

Design Your Dream Life

BY SUZANNE JAMES

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GLOBAL

Hey lovely

Let's Start Creating the Life of your Dreams and Turn your Dreams into Reality...

To begin, start fantasising about your dream life. Dreams are a preview of your future life so **DREAM BIG!** Visualise your dream life in minute detail.

You have to know what you want, in order to get what you want! And yet, so many people are in denial about their goals and dreams. It's time to wake up and move full speed ahead (with clarity) to the life and bank balance you're craving.

A key part of the journey is stepping into who you want to become **BEFORE** you've actually got there. You have to start acting, behaving and being the person you want to become. Get into this person and live her life and become the person you want to be.

I want you to really use your imagination here; get yourself out of your comfort zone and dare to believe what is possible for you.

*"Whatever the mind can conceive and believe,
the mind can achieve"*

Let's start by showing your mind what you're aiming for and get excited about ...

So let's start with YOU:

In your perfect life, where do you live? What does your view look like?
Imagine your perfect home and location and describe it in detail...

What do you look and feel like? What clothes will you be wearing? How do you feel?

What do you do in your free time?

What will your perfect life include – hobbies, travel, and luxuries will your life include?

What locations do you travel to on vacation?

How many weeks per year do you travel?

What are your non-negotiables?

E.g. – I only fly business class, I have a holiday every 8 weeks...

What other luxuries do you have in your life?

E.g. I have my hair done twice a month by my stylist

What car do you drive?

How do you spoil your loved ones?

In your vision of your perfect life, how is your life different?

How do you feel?

What difference do you notice in your health and your relationships?

What else do you do for fun?

What have you always wished for in your life?

What struggles / challenges have you experienced in your life that you feel you are called to help others through?

What specifically will you help them with?

What have you been putting off doing, out of fear, being scared or just too busy, although you feel called to do it?

If money wasn't an issue, and you knew you could have anything you wanted and wouldn't fail, what would you do?

What would it feel like to be fulfilling your purpose?

What does it cost you currently, not to be living your dream life?

What impact does it have on your family and friends?

Now let's cost it out...

What will your goals cost you per month? Estimate what your annual and monthly income needs to be in order to live your dream life...

£

How much reserve would you like to keep in the bank ?
(the line that you never dip below)

£

What is your 'new normal' earning figure per month?

£

Let's live your fabulous life...

Let's pull it all together and write a 'day in the life' scenario from the position of having everything that you want and your heart desires. Visualise every detailed aspect of your **PERFECT AVERAGE DAY**. Not a big event day but an average day – your new normal.

Go through your day minute by minute.
Make sure you visualise what you love.

Write in the present tense as if you already have it all and really go to town – really feel every sensation of being in this life; your true desires of this life you're creating.

Do this without worrying about cost, time, age, what anyone else thinks...

Use these questions to help you if you need to:

- Where do you wake up?
- How do you feel when you wake up?
- Who are you with?
- What do you do first? What about after that?
- Where is your home? What can you see from your front and back doors? How does your home make you feel?
- What kind of movement do you incorporate in each day? How does that make you feel?
- What do you eat throughout the day?
- What do you do with your time all day?
- What do you do to earn money?
- Who do you spend your time with? How do those relationships make you feel?
- What do you do to unwind?
- How do you end your day?

If you lived like this **EVERY** day, would you feel successful? Would you feel happy? Would you feel wealthy? If not, what could you change?

a day in my fabulous life...



When you're happy with your vision of your entire perfect day and have written it all down put it in a prominent place to look at every day. **Each day, sit in a quiet place where you can focus.** Take a few deep breaths and read what you have written to keep the vision in your mind. Feel what it's like to live this way. And this will prompt your unconscious mind to make your days come to life, bringing what you want from the future into the now.



Hey I'm Suzanne,

My mission is to inspire and empower women from all over the world to blast away your limitations (including money and success blocks), that is stopping you fulfilling your true potential and turning your dreams into reality.

There is so much more out there for you!

I believe that every person has it within themselves to achieve incredible things and life is just too short to waste doing things we don't enjoy or that doesn't contribute to our own health and wellbeing.

It's time to raise your energy and shift it back to joy, excitement and love! To manifest a reality bigger than your wildest dreams.

Live for Today! Take a step out of your comfort zone and into your true potential. Be bold, be brave, be freaking awesome!

I believe in you

Want to make this dream a reality?

Book a complimentary 45-minute Success Accelerator Session and let's unlock your abundance within

Here's to your massive success!

*With love,
Suzanne xx*