

Download Your Dream Life

With this worksheet, you will use journaling to download your dream life.

Taking the time to reflect is one of the most underused, yet powerful tools you can use to get to know who you are and discover the life you want to live.

When you can clear your mind, connect with your Higher Spirit, and listen for guidance or inspiration, you will be amazed at what surfaces in your journal.

To get you started, use one of these free guided meditations or automatic writing prompts to visualize a life that is marvelous to you.

Awareness of what you dream your life to look like is the first step to getting there.

Guided Meditations

Try these short, guided meditations narrated by me. Use these daily or whenever you are feeling a little out of alignment.

Each short meditation begins with centering your mind and feeling a connection to your higher spirit.

[Guidance for a Current Struggle](#) (3:49 Audio)

Specifically ask for guidance on the biggest struggle you have today.

[Spirit Take My Hand](#) (3:08 Audio)

A prompt to help you connect with the Universe and let them lead you to write freely and through stream of consciousness.

Have your journal ready for your download!

Automatic Writing Prompts to Help You Tap Into your Subconscious Mind

Take a few deep breaths and get quiet before you read the following prompts. Then put your pen to paper and write whatever comes to mind. Don't think about or judge it. Just write. If it doesn't make sense right away, let the ideas simmer in your mind and see if they come up anyplace else. You may also see a pattern if you do this regularly.

Prompt #1 - Spirit Take My Hand

"Here I am. Take my hand. I am ready, willing, and worthy to speak with you right here and right now. Thank you in advance for your words, your wisdom, your guidance, and your grace. Amen"

Prompt #2 – Thank You for the Guidance

“Good morning Lord, Universe and all my Angels. Thank you for my blessed life. For the opportunity to choose what I want to do based on what I love. For options to play out my dreams. For the awareness of when I need to pause and reflect on what I’m doing and where I’m going. For the guidance to help me decide what my priority is now. Today, I ask for your guidance on _____. Thank you in advance for your words.”

Prompt #3 – Visualize My Dream Life

“Today I ask you for a vision. A vision of what makes me happy. A vision of what I’m grateful for and what I’m prepared to manifest in my life. Give me the words to describe my visions. Thank you for helping me see the many possibilities for a marvelous life.”

Take the time to download your dream life and discover a more joyful and meaningful life.

When you are ready to take the next step and fill the gap between now and your marvelous life, there are a couple ways I can help.

Follow livingmarvelously.com for weekly posts and a huge Resource Library.

[The 5 L’s of Living Marvelously Book](#) – full of practical tips and guidance to let go of all that is limiting you and to start living a life you love.

[1:1 Coaching](#) – set up your 30-minute complementary session here. We will discover what is holding you back and start taking the baby steps to move forward.

Download your Dream Life and Start Your Adventure to Living Marvelously!



with love,

Laurie

<https://livingmarvelously.com>

Laurie is the creative writer at Living Marvelously. Living Marvelously is a blog to share ways for you to make the most of this beautiful adventure that is life. She created the Living Marvelously Journal and the eBook, The 5 L’s of Living Marvelously. Her articles have been featured on the websites TUT.com, Thrive Global and Making Midlife Matter. She has acquired Trailblazer status as an Infinite Possibilities Certified Trainer and is certified as a Spiritual Life Coach.