

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..."

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..."

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

BUILDING YOUR HOPE MUSCLE

A Practice for Creating Your Dreams

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..."

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..."

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