



Dream Lifestyle Roadmap

Creating your dream lifestyle can be simple and exciting! Use the roadmap to start manifesting, and taking action on you dream lifestyle today! Grab your notebook and a pen, and let's get started.

01

Everything in the world started off as an idea. Take a few moments to DREAM, meditate, or visualize your dream day; your dream lifestyle. Start from when you wake up, take yourself through the day, all the way through to your evening routine and sleep.

Write it all down in your favourite notebook to amplify your vision.

02

Read your dream day/life again, and notice which feeling words you connect to. Each time you "feel" something, write that emotion or feeling down. Is it confident? Inspired? Energized? Empowered? Abundant?

Make a list of all your *feeling* words on a separate page in your notebook.

03

Now it's time to "find the proof." Think back to any and all the times you've ever felt [insert feeling word] in the past. Did you feel energized after a killer spin class? Were you confidently flipping your hair after that blow out last week? Did you feel abundant when you read a DM from a past client?

Dot jot the past times you've felt YOUR feeling words in your notebook.

04

Your past is PROOF; it's evidence that you have, and you can feel these desired feelings. Take a look at your list to see what you can start incorporating into your life TODAY.

Can you do a workout? Can you save emails and DMs from past clients to re-connect to those feelings? Can you book a blow out? Maybe there are other ways you can feel these emotions.

05

Now pull up your calendar. see where you can schedule in activities that help you connect to your dream lifestyle.

The key is to choose one or two of these to start, and build them into your daily, weekly, or monthly schedule.

06

Each day connect to one or two of your feeling words. Notice when you feel this way throughout your day and week. Write down those moments in your notebook.

This helps you connect your vibrational energy to the frequency you are manifesting/call in.

07

In the beginning, these little habits and behaviours seem very small and seemingly insignificant, yet they are POWERFUL! Because they *compound* over time. Like a snow ball rolling down a hill, getting bigger and bigger!

Stay consistent with your daily habits/behaviours/actions!

08

Elevate your habits! If you're ready to take your lifestyle habits to the next level, you will love my monthly **Healthy Habit Workshops**. These were created so that you could feel connected and supported with creating your healthy habits, rituals, and lifestyle routines. In the virtual group setting you will be able to learn about the specific healthy habit theme of the month, as well as ask questions specific to your needs and journey.

The workshops are here to help you go from overwhelmed and confused about habit-building, healthy lifestyle, and essential oils, and give you clarity and confidence with finding a routine that works best for you!

Healthy Habits Workshop with Valerie La Vigne

Presented by the Women's Empowerment Podcast

