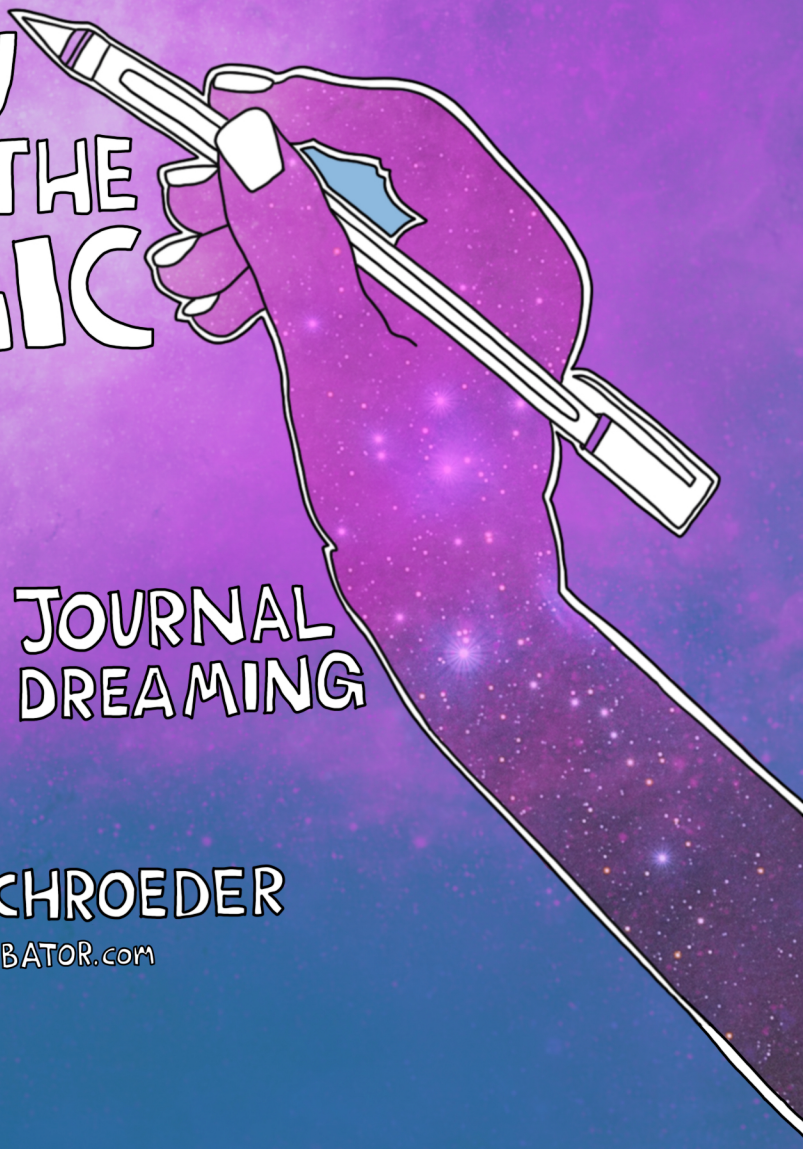
YOU ARE THE MAGIC



GUIDE + JOURNAL FOR CREATIVE DREAMING

by ANDREA SCHROEDER
CREATIVEDREAMINCUBATOR.com

THIS IS HOW DREAMS BEGIN.

WHEN YOU LOOK TO WHERE YOU WANT TO BE, THERE IS NO PATH.

JUST AN IMPOSSIBLE CHASM AND NO WAY TO CROSS IT.

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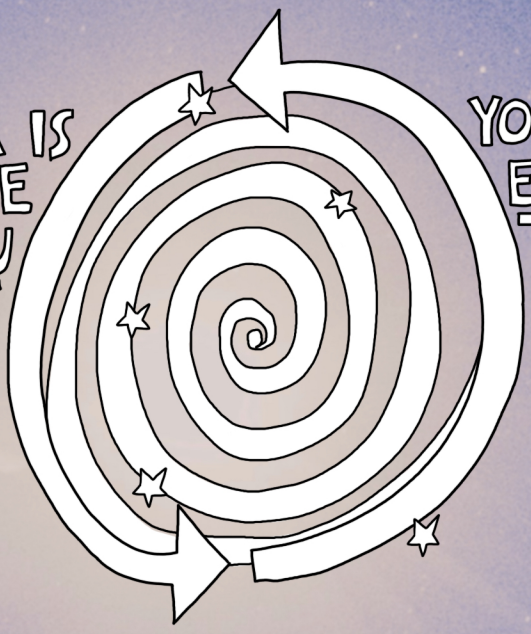
THE DREAM IS IMPOSSIBLE SO YOU DON'T ENGAGE



YOU DON'T ENGAGE SO THE DREAM IS IMPOSSIBLE

IT IS SO DIFFICULT TO BE CAUGHT IN THIS CYCLE! AND IT'S EASY TO BELIEVE THAT SOMETHING OUTSIDE OF YOU HAS TO CHANGE BEFORE YOU'LL HAVE ANY OTHER OPTIONS.

BUT THERE ARE LOADS OF WAYS YOU CAN ENGAGE WITH YOUR DREAM, RIGHT NOW. IT ALL BEGINS WITH SEEING CREATIVE DREAMING AS A PRACTICE, INSTEAD OF A THING TO ACCOMPLISH.

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APPROACHING CREATIVE DREAMS AS THINGS THAT YOU ACCOMPLISH (OR TRY TO):

- YOU BELIEVE THAT YOU NEED TO KNOW HOW TO DO IT ALL BEFORE YOU CAN START, WHICH MAKES IT IMPOSSIBLE TO DO ANYTHING
- IT FEELS INSPIRING + EXCITING BUT THEN IT ALSO FEELS RISKY, SCARY + STRESSFUL
- THINKING ABOUT IT CAN SPARK DEEP FEARS LIKE 'AM I GOOD ENOUGH?'

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CREATIVE DREAMING AS A PRACTICE:

- YOU HAVE WAYS TO ENGAGE WITH YOUR DREAMS NO MATTER WHAT IS HAPPENING IN YOUR LIFE
- YOU CAN TAKE LITTLE STEPS EVEN WHEN YOU CAN'T SEE THE PATH
- YOU CAN BE IN THE PROCESS, RECEIVING THE MEDICINE + MAGIC OF YOUR DREAM ANY TIME YOU CHOOSE TO
- YOUR DREAM WILL HELP YOU HEAL + GROW RIGHT NOW BEFORE YOU MAKE ANY CHANGES IN YOUR LIFE
- MAGICAL + RESTORATIVE, HELPS YOU GROW INTO THE VERSION OF YOU WHO CAN OVERCOME THE OBSTACLES + GET TO WHERE YOU WANT TO BE

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SO LET'S PRACTICE
OUR CREATIVE DREAMS

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THREE QUESTIONS TO GUIDE YOUR PRACTICE
(CHECK IN WITH THEM OFTEN)

MY DREAM IS:

I WANT IT BECAUSE:

WHEN I HAVE IT I WILL FEEL:

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BE HONEST

ALWAYS BRING YOUR HONEST REACTIONS, THOUGHTS, FEELINGS AND IDEAS TO YOUR CREATIVE DREAM PRACTICE.

TRYING TO AVOID OR SUPPRESS THE UNCOMFORTABLE PARTS WILL SLOW YOUR CREATIVE FLOW.

YOUR CREATIVE DREAM PRACTICE WILL BE MESSY, UNCOMFORTABLE, AWKWARD, PAINFUL, BORING + ANNOYING AT TIMES.

IT WILL ALSO BE INSPIRING, ELEVATING, GENERATIVE, HEALING, MAGICAL + ENERGIZING AT TIMES.

YOUR WORK IS TO KEEP SHOWING UP THROUGH IT ALL.

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HAVING A PRACTICE

MEANS TO DO SOMETHING REGULARLY OR REPEATEDLY. IN THE MOST PRACTICAL SENSE, PRACTICING IMPROVES SKILLS.

SO ONCE YOU ARE PRACTICING, ANYTHING IS POSSIBLE BECAUSE YOU KEEP IMPROVING. YOU SHOW UP, DO A THING, MAKE MISTAKES, GET INSPIRED TO TRY NEW THINGS, LEARN + GROW.

ONCE YOU ARE PRACTICING A THING IT WILL TRANSFORM YOU. YOU GET BETTER AT THE THING, BECOME MORE CONFIDENT, AND THEN SEE NEW OPTIONS FOR WHAT YOU CAN DO NEXT.

TO THE PEOPLE WATCHING IT CAN LOOK LIKE YOU ARE MAKING QUANTUM LEAPS BUT YOU KNOW YOU'RE JUST TAKING A LOT OF LITTLE STEPS.

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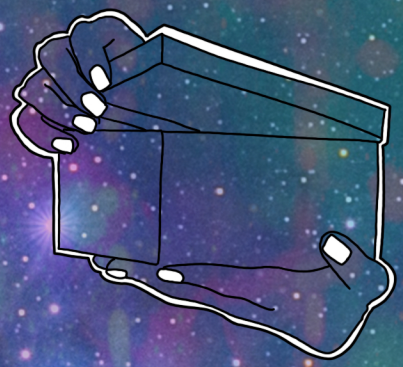
A CREATIVE DREAM PRACTICE IS ALL THIS AND MORE. IT IS A CONTAINER FOR:

- HEALING
- CREATIVITY
- TRANSFORMATION
- MAGIC



IT HOLDS SPACE FOR NEW POSSIBILITIES TO EMERGE.

YOUR CREATIVE DREAM PRACTICE IS SPACE TO SHOW UP FOR YOUR DREAMS, PRACTICE, PONDER, HEAL, GROW, FACE THE OBSTACLES, MAKE MISTAKES, FOLLOW INSPIRATION, TRY NEW THINGS AND ULTIMATELY BECOME THE VERSION OF YOU WHO CAN DO THE THING YOU ARE DREAMING OF.

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A CREATIVE DREAM PRACTICE GIVES YOU:

CLARITY

MOMENTUM

POWER

NEW OPTIONS

DEEPER CONNECTION TO YOUR AUTHENTIC SELF TO BOOST CREATIVITY + INTUITION

COURAGE

GROWTH

THIS HELPS YOU CONNECT WITH THAT PLACE INSIDE YOU WHERE YOU KNOW YOU HAVE EVERYTHING YOU NEED TO DO ANYTHING YOU WANT.

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DATE:

YOUR DREAM IS HERE

WHAT IS HERE?

LISTEN TO YOUR IMAGINATION, DESCRIBE IT HERE:

YOUR CREATIVE DREAM PRACTICE WILL HELP YOU NAVIGATE THIS

YOU ARE HERE

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YOUR CREATIVE DREAM IS AN OFFERING OF HEALING, GROWTH + MAGIC. AS YOU RECEIVE THIS OFFERING, YOU BECOME THE VERSION OF YOU WHO CAN DO YOUR DREAM.

THIS ALL HAPPENS THROUGH YOUR ENGAGEMENT WITH YOUR DREAM.

SOME PARTS OF YOUR CREATIVE DREAM ARE TERRIFYING AND SOME PARTS ARE AMAZING. ALL PARTS NEED TO BE ENGAGED WITH.

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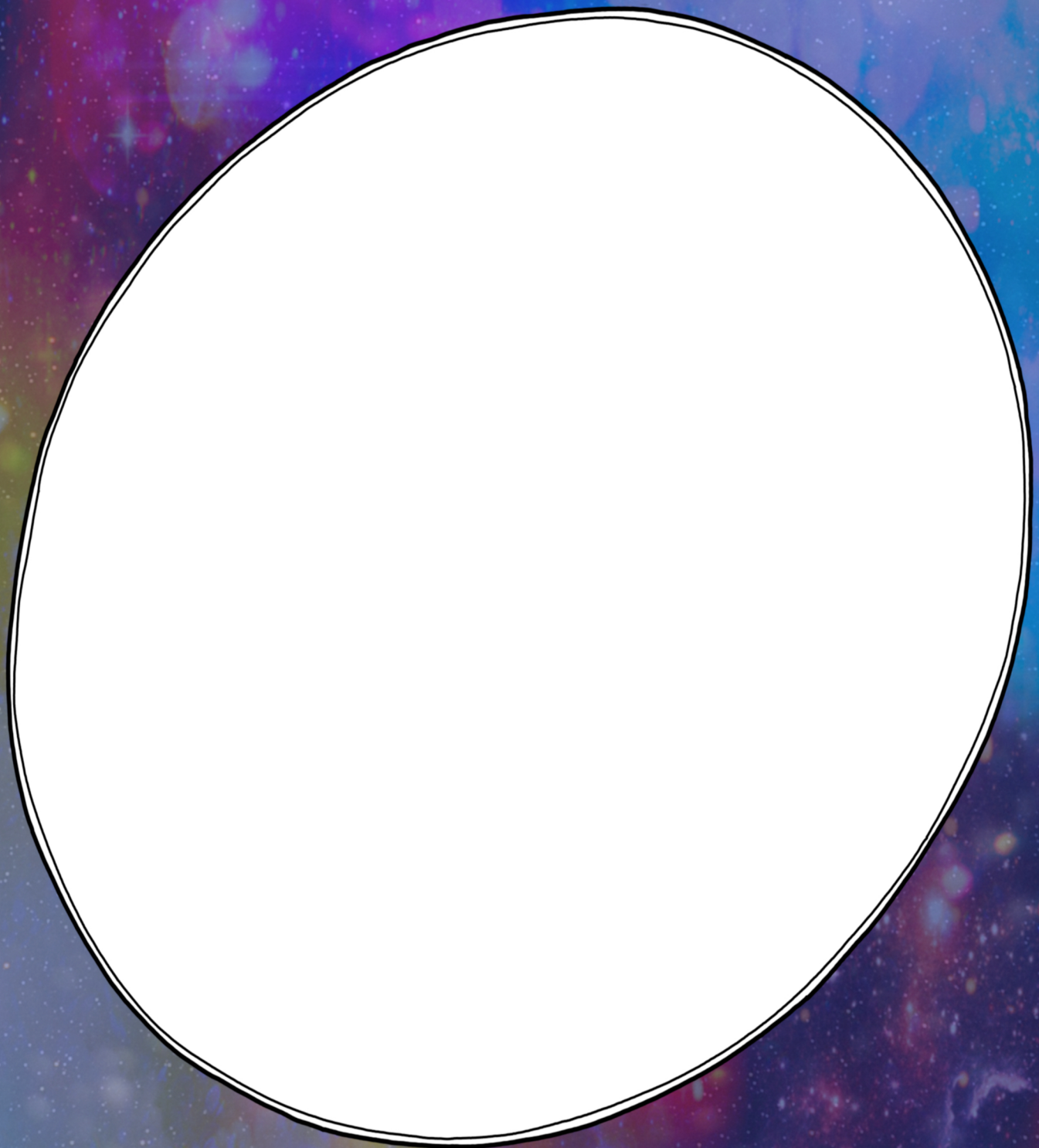
WHICH PARTS HAVE YOU BEEN AVOIDING?



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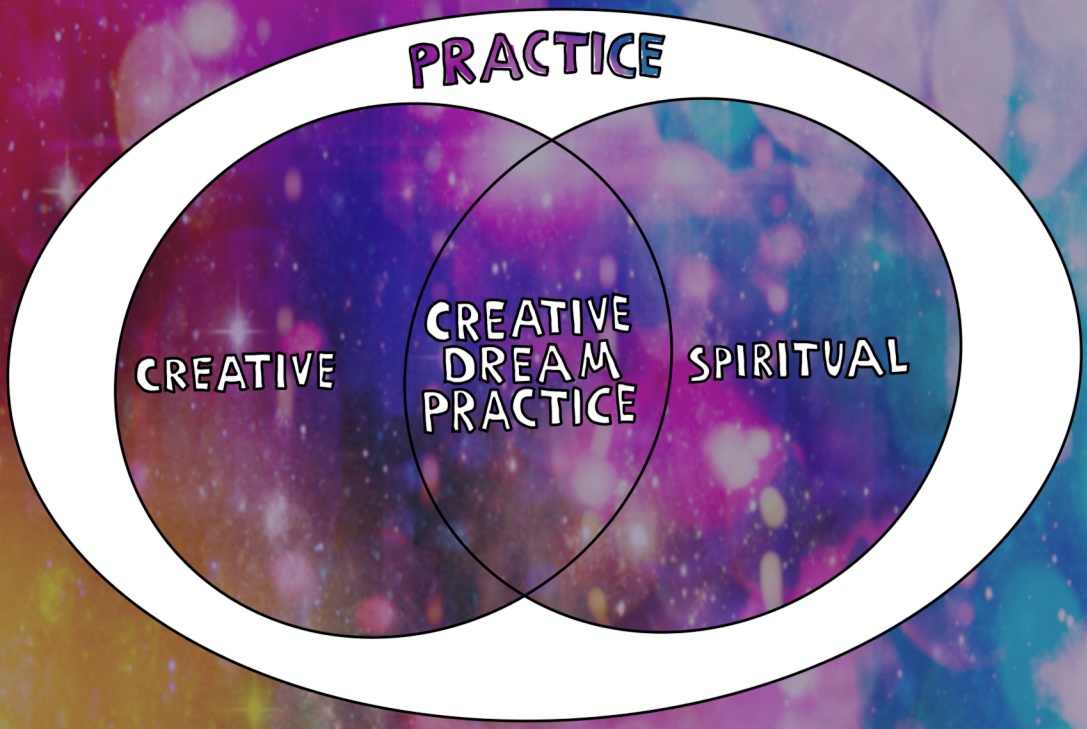
A CREATIVE DREAM PRACTICE IS A CREATIVE AND SPIRITUAL PRACTICE.



BECAUSE YOUR CREATIVE DREAMS ARE CALLING YOU TOWARDS INNER AND OUTER GROWTH, YOUR PRACTICE ENCOMPASSES BOTH.

EVERY SINGLE THING THAT YOU WILL NEED TO MAKE YOUR DREAM HAPPEN WILL COME TO YOU IN YOUR PRACTICE BECAUSE YOU ALREADY HAVE THE WISDOM, CREATIVITY, COURAGE + STRENGTH THAT YOU NEED. YOUR PRACTICE IS WHERE YOU ACCESS IT.

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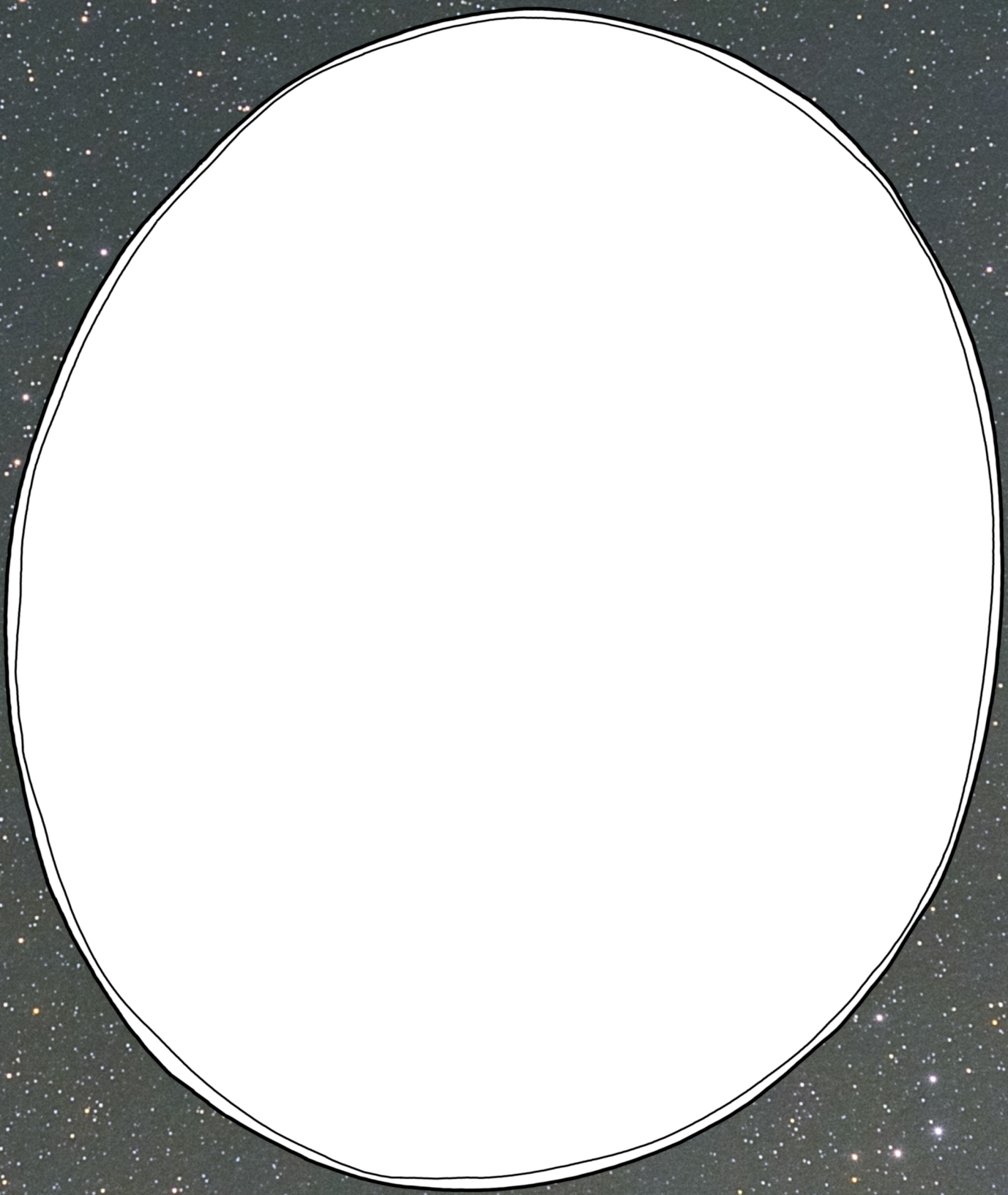
THE OUTER OBSTACLES TO THIS DREAM:



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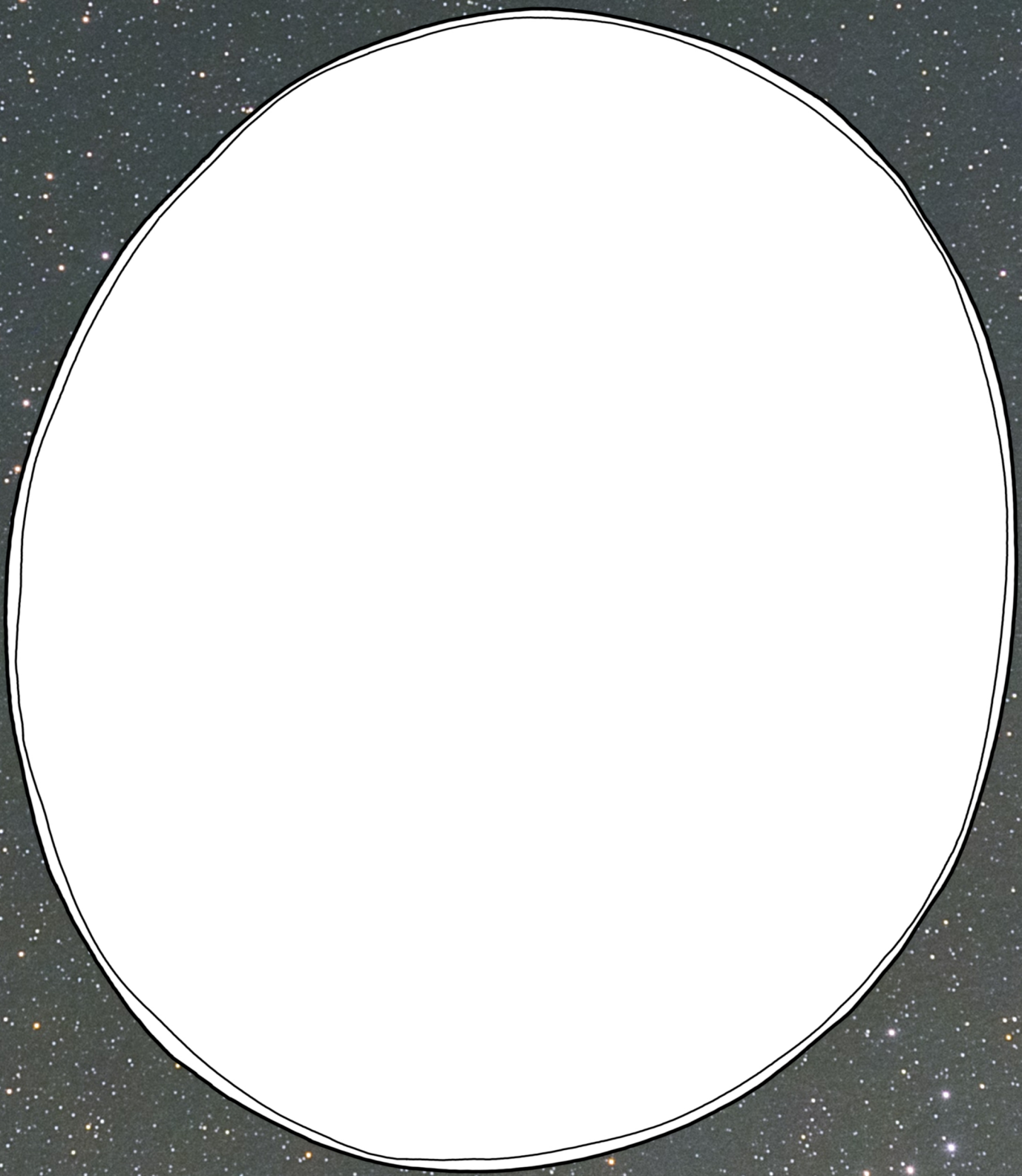
THE INNER OBSTACLES TO THIS DREAM:



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THE IDEAL TIME TO BEGIN YOUR CREATIVE DREAM PRACTICE IS NOW.

YOU DON'T HAVE TO FEEL READY!

WAITING TO FEEL READY IS ONE OF THE BIGGEST DREAM KILLERS OUT THERE.

YOUR CREATIVE DREAM PRACTICE DOES NOT DEPEND ON YOU HAVING THE IDEAL CIRCUMSTANCES FOR YOUR DREAM. IT ONLY DEPENDS ON YOU SHOWING UP.

YOU AND YOU DREAM ARE SO **POWERFUL** THAT ONCE YOU ARE SHOWING UP FOR THIS DREAM, THINGS WILL CHANGE.

YOUR CREATIVE DREAM PRACTICE WILL MAKE MAGIC IN YOUR LIFE.

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THE STRENGTHS, TALENTS, SUPPORTS, RESOURCES + GIFTS I HAVE THAT WILL HELP ME MAKE THIS HAPPEN:

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A CREATIVE DREAM PRACTICE GIVES YOU SPACE TO:

FIGURE OUT HOW TO GET ORGANIZED TO WORK ON YOUR DREAM

GET CLEAR ON WHAT YOU WANT NEXT

EXPRESS YOURSELF IN NEW WAYS

GROW INTO THE DREAMS THAT FEEL TOO BIG NOW

LEARN MORE ABOUT YOURSELF

HONE YOUR GIFTS

PROCESS DOUBT, FEAR + UNCERTANTY TO ACCESS CLARITY, CONFIDENCE + A SENSE OF FEELING READY.

SO YOU DON'T NEED TO ALREADY HAVE THESE THINGS!

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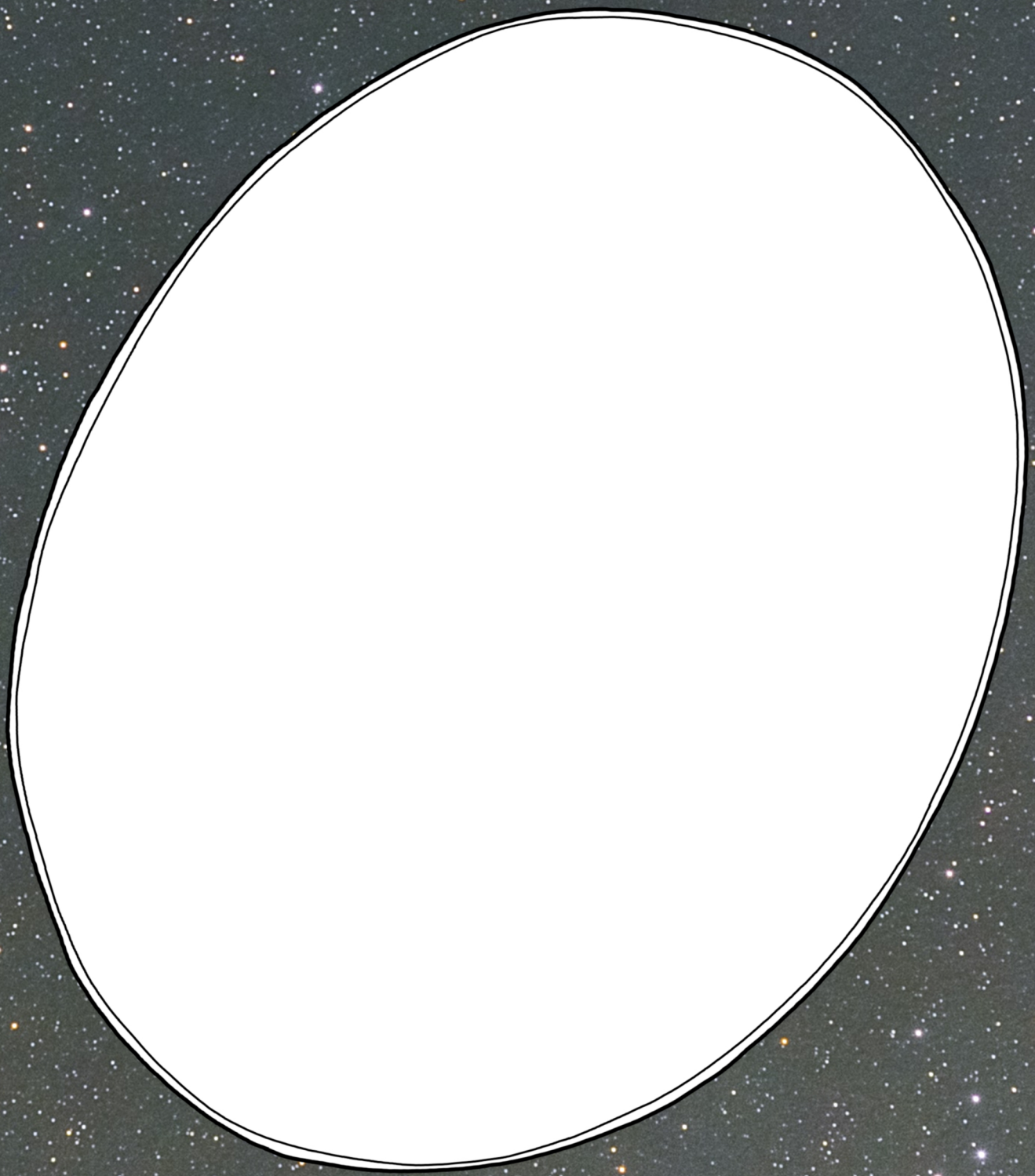
WHAT DO YOU WANT MOST FROM YOUR CREATIVE DREAM PRACTICE?



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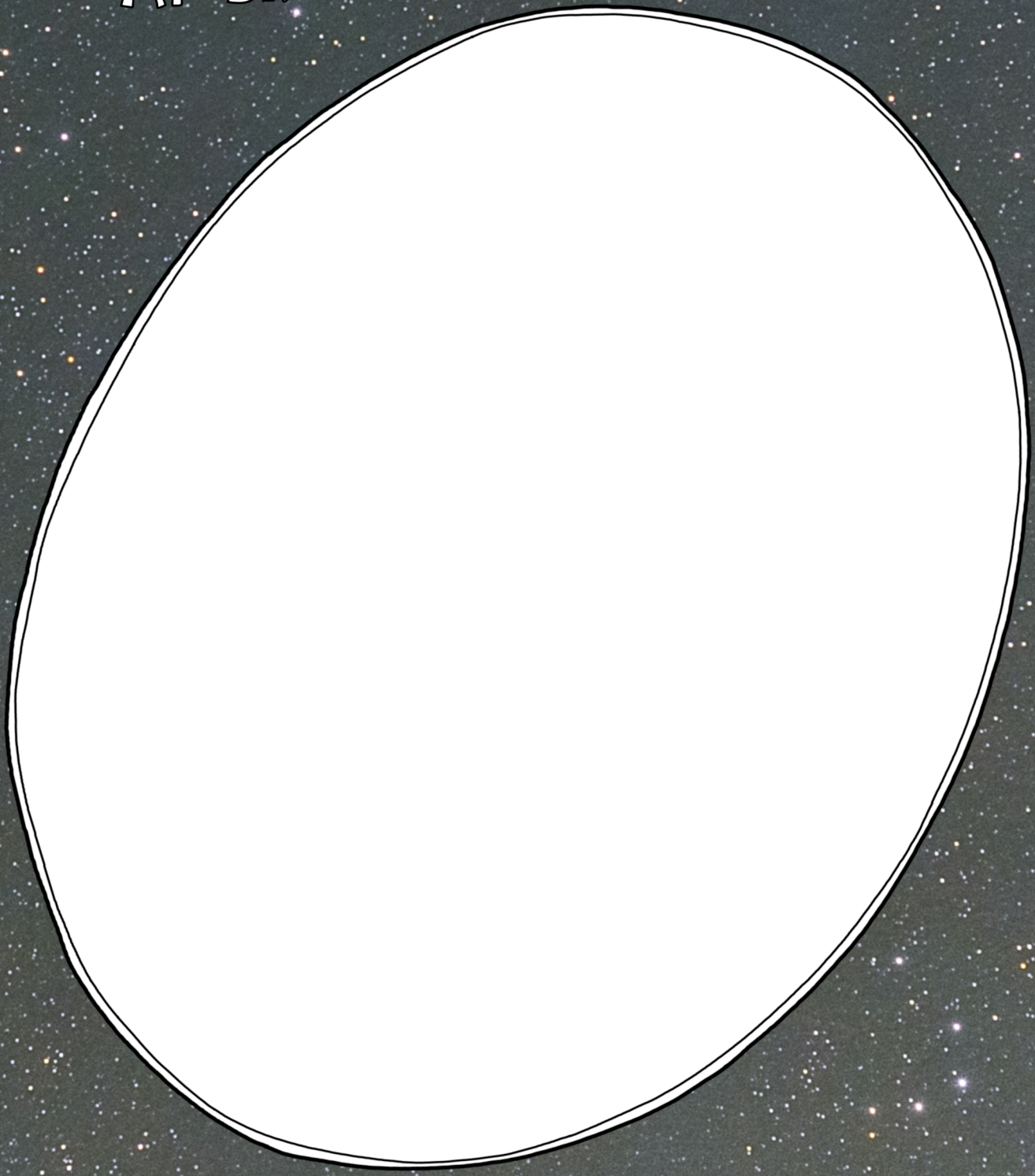
WHEN I AM MY
MOST *OPTIMISTIC* SELF
THIS IS HOW I WANT TO MAKE MY DREAM HAPPEN:



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☐ I HAVEN'T TRIED THIS YET BECAUSE:
☐ I TRIED IT, THIS IS WHAT HAPPENED:

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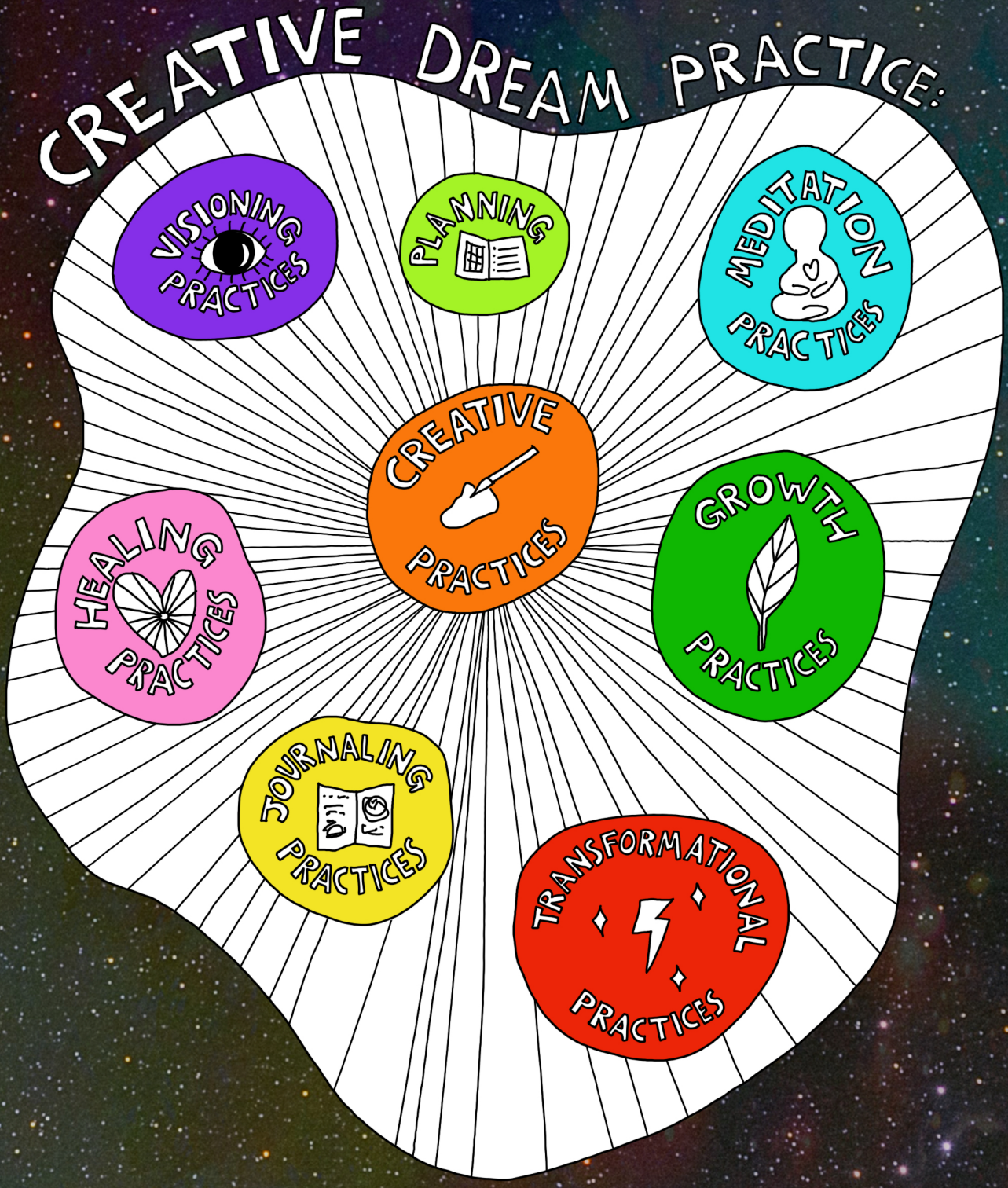
YOUR CREATIVE DREAM PRACTICE (noun) IS FILLED WITH DIFFERENT PRACTICES (verb).



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THE SHAPE OF YOUR CREATIVE DREAM PRACTICE CAN LOOK HOWEVER YOU WANT IT TO.

ONE OF MY STUDENTS DESCRIBED IT AS:

TOUCHING MY DREAM EVERY DAY

SHE SAYS IT DOESN'T MATTER HOW SHE TOUCHES HER DREAM, AS LONG AS SHE DOES SOMETHING, SHE IS BRINGING THE MAGIC INTO HER LIFE.

THE MORE FOCUS + CONSISTENCY YOU CAN BRING TO YOUR CREATIVE DREAM PRACTICE, THE DEEPER YOU GO INTO IT, SO YOU CAN GET MORE OUT OF IT. BUT DURING THE BUSY TIMES HAVING A QUICK + SIMPLE WAY TO TOUCH YOUR DREAM CAN BE A REAL BOOST.

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I USUALLY DECIDE TO SHOW UP FOR MY CREATIVE DREAMS WHEN:

THINGS THAT WOULD HELP ME SHOW UP MORE CONSISTENTLY TO PRACTICE MY CREATIVE DREAMS:

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WHAT, EXACTLY, YOU DO IN YOUR CREATIVE DREAM PRACTICE WILL CHANGE FROM DAY TO DAY.

THE GOAL IS TO MEET YOURSELF WHERE YOU ARE AND MOVE TOWARD WHERE YOU WANT TO BE SO IDEALLY YOU WILL HAVE LOADS OF PRACTICES TO CHOOSE FROM. PRACTICES FOR WHEN YOU ARE FEELING SCARED, STUCK, INSPIRED, BRAVE, OR... YOUR CREATIVE DREAM PRACTICE NEEDS TO HOLD SPACE FOR ALL OF IT.

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BECAUSE THIS IS A LOT OF PRACTICES, IT HELPS TO ORGANIZE THEM INTO THREE CATEGORIES:

INNER WORK: HEALING, TRANSFORMATION, GENERATING MIRACLES

OUTER WORK: PLANNING, CREATING, TAKING BRAVE STEPS

DREAM WORK: VISION, INSPIRATION, GROWING INTO THE VERSION OF YOU WHO CAN DO THE THING

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YOU CAN *ALWAYS* DO DREAM WORK PRACTICES SO THEY SHOULD MAKE UP THE FOUNDATION OF YOUR CREATIVE DREAM PRACTICE.

FROM THERE IT'S ALL ABOUT MEETING YOURSELF WHERE YOU ARE + MOVING TOWARDS WHERE YOU WANT TO BE.

SO IN THE MOST GENERAL SENSE:

WHEN YOU FEEL STUCK, SCARED, OR YOU'RE PROCRASTINATING OR THINGS ARE JUST NOT GOING WELL → GO TO INNER WORK

WHEN YOU FEEL INSPIRED, MOTIVATED OR READY TO GET TO WORK → GO TO OUTER WORK

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YOU ARE THE MAGIC THAT WILL MAKE YOUR DREAMS COME TRUE

YOUR PRACTICE IS WHERE YOU ACCESS IT.

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LOOK BACK TO YOUR ANSWER FROM PAGE 20
(WHAT DO YOU WANT MOST FROM YOUR CREATIVE DREAM PRACTICE?)

WHAT PRACTICES (verb) CAN YOU INCLUDE IN YOUR CREATIVE DREAM PRACTICE (noun) THAT WILL HELP YOU GET THIS?

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NOW LET'S MAKE SURE YOU ARE INCLUDING DREAM WORK, INNER WORK + OUTER WORK IN YOUR CREATIVE DREAM PRACTICE.

DREAM WORK PRACTICES ARE ABOUT VISION, CLARITY, INSPIRATION, CONNECTING WITH YOUR DREAM, LEARNING MORE ABOUT IT + ACCLIMATING TO IT - BECOMING AN ENERGETIC MATCH TO IT.

WHAT PRACTICES WILL HELP YOU ϟFEEL THE VIBEϟ, BELIEVE IN YOURSELF + TAKE BRAVE STEPS?

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INNER WORK PRACTICES ARE ABOUT HEALING, TRANSFORMATION + MIRACLES. THESE ARE THE THINGS YOU NEED TO DO WHEN YOU FEEL STUCK ABOUT DOING ANYTHING ELSE.

CAN YOU IDENTIFY WHERE YOU ARE LIKELY TO GET STUCK WITH YOUR DREAM + COME UP WITH A PLAN FOR UN-STICKING? WHAT PRACTICES HELP YOU FACE + MOVE THROUGH FEARS, DOUBTS + HARD PARTS?

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OUTER WORK PRACTICES ARE ABOUT LEARNING, PLANNING + DOING THE THING! IT'S SO EASY TO GET STUCK WITH THIS PART. BEING MORE CONSISTENT WITH DREAM WORK + INNER WORK WILL HELP YOUR PROGRESS WITH THE OUTER WORK.

WHAT OUTER WORK WILL BE THE MOST USEFUL FOR YOU TO FOCUS ON?

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I TEACH CREATIVE DREAMING AS A PRACTICE IN DEPTH IN MY ONLINE MEMBERSHIP.

MEMBERS ALSO GET ACCESS TO MY LIBRARIES OF ALCHEMY PRACTICES FOR DREAM WORK, INNER WORK + OUTER WORK.

PRACTICING YOUR DREAM IS AN ALCHEMICAL PROCESS. YOU CAN TRANSFORM FEARS, DOUBTS + OBSTACLES INTO FUEL FOR YOUR JOURNEY.

I WOULD LOVE TO DO THIS WORK WITH YOU IN THE MEMBERSHIP. JOIN US HERE:

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PICTURE IT NOW: YOU. WITH ALL OF YOUR WILDEST DREAMS COME TRUE.

WHAT'S DIFFERENT ABOUT YOU?

EACH OF THESE DIFFERENCES POINTS TO THE WAYS THAT YOUR DREAM IS HERE TO GROW YOU.

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EACH OF THESE DIFFERENCES POINTS TO THE WAYS THAT YOUR DREAM IS HERE TO GROW YOU.

YOUR DREAM IS YOUR SACRED CALLING.

IT'S MEANT FOR YOU. IT'S NOT AN ACCIDENT. IT'S NOT FRIVOLOUS. IT'S NOT SOMETHING OUTSIDE OF YOU TO CHASE AFTER. YOUR DREAM IS A PART OF YOU.

YOUR WORK IS TO KEEP PRACTICING AND AS YOU DO, YOU WILL GROW INTO THE VERSION OF YOU WHO CAN DO YOUR DREAM.

I WOULD LOVE TO DO THIS WORK WITH YOU! JOIN THE COACHING MEMBERSHIP HERE:

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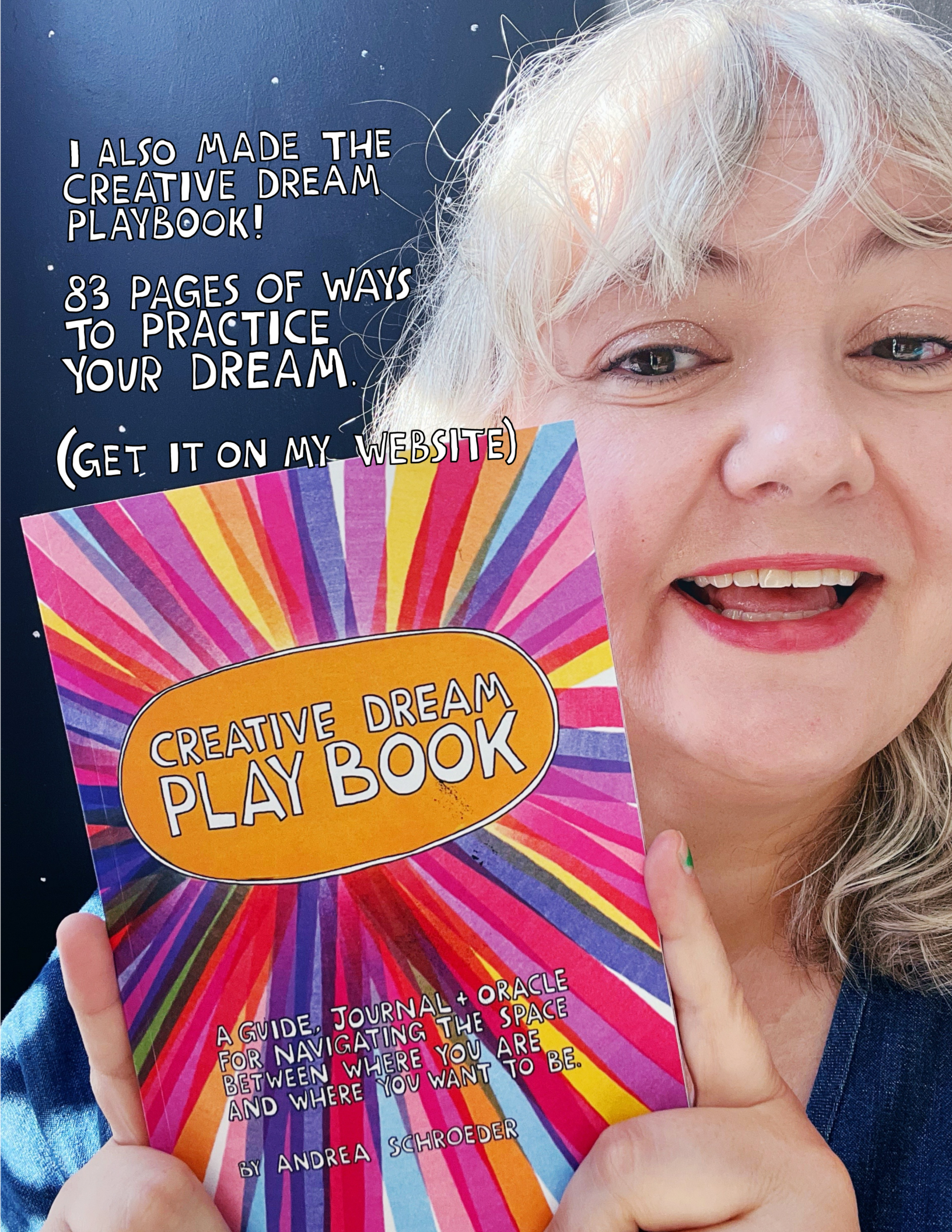
I ALSO MADE THE CREATIVE DREAM PLAYBOOK!
83 PAGES OF WAYS TO PRACTICE YOUR DREAM.
(GET IT ON MY WEBSITE)
CREATIVE DREAM PLAY BOOK
A GUIDE, JOURNAL + ORACLE FOR NAVIGATING THE SPACE BETWEEN WHERE YOU ARE AND WHERE YOU WANT TO BE.
BY ANDREA SCHROEDER