MY DREAM DAY

Envision your future & lean in to your future self.

Find a relaxing space that makes you feel cozy and safe as you write. Imagine yourself 5-10 years from now. You get to create the most amazing dream day possible for yourself. Fill in as many details of your day as possible. Tap into your senses, sight, touch, smell, sound. You aren't bound by your current circumstance. **Everything is available to you, and there are no limits!**