

# DOWNLOAD YOUR DREAM LIFE

*Dream it, do it: A free plan to  
create your best life.*



"The purpose of our lives is to be happy."

*Dalai Lama*

As we reach midlife, it's natural to wonder: Is there more to life than this? Maybe you've spent years following the path laid out for you—meeting expectations, doing what's "right," and checking all the boxes. But what if life isn't just about what we should do? What if it's about what truly lights us up?

The truth is, you have a say in what makes your life beautiful and fulfilling. You don't have to settle for routines that no longer excite you or keep living according to someone else's script.

Maybe you're not even sure what a truly happy life looks like for you anymore. And that's okay.

Because now is the perfect time to find out.

One of the most overlooked yet powerful tools for creating a life you love is reflection. Taking a step back to ask yourself what you really want—beyond expectations, beyond responsibilities—can open the door to possibilities you never even considered.

So, what if you gave yourself permission to dream again? To explore what happiness means on your terms?

It all starts with a single, honest question: What do I really want?

## **Why Using Your Intuition & Higher Spirit Helps You Discover Your True Desires**

When we think about what we want in life, we often rely on logic—what makes sense, what's practical, or what we should want based on society, family, or past experiences. But our deepest desires, the ones that truly light us up, don't always come from logical thought. They come from a deeper place—our intuition and connection to something greater than ourselves

Your intuition is like an inner compass, always guiding you toward what feels aligned, exciting, and right for you. But because we live in a world full of distractions and external expectations, it's easy to ignore or doubt that inner guidance. That's where tapping into your higher spirit—whether you see it as your higher self, the universe, divine wisdom, or your soul's calling—can make all the difference.

By quieting your mind and tuning in, you open yourself to insights that may not come to you immediately through rational thinking. You start to notice patterns, nudges, and signs that point you toward what truly matters. You may suddenly feel drawn to a new passion, remember a childhood dream that still excites you, or recognize that something in your life no longer serves you.

When you allow your intuition and higher guidance to lead, you stop chasing what you think you should want and start uncovering what your soul actually craves. It's a process of discovery, where each small realization brings you closer to a life that feels deeply fulfilling and uniquely yours.

Use one of these automatic download tools to access your higher spirit and discover what truly creates your happy dream life.

*Guidance for a  
Current  
Struggle*

**Guidance for a Current Struggle (3:49 Audio).**

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

*Spirit Take  
My Hand*

**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.

*Dream Life  
Visualization*

**Your Dream Life Visualization (3:48 Audio).**

Ask your higher spirit what your dream life looks like.

**Use these when you are out walking in nature or taking a shower or when you have 4 minutes of private, quiet time. Then be sure to write your download in your journal!**

# JOURNAL

Now that you have downloaded new thoughts and feelings, it's time to write them down.

- You are 3 times more likely to accomplish your goals and reach your dreams when you write them down.
- Writing out your goals lets you be clear about what you want.

**If you still aren't clear about what happiness means to you, here are four more prompts.**

Wouldn't it be awesome if.... Finish that sentence 25 different ways.

When do you feel like your life is flowing smoothly? What are you doing when you are living in the present? Are you in nature, with your family, doing something you love, etc?

What is something you would love to do but have been afraid to try? Why are you afraid? What would happen if you didn't care about your fears and just took action?

"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. Please give me the words to describe my visions. Thank you for helping me see the many possibilities for a marvelous life."

# WHY CHOOSE HAPPINESS?

*When happiness is your end result, it implies all other areas of your life are fulfilled as well. But, when you get too specific about how that fulfillment comes, you negate so many other ways that it can happen!*

*Leave room for the Universe to search through infinite possibilities that our tiny brains can't comprehend.*

# NOW WHAT?

## **Take Action!**

Dreaming is the first step, but bringing your dream life to reality requires movement—one small step at a time. Use the thoughts, feelings, and ideas you've uncovered to start shifting your energy in the direction of the life you want to live.

Here are some simple yet powerful ways to start:

- Create a vision board – Surround yourself with images and words that inspire you.
- Use affirmations – Speak life into your dreams with words that align with your vision.
- Keep writing in your journal – Capture insights, track progress, and stay connected to your desires.
- Move your body – Walk, dance, stretch—anything to shift stagnant energy and raise your vibration.
- Re-do your resume – If career change is on your mind, start preparing for new opportunities.
- Network with people who do what you want to do – Learn from those already living the life you envision.
- Write a few pages of your book a day – Your story matters; start telling it.

# NOW WHAT?

- Clean out a junk drawer – Small decluttering leads to big shifts in energy.
- Have lunch with friends and tell them your ideas – Speak your dreams out loud; they become more real.
- Research VRBOs in Italy – Daydream in detail! Even a simple search can make your dreams feel possible.
- Allow and receive serendipities, intuition, and magic – Stay open to unexpected guidance and opportunities.
- Have fun! – Joy is a magnet for good things.
- Do the things you love to do – Prioritize what brings you happiness now.
- Act as if your dreams have already come true! – Align your actions with the life you're calling in.

The more you step toward your dream life—even in small ways—the more momentum you create. What's one thing you can do today to move in the right direction?

# WHAT'S NEXT?

If you would like some help, here are a few things I can offer you:

Visit [livingmarvelously.com](http://livingmarvelously.com) for over 300 posts and a vast Resource Library. Your password is marvelous.

The 5 L's of Living Marvelously Book is full of practical tips and guidance for letting go of all that is limiting you and starting to live a life you love.

Check out this YouTube video to discover more on how to download your dream life.

1:1 Session – set up your 30-minute complimentary session here. We will discover what is holding you back and start taking the baby steps to move forward.

I am a certified trainer of Infinite Possibilities and Playing the Matrix. Both are best-selling books by Mike Dooley and go deeper into how to create a life you love.

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

**LivingMarvelously.com**