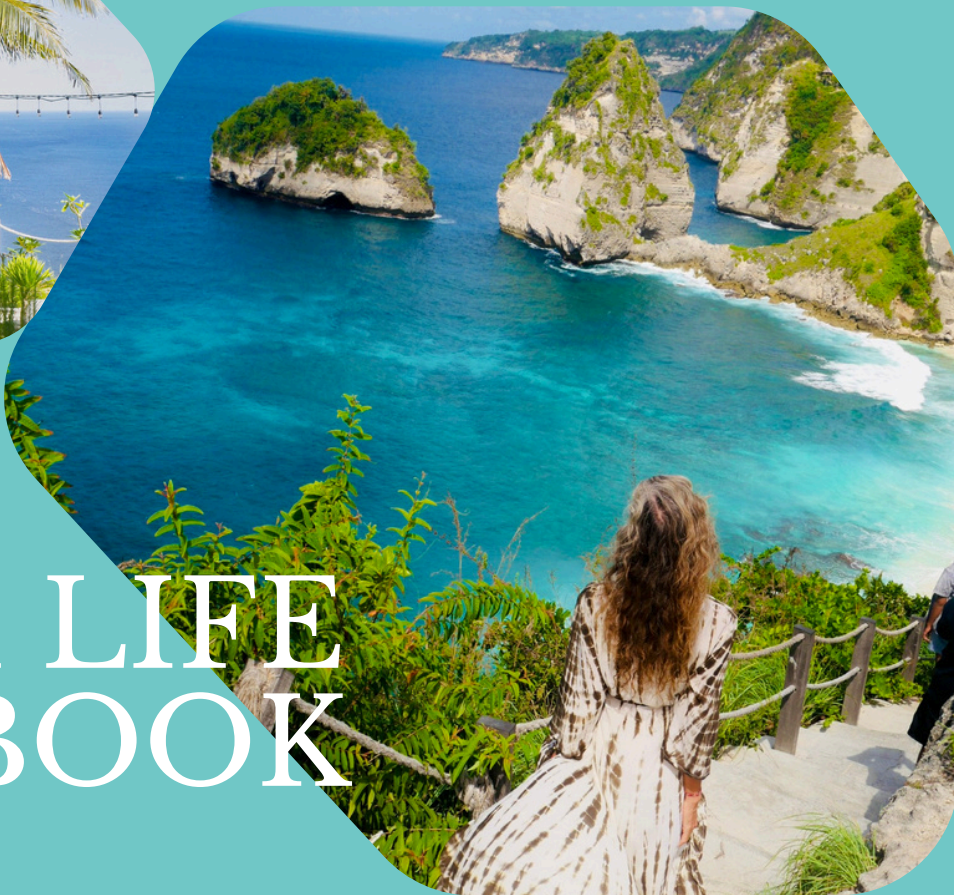
IT'S TIME TO GET RADICALLY CLEAR ON WHAT YOU WANT

Example:

I'm so happy and grateful that I have \$200K sitting comfortably in my bank account and I feel empowered, content and free. I live in my dream house and am surrounded by beautiful ocean views with gorgeous sunsets and sunrises. There's an abundance of waterfalls and beaches for us to play in and to just enjoy the energy of clean water, nearby islands and sunshine all year round.

I love my slow morning mornings with plenty of time for my personal practice. I enjoy sitting on my ocean view terrace and sipping my morning matcha watching the whales and dolphins in the sea off in the distance. .





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How much money do you COMFORTABLY have in the bank and how do you feel?

Where do you live? What is the highlight of being in this location?

What does your decor look like?

Can you share 3 emotions you feel being in your dream home?

Tell us about your dream day you have just had...

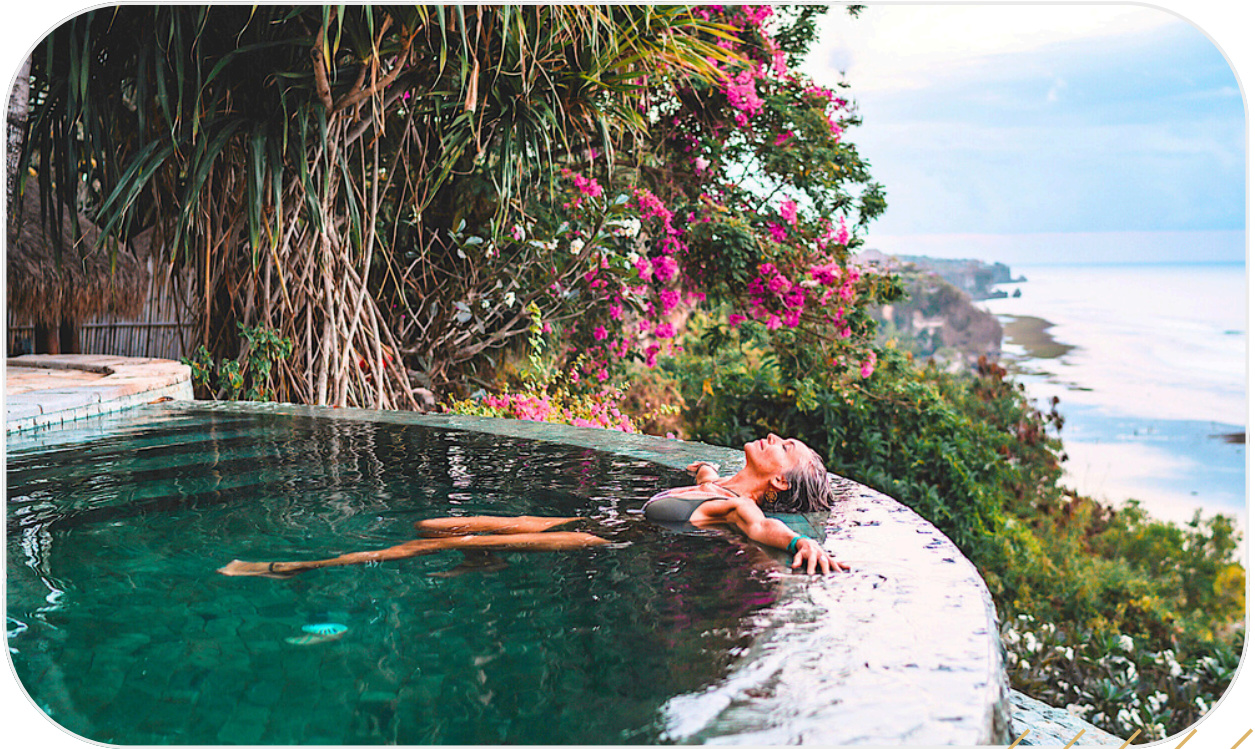
Where did you go? What did you do? Who were you with?

You've also just come back from a holiday last week... where did you go? What did you enjoy? Who came with you?

Tell us about your life right now...



DREAM LIFE WORKBOOK



You're spending your days doing everything you love, what are the high vibe emotions that you experience everyday?

How do you describe the people you surround yourself with?

How do you feel about being yourself and knowing you are completely celebrated and loved?

LET'S TALK ABOUT HEALTH

How do you describe your physique?

How do you feel to be in amazing shape and radiantly healthy?

What are your daily health practices?

and last but not least...

YOUR INCOME!

How much money do you earn every month?

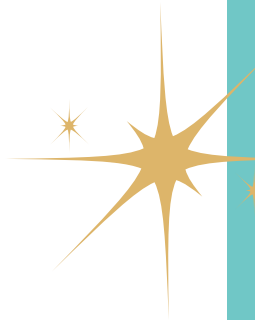
Are you debt-free?


How do you describe the feeling of being debt-free?

What has shifted in your relationship with money?

How do you feel now that you have no stress of money in your life?

What are you most grateful for? Make it a loooong list!

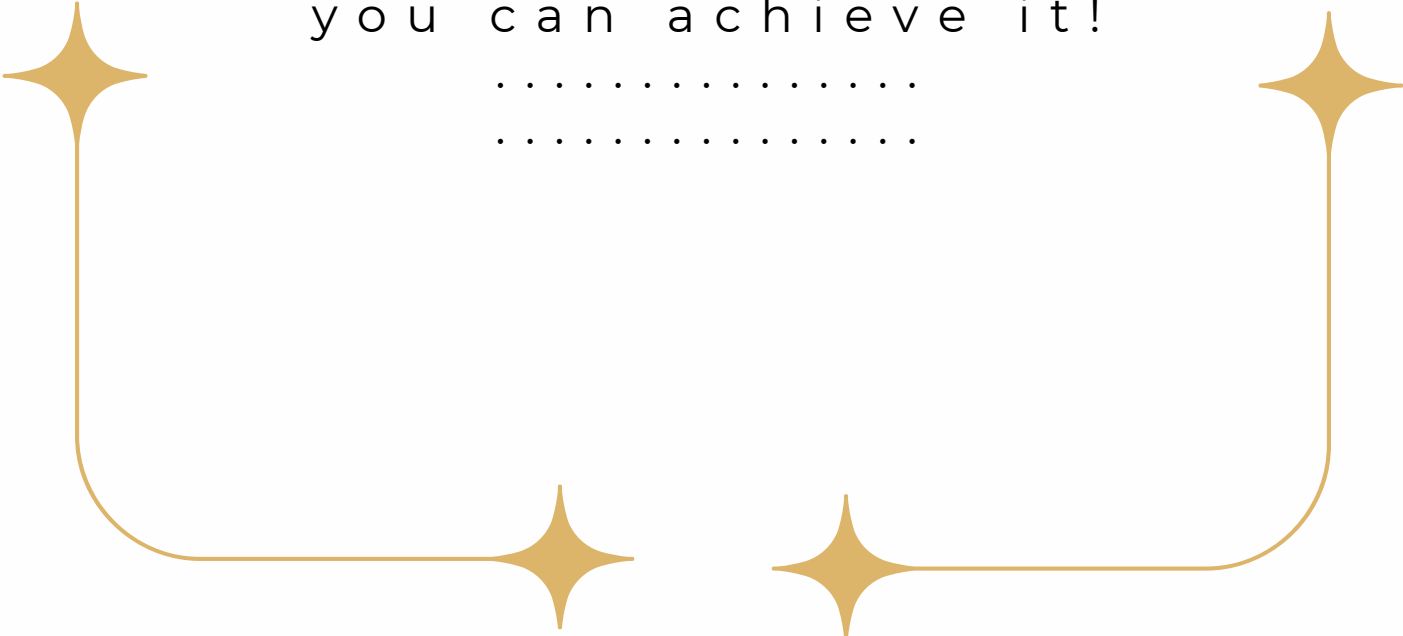





YOUR
DREAM LIFE
IS WAITING
FOR YOU!

If you can dream it,
you can achieve it!

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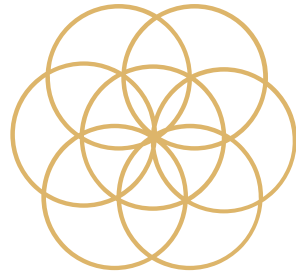


WANT TO LEARN
HOW TO CREATE THIS
EPIC DREAM LIFE
IN A PRACTICAL SENSE?
EMAIL ME WITH SUBJECT
“**DREAM LIFE FORMULA**”
AT THIS EMAIL!



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LET'S GET IN TOUCH!

Check our website, join our free Facebook group
and follow along on IG! Click the links below!



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Happy Healthy Wealthy Tribe



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THANK

YOURSELF

For giving your future self this time!

