

Live Your Dreams: Your Transformational Journey Map*

- **Session 1:** Assessment of your individual situation. Clarifying your vision. Actioning passions.
- **Session 2:** Identifying blocks and obstacles, dissolving limiting beliefs. Mindset shift.
- **Session 3:** Prioritising your passion(s). Intensive and joyful time & money management.
- **Session 4:** Putting the joy back into everyday life. Juggling family/work/obligations with ease. Passions first!
- **Session 5:** Design the future (e.g., do you want to make your passion the source of your income? Or find other creative ways of putting it front and centre in your life? Etc). Learn to dream big. Experience how achievable it is to truly live your dreams.
- **Session 6:** Nuts and bolts: What's needed for your dream in terms of money, time, expertise, support? Crunching the numbers and drawing up a plan.
- **Session 7:** The pleasure principle. Focus on joy. Radically eliminate what doesn't serve your passion.
- **Session 8:** Next-level mindset work. Eliminate doubts and fears. Take concrete steps towards realising your dream life.
- **Session 9:** Never get slowed down or sidetracked again. Reality-proof your dream. Getting your loved ones on board 100%.
- **Session 10:** Full steam ahead towards your dream. Joy, passion, living it.
- **Session 11:** Assessment of current situation and dealing with recurring or deeper fears and limiting beliefs.
- **Session 12:** Spread your wings: Your 6-month inspired action plan. Forging the future.

*This is a general outline. Your personal journey map will be tailored to your individual needs and preferences.