



MONEY BREAKTHROUGHS

A 21-day
money cleanse

JOY. ABUNDANCE. POSSIBILITY.

What's your Dream?

Week 1 | Explore

Part I - What is your Dream?

The first week of the 21-Day Money Cleanse is all about exploring your money story. This includes where you have been, where you want to go and what got you to where you are now. It also includes letting go and releasing stories and beliefs that no longer serve you.

Today I want to give you permission to dream. We all get caught up in “I can't afford it” or “that's just not my life”. STOP with the negative talk and let's explore.

For the next 15 minutes stop worrying about how you are going to make it happen or that it will never be a reality for you. If money were no object, what would you be doing with your life right now? Take a few minutes to fill out the [What's Your Dream worksheet](#).

Now is your chance to really take a step back and dream about what you want your life to look like.

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One of the biggest shifts in my life came when I realized I was working REALLY HARD – and I stopped to ask myself WHY? What did I really want my life to look like? Was my hard work getting me closer to my dream life? Why did I feel like I had to work so hard? What was the end goal? Once the answers were clear, the changes I had been asking for started to show up.

Stop and think for a moment - What would it be like to _____ (fill in the blank).

This may be things like: Be out of debt? Own my home? Not worry about putting my kids through college? Be able to travel? Be able to quit my job? Fill in the blank with whatever really lights you up.

In order to feel abundant, you first have to define what abundance looks like to you. It is different for everyone. It might be a certain amount in your bank account, or a certain amount you earn each year. Keep in mind it might not be monetary. It might be having the time and freedom to travel, spend time with family or not have to worry about bills.

Step in to the feeling of what your dream life looks like. Give yourself permission.

[Follow this link to download the What's Your Dream Worksheet](#)

Dream on,

A handwritten signature in black ink that reads "Candy". The signature is fluid and cursive, with a long, sweeping underline.