



Ep 10: Creating Vision Boards & Dreaming BIG

What's something you would love to manifest into reality - a big juicy dream for the future? Describe it below using the present tense.

Now imagine how you will feel when that becomes your reality? Allow yourself to be in those emotions. Begin with I FEEL...

Why do you want this? Get behind your WHY. What positive difference will it make to your life or to the lives of others?

What will happen if you do nothing and this dream sits on the back burner indefinitely, gathering cobwebs? How will you feel?

What is a small step action you can take today or this week towards this dream vision? Anything at all that might give it a bit of lift off?

What photos or images could you find in a magazine or off the internet to visually represent this dream vision?

Now... take in a long deep breath... and as you let it out, let go of any voice in your head that might be saying 'yeah but ...' Blow those out. Breathe deeply into your heart and say to yourself :





Questions to help kids to dream BIG:

Where would you like to travel one day? What would you do when you got there?

What things would you like to be good at one day?

What do you see yourself doing in 5/10/20 years time?

What will you do for fun? What will your hobbies be?

Will you play any sports, musical instruments or have any special talents?

How would you like to feel in the future?



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To find out about my 4-week **High Vibe Journey** programme, go to
www.myprojectme.com/high-vibe-journey

If you haven't got the free **Project Me Life Wheel®** head to
www.myprojectme.com

The Project Me book is available on Amazon and all good book sellers.

Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of autopilot and consciously creating their lives.

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