

Life Coaching

Exploring your dreams

Life area:.....



What is the best version of your dream? Can you describe it?



Do any old emotions rise up when you think about this dream? Where do you feel it in your body? Can you describe them, and acknowledge them as they release from your system?



What limiting beliefs and conflicts could be holding you back? It might look like "Im not good enough for this" or "I want to do this but X might happen if I do"



What 5 small steps could you take to move towards your dream? This might be researching something, making a phone call, or just writing a more details plan of action!