

YOU
ARE THE
MAGIC



GUIDE + JOURNAL
FOR CREATIVE DREAMING

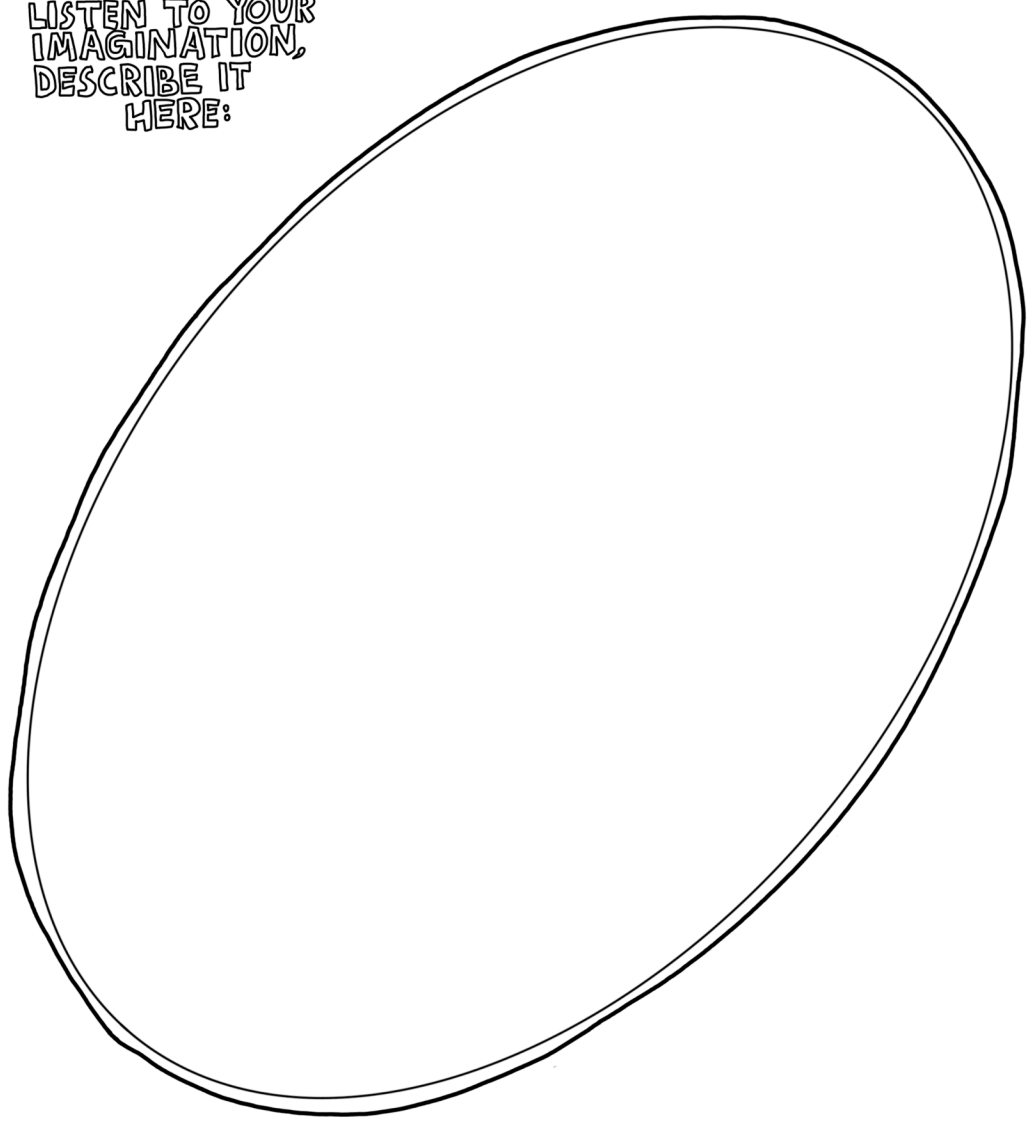
by ANDREA SCHROEDER
CREATIVEDREAMINCUBATOR.com

CREATIVE DREAMING IS ABOUT
NAVIGATING THE SPACE BETWEEN
WHERE YOU ARE AND WHERE YOU
WANT TO BE.

DATE:

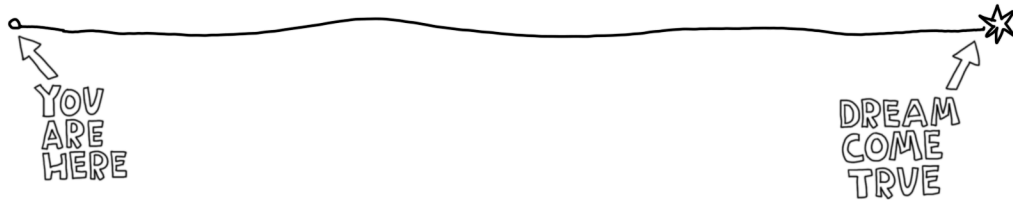
WHAT IS HERE? ↘
LISTEN TO YOUR
IMAGINATION,
DESCRIBE IT
HERE:

★ ↖
YOUR
DREAM
IS HERE

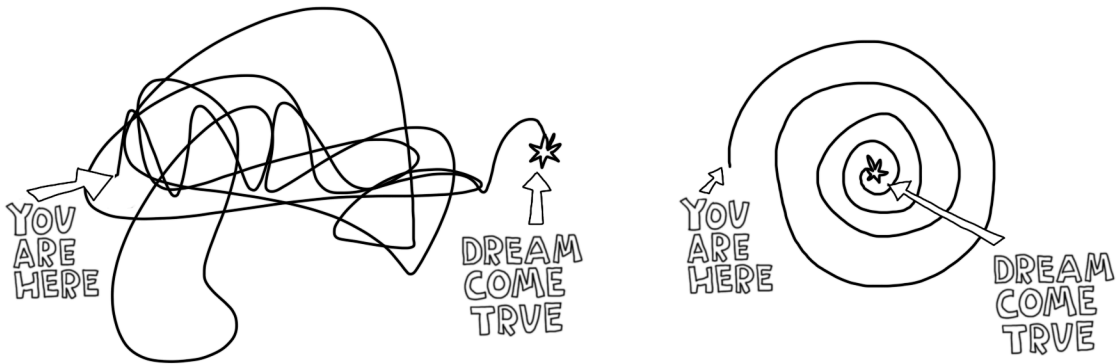


○ ↖ YOU ARE HERE

WE KNOW THE PATH WON'T LOOK LIKE THIS:



BUT WHEN WE SAY 'THE PATH IS NON LINEAR' WE PICTURE SOMETHING LIKE:

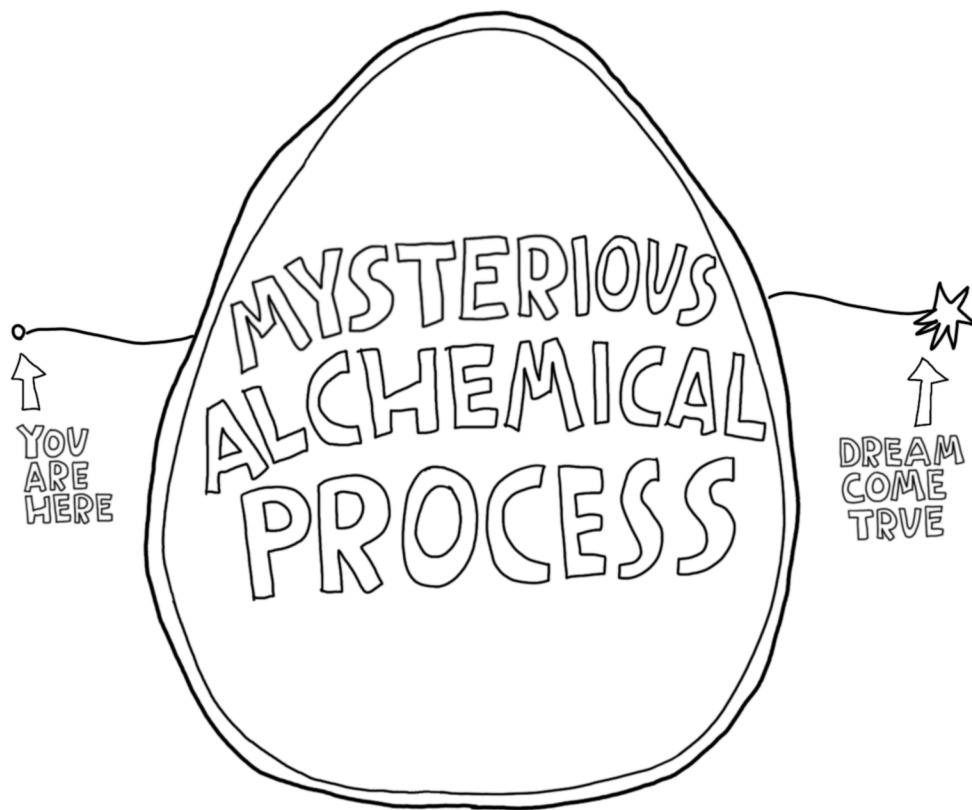


BUT THESE ARE STILL TOO PATH-LIKE TO DESCRIBE WHAT ACTUALLY NEEDS TO HAPPEN FOR YOU TO GET TO YOUR DREAM.

ARE YOU READY? THIS IS GOING TO GET WEIRD.

THE PATH THAT LEADS TO YOUR DREAM IS NOT A PATH.

IT'S AN EGG.



LOOKING FOR THE PATH OUTSIDE OF YOU KEEPS YOU FROM DIVING FULLY INTO THE EGG.



YOUR DREAM IS NOT SOMETHING
OUTSIDE OF YOU TO CHASE AFTER
OR MAKE HAPPEN.

IT'S A PART OF YOU.

YOUR DREAM IS HOW YOUR SOUL
LIGHTS UP YOUR PATH.

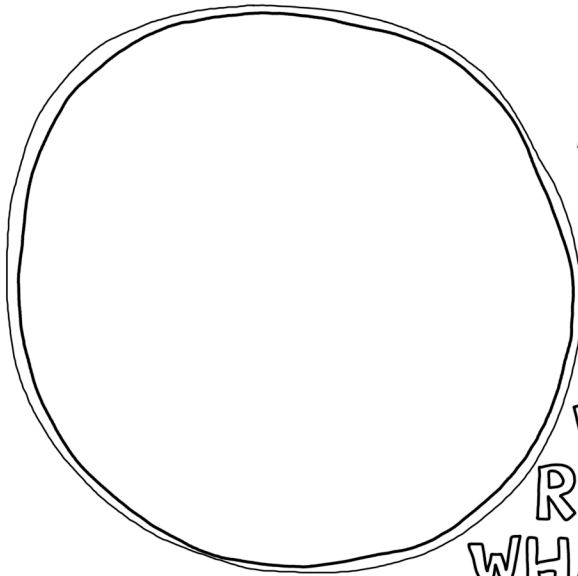
YOUR DREAM IS HOW YOUR SOUL
SHOWS YOU WHO YOU REALLY
ARE + WHAT YOU ARE CAPABLE OF.

YOUR DREAM IS YOUR CALLING
OR IT'S LEADING YOU TOWARDS
YOUR CALLING.

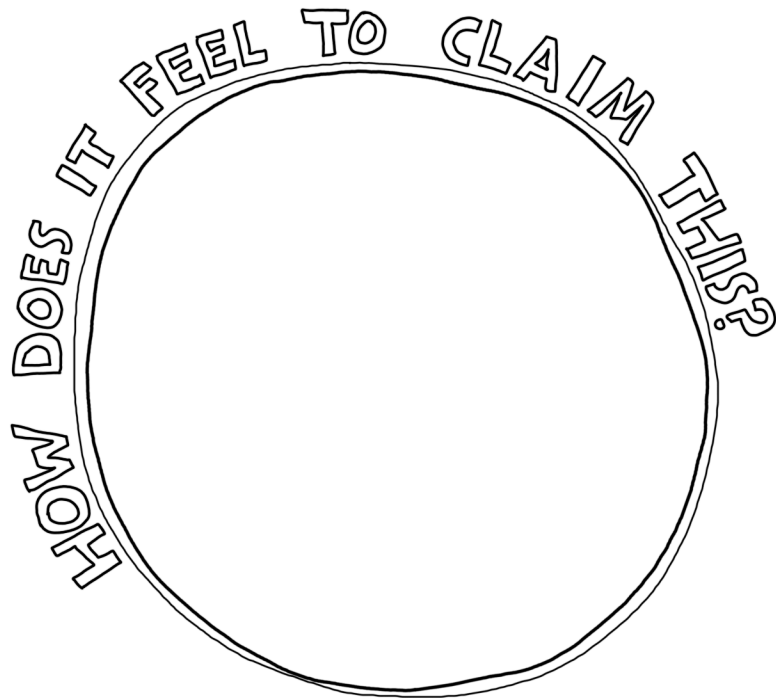
AND PURSUING YOUR DREAM
IS A DOORWAY TO YOUR MAGIC.

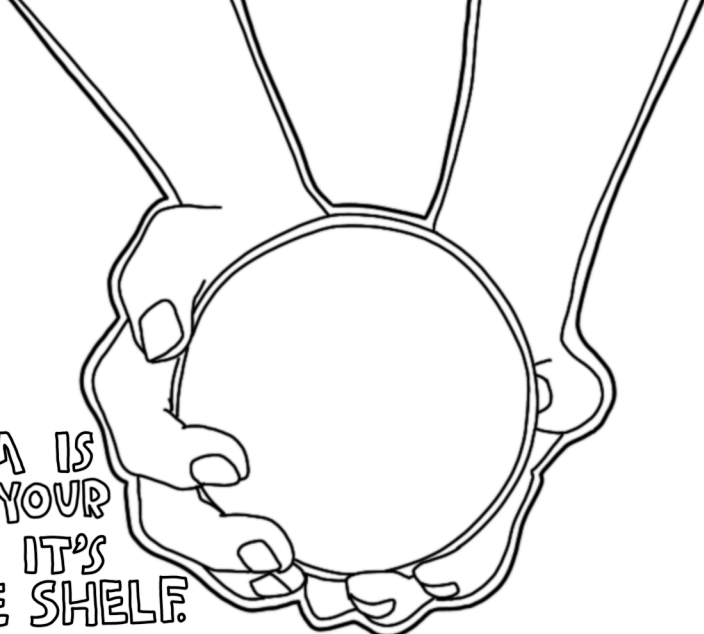
⚡ THIS IS THE ALCHEMY ⚡

MY DREAM IS:



← THIS IS
A PART OF YOU!
IT'S YOUR SOUL
SHOWING YOU
WHO YOU
REALLY ARE +
WHAT YOU ARE
CAPABLE OF.





YOUR DREAM IS
EITHER IN YOUR
HANDS OR IT'S
UP ON THE SHELF.

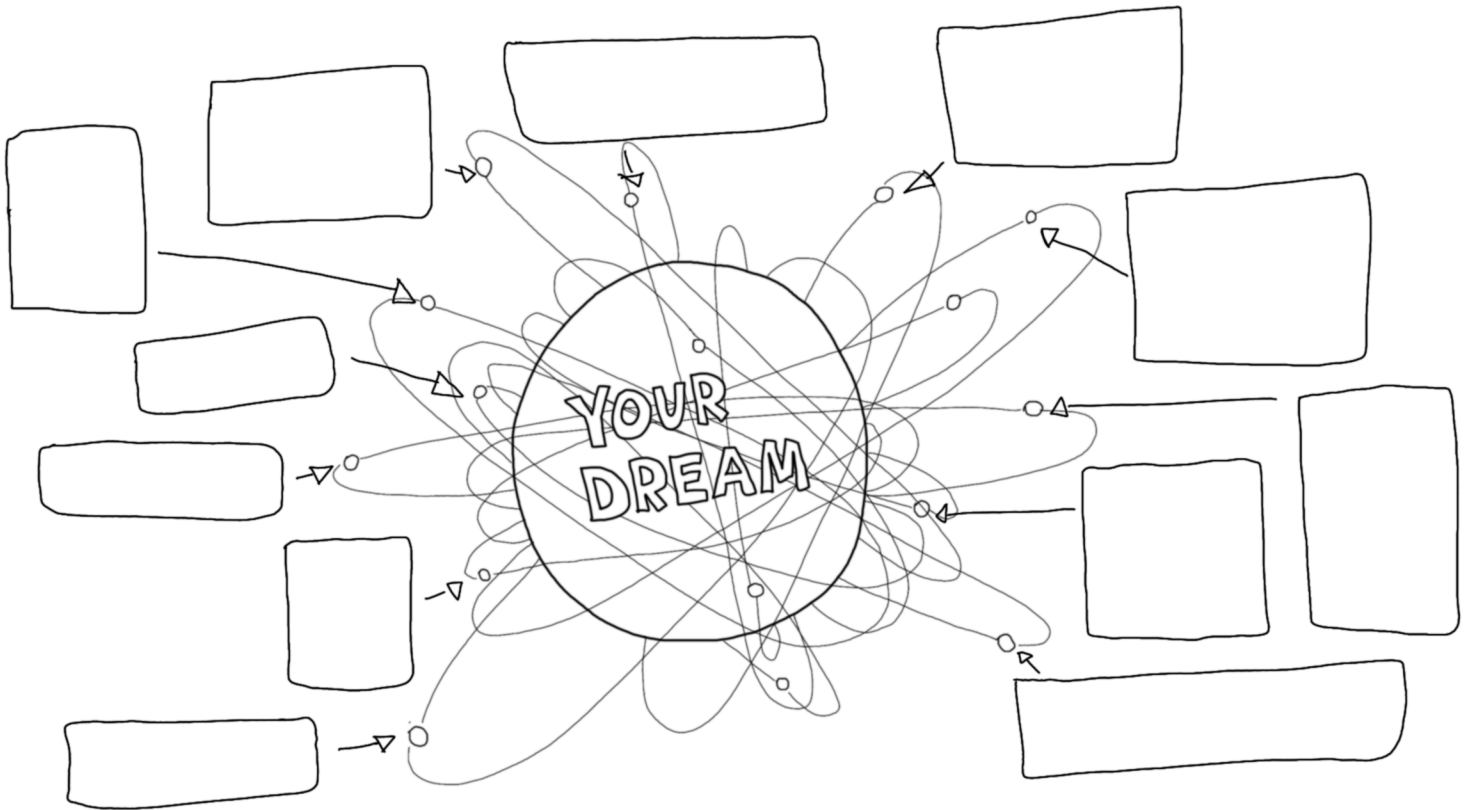
WHEN YOU'RE NOT HOLDING IT,
YOU'RE NOT IN PROCESS, SO NOTHING
CAN HAPPEN WITH IT.

WHEN YOU ARE HOLDING IT, YOU ARE
IN PROCESS - EVEN IF IT'S SCARY, MESSY
OR IMPOSSIBLY SLOW - SO ANYTHING CAN
HAPPEN WITH IT.

'IN PROCESS' IS WHERE ALL OF THE
MAGIC HAPPENS.

TO UNDERSTAND HOW TO STAY IN
PROCESS WHEN IT SEEMS IMPOSSIBLE
WE HAVE TO LOOK AT THE STUFF
ORBITING YOUR DREAM.

CAN YOU NAME SOME OF THE THINGS THAT ORBIT YOUR DREAM?



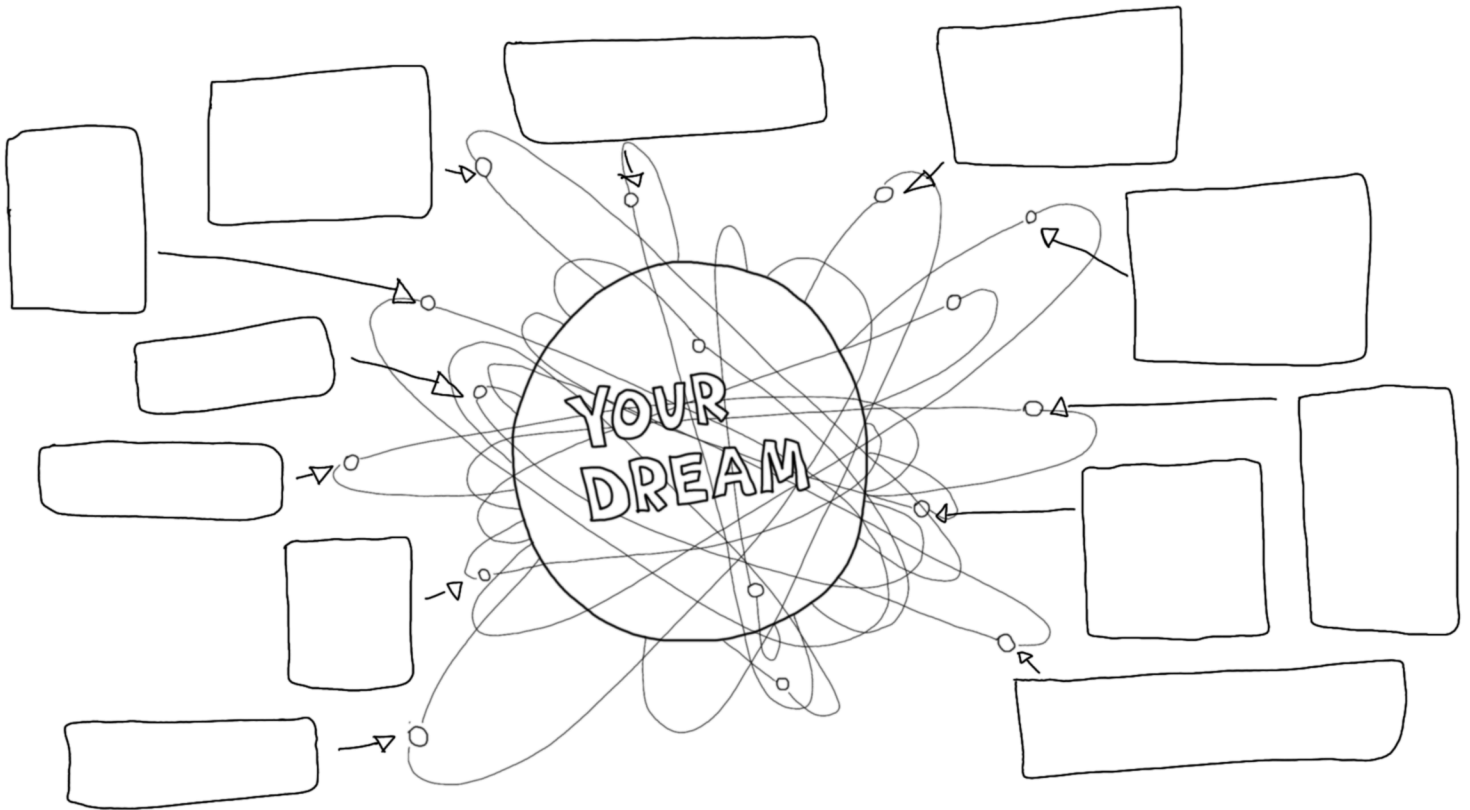
EVERY TIME YOU PICK UP YOUR DREAM YOU ALSO PICK UP ALL OF THIS.

INCLUDE FEARS, DOUBTS + OBSTACLES!

WE HAVE TO INCLUDE THIS IN WHAT WE SEE AS THE STUFF OF CREATIVE DREAMING.

FACING + ALCHEMIZING THESE THINGS WILL GIVE YOU INSIGHTS + FUEL TO BUILD YOUR DREAM.

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TO BE IN PROCESS +
CREATE SPACE FOR THE
MAGIC TO HAPPEN, YOU
NEED TO HOLD ON TO
YOUR DREAM WHICH
MEANS YOU ALSO NEED
TO HOLD ON TO THIS
STUFF OF CREATIVE DREAMING.

AND YOU NEED TO DO THIS WHILE
TAKING CARE OF EVERYTHING ELSE
IN YOUR LIFE.

MAKING SPACE IN YOUR LIFE TO

PRACTICE

CREATIVE DREAMING IS HOW YOU
PUT YOURSELF INTO THE
ALCHEMY.

WHEN YOU PRACTICE CREATIVE
DREAMING YOU PRACTICE SITTING
WITH FEARS, DOUBTS + OBSTACLES
ALONG SIDE CREATIVITY, INSPIRATION,
GIFTS + IDEAS.

THIS CREATIVE DREAM PRACTICE
BECOMES ALCHEMICAL - SO YOU CAN
ACTUALLY USE WHAT YOU HAVE TO
CREATE WHAT YOU WANT - WHEN
YOU WORK INTENTIONALLY WITH
ALL OF THIS STUFF OF CREATIVE
DREAMING.

ALL OF IT CAN CHANGE.

ALL OF IT CAN GROW.

ALL OF IT CAN HEAL.

ALL OF IT CAN TRANSFORM + TURN
INTO EXACTLY WHAT YOU NEED
TO TAKE YOUR NEXT STEPS.

YOU ARE ALICE IN WONDERLAND AND
THE LANDSCAPE IS LITTERED WITH VIALS
OF POTIONS THAT HELP YOU GROW
INTO YOURSELF IN NEW WAYS.

SO THE THINGS THAT TEND
TO STOP YOU - THE FEARS,
OBSTACLES + UNKNOWNNS -
BECOME THE ELEMENTS YOU
WORK WITH TO BUILD
YOUR DREAM - ALONG
WITH YOUR GIFTS + SUPPORTS.

⚡ THIS IS THE ALCHEMY ⚡

HAVING A PRACTICE

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

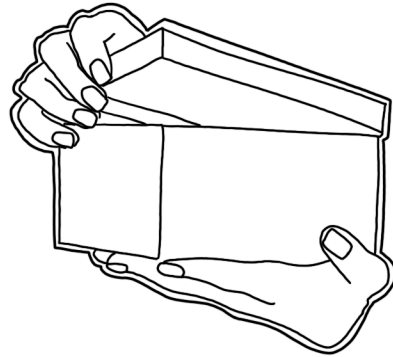
SO ONCE YOU ARE PRACTICING, ANYTHING IS POSSIBLE BECAUSE YOU KEEP IMPROVING. YOU SHOW UP, DO A THING, MAKE MISTAKES, GET INSPIRED TO TRY NEW THINGS, LEARN + GROW.

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.

A CREATIVE DREAM ALCHEMY PRACTICE IS ALL THIS AND MORE. IT IS AN INTENTIONAL 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.



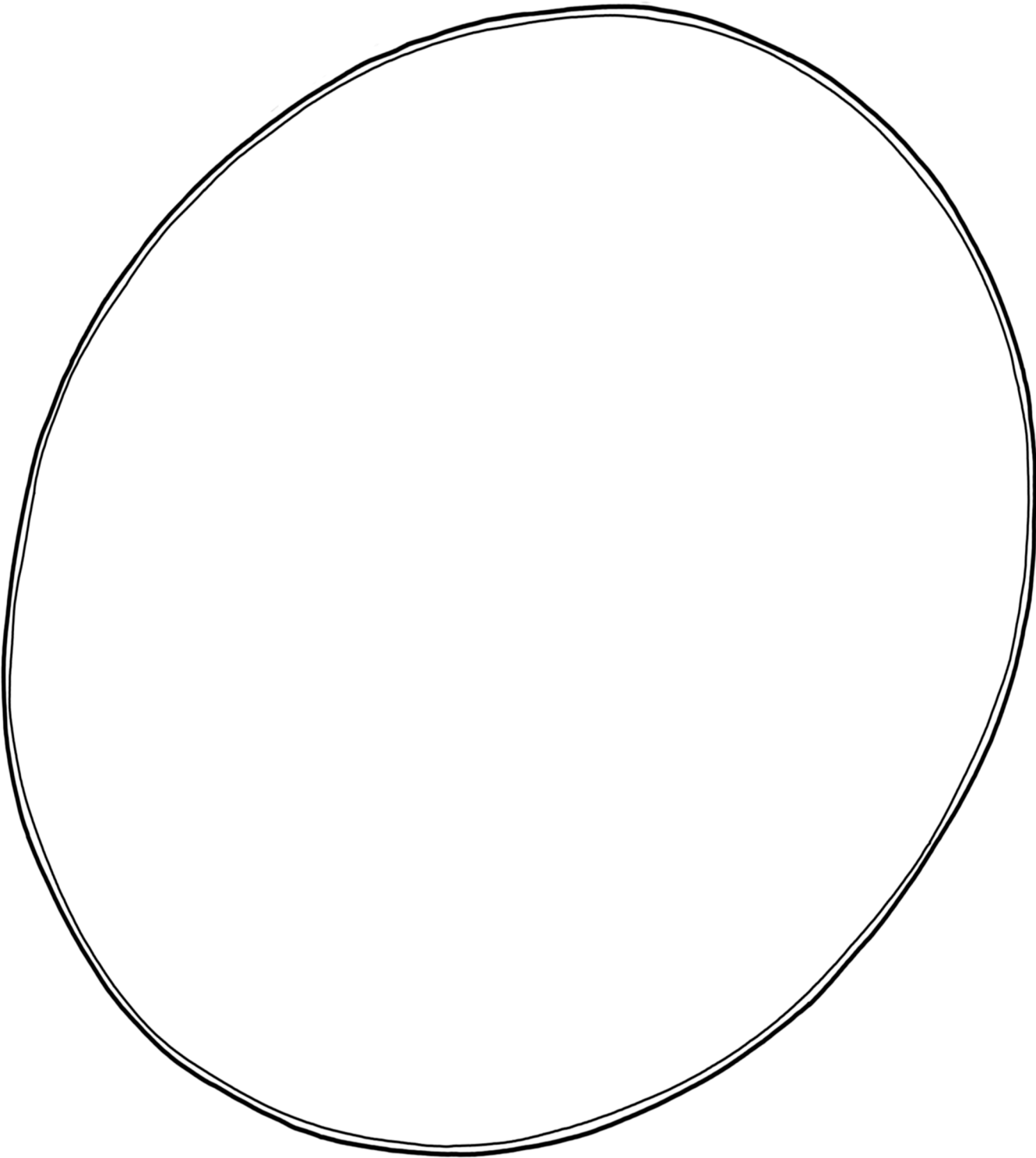
YOUR CREATIVE DREAM IS AN OFFERING OF HEALING, GROWTH + MAGIC. AS YOU RECEIVE THIS OFFERING, YOU BECOME THE VERSION OF YOU WHO CAN DO YOUR DREAM.

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.

WHEN YOU REALLY GET INTO THIS - THE ALCHEMY WILL SURPRISE YOU. YOUR DREAM WILL ASK YOU TO FACE THE THING YOU MOST WANT TO AVOID BUT IT WILL BRING YOU THINGS THAT ARE BEYOND WHAT YOU THINK ARE POSSIBLE RIGHT NOW.

WHICH PARTS HAVE YOU BEEN AVOIDING?



BE HONEST

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

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

YOUR CREATIVE DREAM ALCHEMY 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.

A CREATIVE DREAM ALCHEMY PRACTICE GIVES YOU:

CLARITY

MOMENTUM

POWER

STRUCTURE

MORE
OPTIONS

GROWTH

ENERGY
TO DO
THE WORK

COURAGE

DEEPER CONNECTION
TO YOUR AUTHENTIC
SELF TO BOOST
CREATIVITY + INTUITION

SUPPORT

HEALING

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

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

A CREATIVE DREAM ALCHEMY PRACTICE GIVES YOU SPACE TO:

FIGURE OUT HOW TO
GET ORGANIZED TO
WORK ON YOUR DREAM

EXPRESS YOURSELF
IN NEW WAYS

GET CLEAR
ON WHAT
YOU WANT
NEXT

LEARN MORE
ABOUT YOURSELF

GROW INTO THE
DREAMS THAT FEEL
TOO BIG NOW

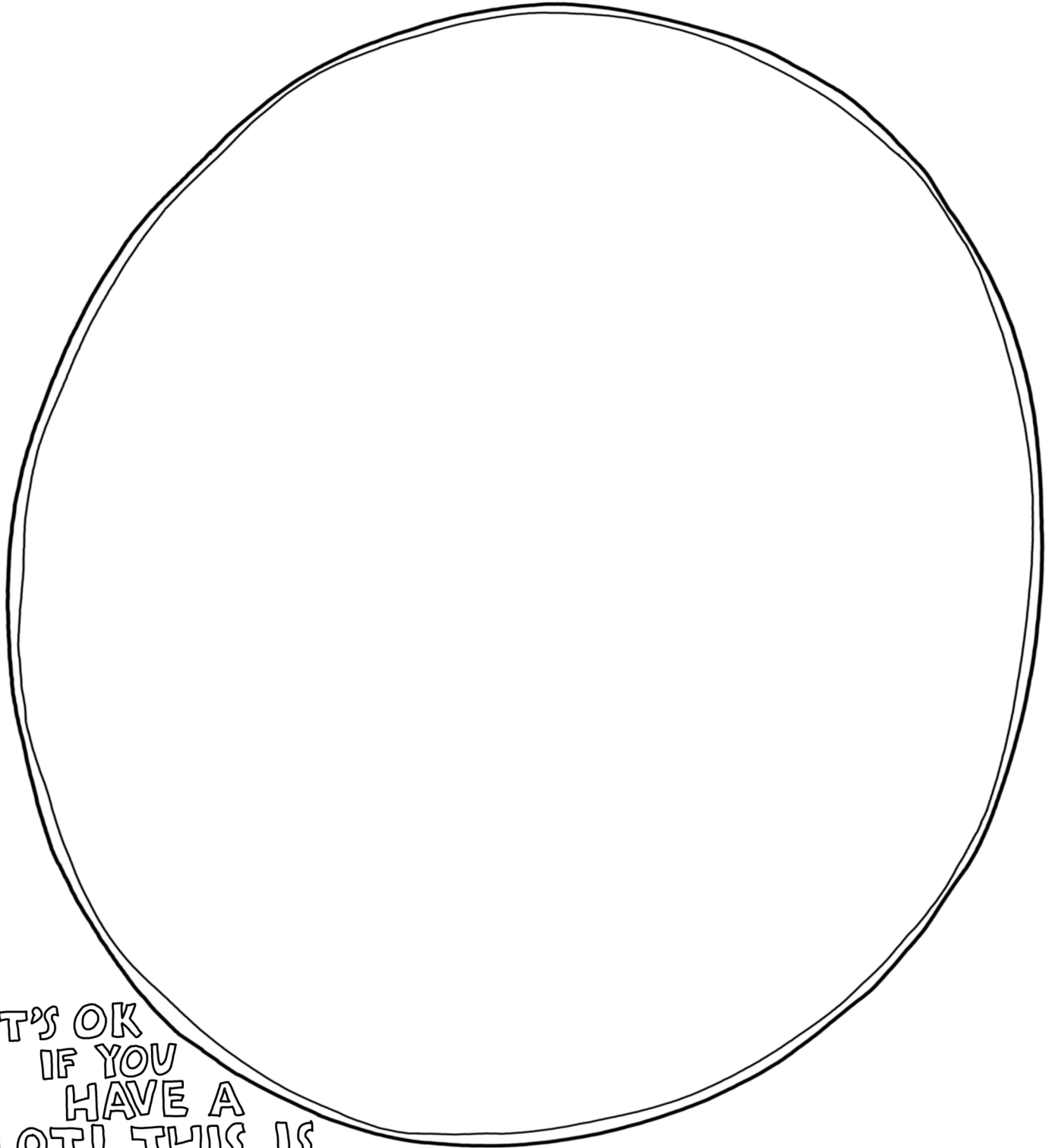
HONE YOUR GIFTS

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

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

THE LET'S LOOK MORE CLOSELY AT
THE THINGS THAT ORBIT YOUR DREAM

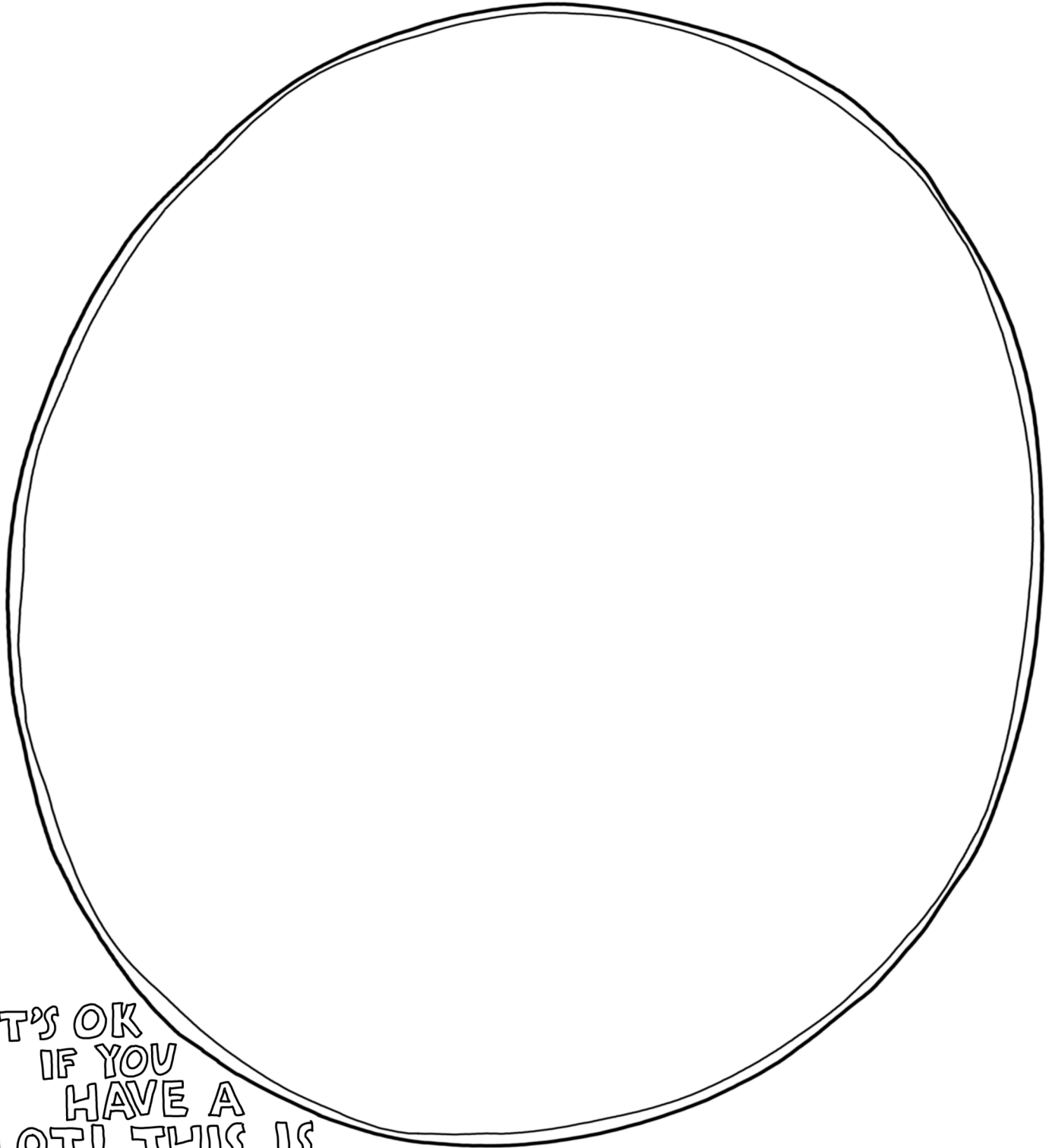
THE OUTER OBSTACLES TO THIS DREAM:



IT'S OK
IF YOU
HAVE A
LOT! THIS IS
FUEL FOR THE ALCHEMY

THE LET'S LOOK MORE CLOSELY AT
THE THINGS THAT ORBIT YOUR DREAM

THE INNER OBSTACLES TO THIS DREAM:



IT'S OK
IF YOU
HAVE A
LOT! THIS IS
FUEL FOR THE ALCHEMY

THE LET'S LOOK MORE CLOSELY AT
THE THINGS THAT ORBIT YOUR DREAM

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

A large, empty rectangular box with rounded corners, intended for writing. The box is outlined with a simple black line and occupies the central portion of the page.

THIS ALCHEMICAL PROCESS THAT GETS YOU TO YOUR DREAM IS FUELLED BY **HOW** YOU ENGAGE WITH THE STUFF OF CREATIVE DREAMING. YOU NEED TO BE ENGAGING ON THREE LEVELS:

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

DO THIS WHEN YOU DON'T KNOW WHAT TO DO. DOING THIS AS A DAILY PRACTICE WILL SPEED THINGS UP.

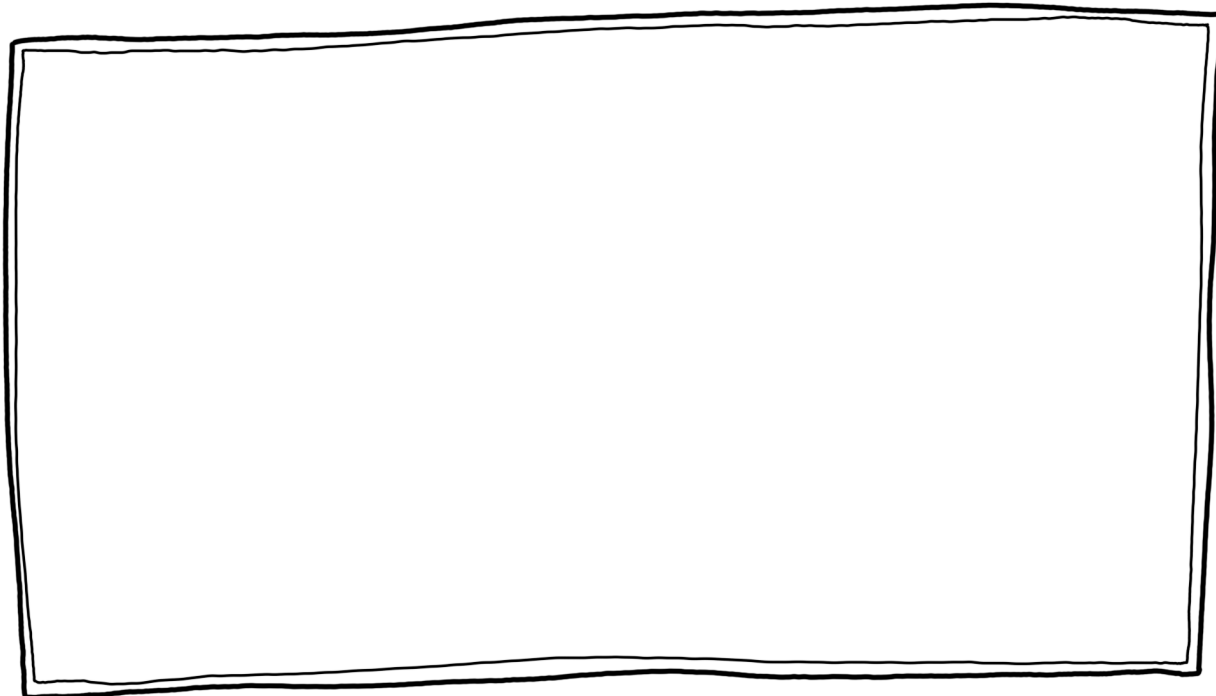
INNER WORK: HEALING, TRANSFORMATION, GENERATING MIRACLES

DO THIS WHEN YOU FEEL STUCK, AFRAID, ANXIOUS, WORRIED, DOUBTING YOURSELF OR YOUR DREAM - WHEN YOU CAN'T DO THE NEXT STEP

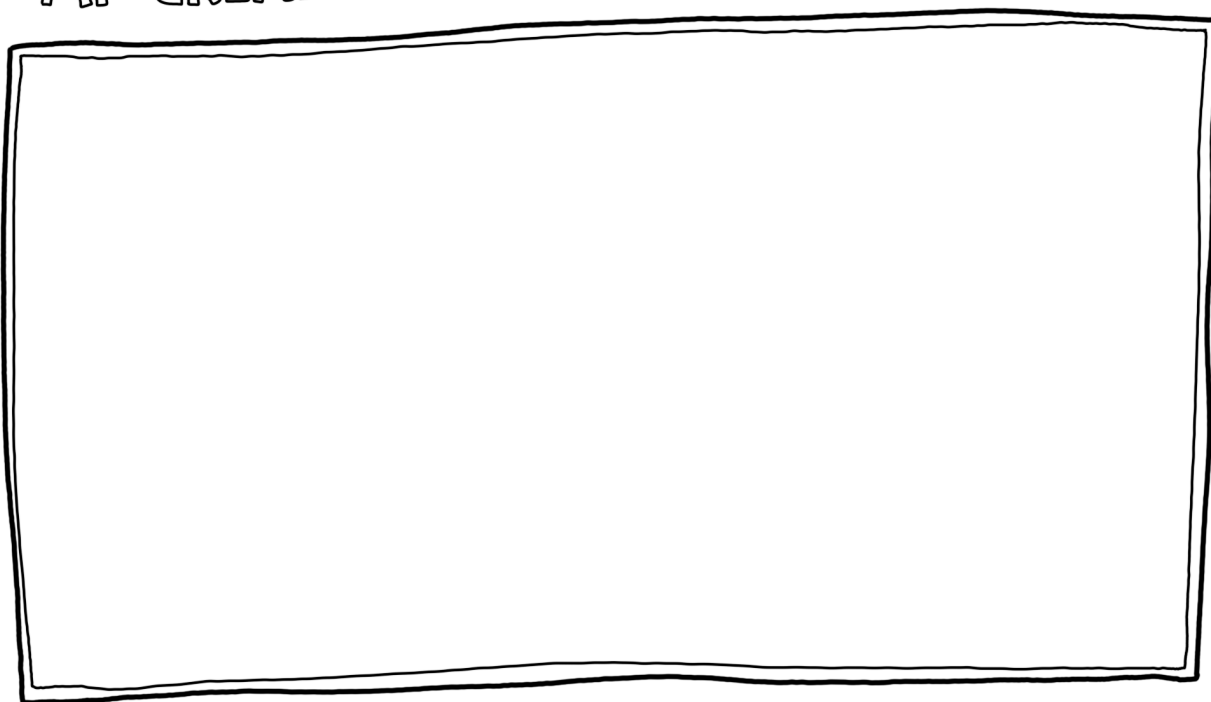
OUTER WORK: PLANNING, CREATING, TAKING BRAVE STEPS

DO THIS WHEN YOU HAVE AN IDEA FOR YOUR NEXT STEP + FEEL READY TO TAKE IT.

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:



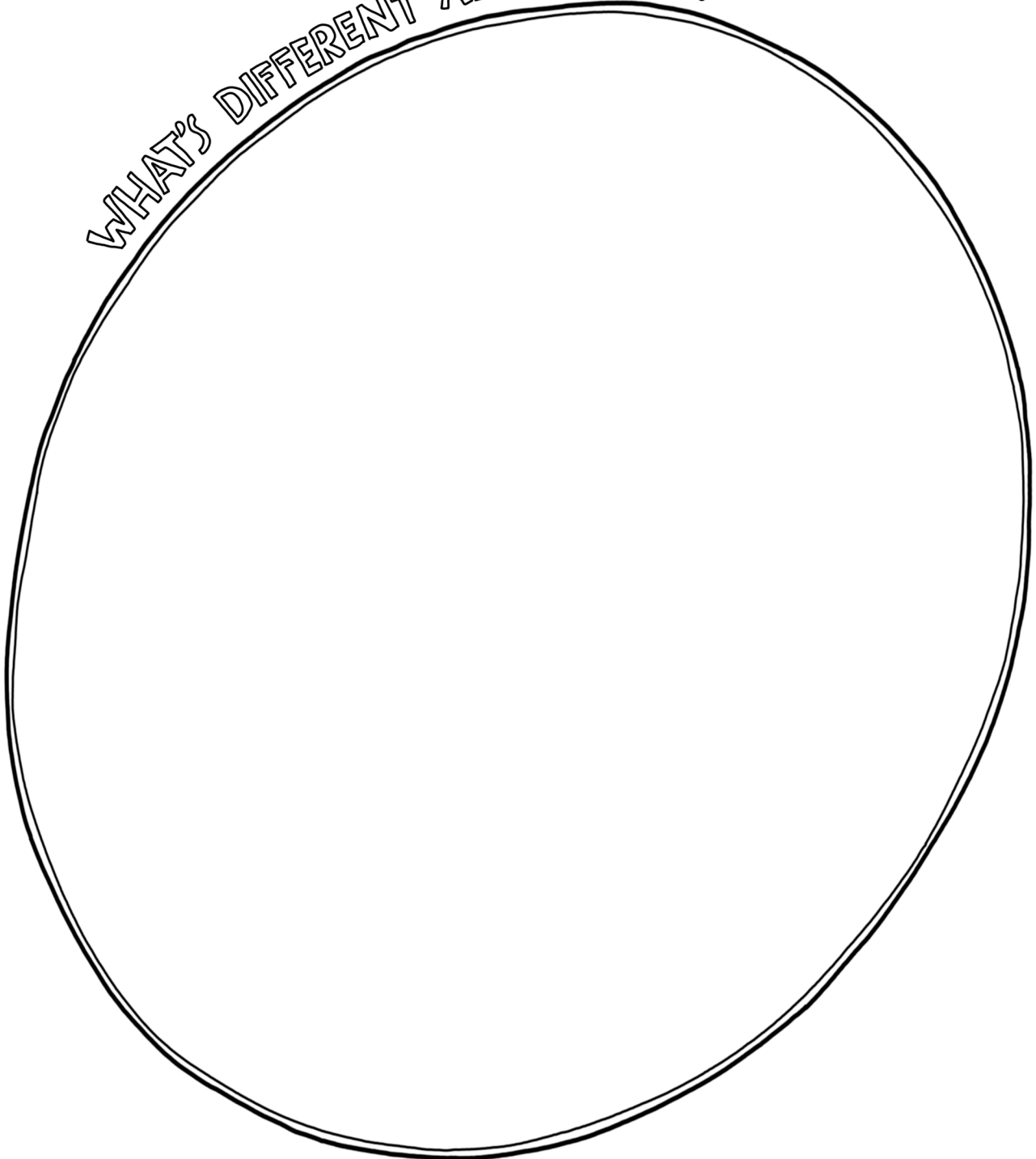


YOU ARE THE MAGIC
THAT WILL MAKE YOUR
DREAMS COME TRUE

YOUR PRACTICE IS WHERE
YOU ACCESS IT.

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.

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 IN THE CREATIVE DREAM INCUBATOR MEMBERSHIP.