

THE *art of*
INTENTIONAL LIVING
Workshop

DAY FIVE

WORKBOOK

Activating Your Future
Self

Key learning outcome:

Activating your future self simply means to begin EMBODYING who you desire to become in your present NOW.

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LIVE LIKE YOU HAVE ALREADY ACCOMPLISHED YOUR GOAL

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STEP ONE:

CHOOSE YOUR DREAM

A dream is a vision of who you want to be, what you want to experience or what you want to do with your life.

Example of dreams:

- To be fit and healthy
- To be financially free
- To travel the world
- To be in a wholesome relationship
- etc



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THE DREAM CAPSULE 5 STEP PROCESS

- 1- A Dream Download
- 2- Your BIG dream
- 3- Your ONE YEAR MUST
- 4- Your 30 Day Dream Goal
- 5- Your Dream Commitment

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Dream Download

The first in getting clear on what you want, especially if you want so many things in to do a brain dump. Dump down all your wild dreams and desires on paper.

No matter how big, small, wild or seemingly impossible.

**JUST ALLOW YOURSELF TO DREAM LIKE YOU HAVE NO CARE IN
THE WORLD.**

ASK YOURSELF

**WHAT WOULD BE THRILLING TO ACCOMPLISH
DURING YOUR LIFETIME?**

A large, empty white rectangular area intended for the user to write their response to the question above. The background of the entire page is a soft-focus image of a glass of water and a pen on a notepad.

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STEP TWO:

YOUR BIG DREAM

This is where you choose ONE dream to focus on. Ideally it should be a 12 month focus.

The more focus you have, the better you get at creating it.

4 Questions to help you decide your BIG dream.

1- Out of your dream download, which of those dreams will CHALLENGE you most?

2- Which would you be most EXCITED to accomplish?

3- Which of these dreams would make your life EASIER if you were to accomplish it. (THE DOMINO EFFECT)

4- Which of those dreams would you be most PROUD of creating?

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STEP THREE:

**YOUR ONE YEAR MUST
COME UP WITH NO MORE THAN 4 'MUSTS'**

What must you create in the next 12 months of your life?

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STEP FOUR:
YOUR 30 DAY GOAL



STEP FIVE:
YOUR DREAM COMMITMENT



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IMAGING THE VERSION OF YOU WHO IS LIVING YOUR DREAM.

- What does life look like?
- How do you feel?
- How do you think?
- How do you show up?

THE KEY IS TO THINK LIKE THE NEW VERSION OF YOU.

SHOW UP LIKE THE NEW VERSION OF YOU

UPGRADE YOUR ENVIRONMENT TO ALIGN WITH THE NEW VERSION OF
YOU **DAILY**

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