

## PASSION & PURPOSE

### Get started on living your big dream – right now!

If you're thinking that it's about time to live your big dream – do the thing you've always wanted to do – this is for you! It'll help you get on your way. Make that first move.

My name: \_\_\_\_\_ Date: \_\_\_\_\_

I, \_\_\_\_\_, commit to living my big dream right now. (Say it out loud.)

### 1. Prepare your environment:

To get the most out of this process, start by preparing your environment:

- Switch off our phone, email and chat.
- Put in some light, soothing music if you like.
- Make yourself a cup of tea and make sure you have a few moments just for yourself.
- Grab a pen
- Take a deep breath in and exhale slowly all the way. Do that 3-4 times.

Now you are reading to look within and start the journey of finding out what it is that you *really* want.

### 2. Ask yourself these questions:

#### What is my big dream?

Write whatever comes to your mind in full detail - as if you wanted someone else to be able to live it in their mind.

What does it look like?

What does it feel like?

What does it sound like?

**How do I know that I'm not living it right now?**

Sounds like a silly question? Answer it anyway and put it on paper. You might just be surprised that it's not that silly after all...

**What is the very first step to living it that you can do right now?**

Do it right now.

Then, go for a walk, a run, a yoga class: whatever floats your boat. The point is to get the energy moving.

**3. Put it out there:**

Make it real by talking about it to a friend or an accountability partner. Choose someone who always supports you no matter what. Someone who is positive and who will make you feel good. It's not about getting an opinion on your big dream: it's about putting it out there and being supported.

I will talk to \_\_\_\_\_

**Congratulations** on making your first steps towards living the life of freedom, passion and purpose that you've been dreaming since... Since when?

How does it feel? Please send us your feedback and tell us about your big dream!

[connect@silkeandpatricia.com](mailto:connect@silkeandpatricia.com) We'd love to hear about it.

Much love,

Silke & Patricia

PS: if you have not, read our blog post about living the Big Dream:

<http://blog.silkeandpatricia.com/2010/04/big-scary-dream-and-being-30-and-free.html>