

# Dream Life Map

This is a place to have a big ole brain dump on all of the things that came up for you when you dream about living your ideal life. We centre this around the core four areas of The Body, The Self, The Relationships, The Work, but think around these areas in a long winded type of way. Close your eyes, breathe into it and just get those hopes, dreams and aspirations down onto paper.

A large rectangular box for writing, centered with a circular diagram. The diagram is a ring divided into four quadrants by a vertical and a horizontal dashed line. The quadrants are labeled: top-left 'RELATIONSHIPS', top-right 'CAREER', bottom-left 'BODY', and bottom-right 'SELF'.