

# JOURNEY TOWARDS YOUR DREAM LIFE

## COMPANION WORKBOOK



## WELCOME TO YOUR COMPANION WORKBOOK



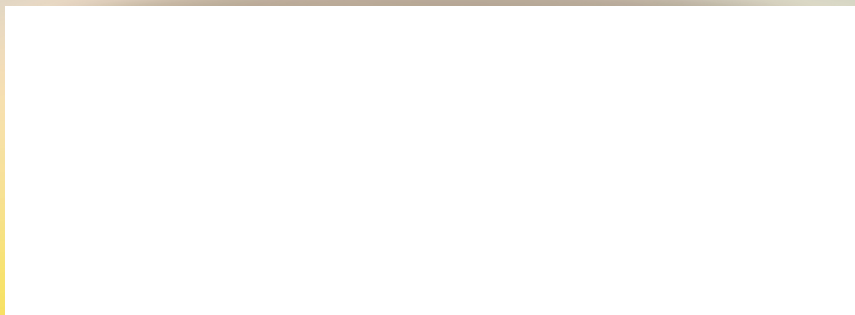
I hope you enjoyed the Journey Towards Your Dream Life Visualization! This workbook was created to help you take your intuitive manifestation journey even further- I want to help you reconnect with your Soul in the deepest possible way. I know how painful life can be when you're disconnected from your

truth. The meditation and workbook has helped many of my clients discover their true calling and make their dreams a reality and now you're on your way to living the life of your dreams as well. Each step of this workbook will help you manifest what you truly desire. I would love your feedback on how this guide has helped you. [Feel free to reach out here](#) (I read and respond to all the emails I receive!). Enjoy the journey:)


Many Blessings,  
Amie Dean, MA, LMFT  
Founder of One Awakening Institute

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WHEN YOU REACHED THE TOP OF THE MOUNTAIN- WHAT DID YOU  
SEE, HEAR, FEEL, TOUCH OR SMELL?



IF YOU RECEIVED VARIOUS SYMBOLS OR MESSAGES, WHAT'S YOUR  
BEST GUESS AS TO HOW THEY MIGHT CONNECT?



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DID YOU RECEIVE YOUR INTUITIVE DREAM LIFE VISION?  
WAS IT WHAT YOU EXPECTED? WHY OR WHY NOT?



IF YOU DIDN'T RECEIVE YOUR DREAM LIFE VISION OR IF YOU WANT  
TO KNOW MORE - WRITE DOWN A SPECIFIC INTENTION FOR YOUR  
INTUITION WHEN YOU LISTEN TO THE AUDIO AGAIN (EX. I  
INTEND TO SEE THE HOUSE I WILL LIVE IN 5 YEARS FROM NOW).  
(THE ANSWERS WILL COME - KEEP UP THE GOOD WORK!)



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SOMETIMES THE **FEAR**, **SELF-DOUBT** AND **CONTROL** ROCKS SNEAK BACK INTO OUR METAPHORICAL BACKPACKS. EXPLORE HOW THESE BLOCKS TO INTUITION SHOW UP FOR YOU DAILY:



WHAT ARE SOME WAYS YOU CAN BE COMPASSIONATE WITH YOURSELF, TO GIVE THAT INNER CHILD WHAT HE/SHE NEEDS WHEN THESE ROCKS SHOW UP? (EX. DEEP BREATHS, PLACE MY HAND LOVINGLY ON MY HEART, CHOOSE TO LET GO OF NEGATIVITY, ETC.)



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ALIGNING FULLY WITH YOUR INTUITION TAKES TIME AND FOCUS.

WHAT ARE SOME WAYS YOU CAN GET IN TOUCH WITH YOUR  
INTUITION TO BUILD THAT CONNECTION?

(FOR EX. MEDITATION, QUIET WALKS, READING UPLIFTING BOOKS)



ONCE YOU HAVE YOUR DREAM LIFE VISION (LISTEN TO THE AUDIO  
AGAIN AND AGAIN UNTIL IT COMES!) WRITE DOWN THE NEXT 3  
STEPS YOU WILL TAKE TO MANIFEST THIS DREAM INTO REALITY



AS I TAKE THESE NEXT STEPS, HOW CAN I STAY MOTIVATED WHEN  
OBSTACLES COME MY WAY?

(FOR EX: TALK TO A SUPPORTIVE FRIEND, JOURNAL THOUGHTS/FEELINGS,  
SPEAK WITH MY THERAPIST OR COACH, CREATE A VISION BOARD, ETC.)

REFLECTION: WHAT QUESTIONS DO I STILL HAVE? WRITE THEM HERE  
AND **EMAIL ME HERE** TO LET ME KNOW! I TAKE ALL COMMENTS  
AND QUESTIONS INTO ACCOUNT FOR FUTURE TOOLS AND RESOURCES



YOU ARE INVITED TO JOIN THE **FREE** ONE  
AWAKENING MEDITATION GROUP TO GROW OR  
DEEPEN YOUR INTUITIVE ABILITIES AND HELP  
YOU WITH YOUR MEDITATION PRACTICE.

CLICK THE ICON BELOW TO LEARN MORE:



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