

# BUILDING YOUR HOPE MUSCLE

## A Practice for Creating Your Dreams

### PERSONAL WELLBEING

#### **Examples to inspire:**

- A morning routine that energizes my body and soul through gentle movement and meditation
- Daily practices that nourish my mind through learning and reflection
- A balanced lifestyle where I feel vibrant and alive

#### **Your Turn! "I have created..."**

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### CAREER & PURPOSE

#### **Examples to inspire:**

- Work that lights me up when I share knowledge that transforms lives
- Financial abundance that allows me to live freely and give generously
- Opportunities to share my gifts by creating meaningful content

#### **Your Turn! "I have created..."**

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#### **Remember:**

- Write in present tense
- Allow yourself to dream big
- Be specific and detailed
- Trust that you deserve these experiences
- Either this or something better is coming

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### RELATIONSHIPS

#### **Examples to inspire:**

- Deep emotional connection shown through daily acts of care
- Mutual respect and understanding through open communication
- Shared adventures and growth in exploring life together
- Joy and laughter in our everyday moments

#### **Your Turn! "I have created..."**

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### GROWTH & ADVENTURE

#### **Examples to inspire:**

- New skills and knowledge in areas that excite me
- Experiences that bring me joy such as travel and learning
- Ways to contribute to others by sharing my wisdom

#### **Your Turn! "I have created..."**

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