



DREAMING DAY





Hello hello!

My name is Claire, I'm a print & pattern designer with my own studio label - Claire Salisbury Studios. I'm also founder of the Creative Sparks Club, which is a community for small & indie creative business owners (which I'm in the process of getting ready to relaunch shortly, after taking a break from it).

I love planning ahead for my creative businesses. I do a lot of work using vision boards, the law of attraction & manifestation, dreaming days are a huge part of that. After all you have to know what you want if you're going to achieve it.

So grab a cuppa & your favourite snack & lets get started on the magic of dreaming days.

*If you aim at nothing you'll hit it
every time!*

ZIG ZIGLAR



Claire xx





DREAMING DAY

Have you ever sat down & thought about all the things you'd like to do if there were no restrictions (like money or time)?

What would you absolutely love to do? Cruise around the world? Emigrate somewhere? Set up a bricks & mortar shop? Go to university & earn a degree? Write a book?

This is what dreaming days are made for! They are super important in helping you to uplevel & live the life you want. You have to know where you're going to be able to plan the journey.

So what do you need for a dreaming day? You'll need some disturbance free time (an hour or two or longer if you like), a pen & some paper (or digitally - whatever works for you) and yourself - you are right at the heart of this exercise.

I have a bit of a ritual when it comes to dreaming days, it helps me to get into a creative & abundant mindset. I'll choose a day when everyone else in the house is at work or school so it's just me & the dog. If I'm struggling to find a day with some peace & quiet I'll happily settle for a couple of hours after everyone else has gone to bed. It's much easier to stay in a creative flow & an abundant mindset when I'm not being asked what's for tea? or have you seen my golf trousers?

I'll make a cup of tea, pop a new wax melt in the melter, either pop on one of my favourite playlists or a film or tv show - preferably one I've seen before so that I don't have to watch it to keep up with the plot, it's just in the background. I also tend to treat myself to a bar of chocolate too - I treat dreaming days as a luxury - It puts you into an abundant mindset, which makes it easier to dream big, really big!

On the next page are some questions to help you get started and into a mindset of abundance and infinite possibilities.

*This is the beginning of
anything you want*

ROBYN SCHNEIDER





What 3 words describe me best?

What are the most important things in my life?

What values are most important to me?

If money was no object, what would I want to do with my life?

If I was totally fearless, what would I want to experience?





How do I want to feel?

I'm 100 years old & looking back at my life. What were my greatest hits - experiences, relationships, achievements? What was my happiest moment?

What is my super power? My secret sauce? The thing that I excel at?

What do I want to do more of?

What do I want to do less of?





If money was no issue, if you had no commitments or responsibilities what would you want to do? Seriously, anything, it doesn't matter how big or grand or ambitious it is or how ridiculous it sounds. Write it down, if you have a strong why - a particular reason you want to do something - write that down next to it. Keep writing, once you start the ideas keep on coming & you'll end up with an amazing dream life list. You'll also gain a even more clarity around some of your dreams.

A large, empty rectangular area with a light beige background, intended for the user to write their dream life list.



So now you've got your dreams written down, have a read through them again, how do you feel when you look at each dream. Excited? Nervous? Focused? Make a mental note of the feelings you're feeling and recall them when you're working towards your goals. Feeling these emotions whilst you work is hugely helpful to your mindset & makes achieving your dreams a little bit easier.

And, did you know that when you write down a dream and write a date next to it, it magically transforms into a goal?

*A dream written down with a date
becomes a goal. A goal broken down
into steps is a plan. A plan backed by
action makes your dreams reality.*

GREG REID

You'll want to keep this list somewhere safe like a pocket in your planner, as you'll want to refer to it when creating your vision board. You can add things & remove things from your list whenever you like. Your dreams can change, if you won the lottery right now your dreams would probably change as money is no longer an issue. You might have new dreams, maybe an experience or learned a new skill which leads you down a new path.

Claire xx

