



THE
DARE TO
DREAM

WORKBOOK

THE ΔWΔKENED
STATE

ITS TIME TO TAKE THE REIGNS OF YOUR DREAMS



Many of us get stuck in pursuing our dreams, either we're not good enough, strong enough, intelligent enough or just don't feel we're worthy enough for them to come true.

Well i'm here to tell you, it CAN happen but first we have to be willing to step up and take those first steps.

This starts with stretching our minds, pursuing the impossible and getting rid of our doubts.

I'm so excited for you because you're ready to stop living in doubt and begin creating your dreams. Sounds cheesy, but come on deep down you know it's possible. You wouldn't be here if it wasn't

I forgot to introduce myself, I'm Ashley, many know me as Ash. I'm a writer, Momma, Awakened psychonaut and a passionate quirky pisces. I also run the Awakened State to help others through the changes of Kundalini Awakening. I like expanding minds, pursuing knowledge about human consciousness and guiding others to believe in themselves. I believe the universe is playful and that we all have a spark of magic deep inside of us.

Here is the place where we get to pick your brain and get dreaming!
I've choosen multiple power questions to get your energy moving again and spark the magic back in your life as a conscious creator.

Grab a coffee, a comfy spot, your favorite pen and get dreaming

Let love guide you,

Ash

Before we begin, I would like you to ask yourself one question:

DO YOU ALLOW YOURSELF TO DREAM?

Now i don't mean your latest job promotion or Bachelor's degree, we're talking about passionate, wild, CRAZY, fun-filling dreams!

What breathes your soul to life?

What makes you happy getting up in the morning?

What are some of your passionate desires you wish to achieve?

If you could have anything you want, what would it be?

What brings inspiration and lights up your energy?

These are the dreams we need to start focusing on.

See I found what really is happening is **we have lost our direction to dream.** In our busy lives, we often forget about extraordinary dreams and desires because we decide to settle where its comfortable.

We play it safe and let ourselves only focus on what is in front of us, forgetting we live in an infinitely abundant, expansive universe filled with endless possibilities.

Abundance is all around us but most of us are not consciously aware of it or how to direct it.

Well i'm here to tell you, you are worthy of that abundance.

We need to step up and declare to the Universe:

I'M DONE WITH SETTLING!

IT'S TIME TO DREAM BIG

This workbook is written to start you on your journey as an **Awakened Bliss Creator**. Take a moment where you can be in a quiet recharging space alone. Grab a favorite colorful pen. No excuses or second-guessing yourself here, only fun and possibilities. Let's get Dreaming!

STEP 1: WHAT DO I DESIRE TO CREATE?

Unconsciously we tend to focus on the things we don't want such as our complaints, judgments, the drama llama or the way we feel about ourselves. It's a pesky habit! But what if it could be easy? This starts with learning to focus on the things we DO desire vs. focusing on what we don't want in our lives anymore.

1. WHAT ARE SOME OF MY PERSONAL WILD PASSIONATE DREAMS?

First let's do a bit of a releasing brain dump. For about 3-5 minutes start writing down without limitations on yourself, some of your BIG dreams. Let yourself, Let go and Dream.

2. WHAT BEAUTIFUL EXPERIENCES DO I WISH TO HAVE?

We unconsciously attract our experiences on autopilot due to what we are feeling. In many ways, we end up in places we don't necessarily want to be anymore. What are some beautiful experiences you would like to have instead?

3. IF TIME OR MONEY WERE NO OBJECT, WHAT KIND OF EXPERIENCE WOULD MY SOUL CRAVE?

When we let our imagination run wild, we surprise ourselves. Think BIG here.

4. WHAT ARE SOME OF MY PASSIONS & STRENGTHS?

If something is bugging you, chances are it's not in alignment with what you are passionate about, take a few moments and reflect on your strengths. This way you can start gravitating towards them. What makes you excited & inspired?

5. HOW CAN I START BRINGING TO LIFE MY PASSIONS?

List some ideas down where you start aligning more with these passions. What are ways you can start merging them into your daily experiences. Maybe writing a book, taking a new class, workshops, job hunt, making a blog, creating a fb group, a program for certification. What are some goals you can bring to life in your reality?

6. WHAT IS ONE THING I CAN DO FOR DAILY JOY?

Many of us get bogged down with our busy lives causing stress and overwhelm to rule over our energy. This is why we should make it our TOP PRIORITY to focus on what can also bring us back to joy. What is something you can do to bring you back to joy. ex) unplugging, yoga, read a book, bubble bath, self-care, fun games, a good movie, creativity, netflix, coloring books, gratitude journal or even just more laughter in your life. List some ideas down to start implementing.

7. WHAT IS THE DREAM YOU WISH WOULD HAPPEN THE MOST?

8. WHAT IS 5 STEPS YOU CAN TAKE TO START MAKING THIS A REALITY?

This is where we start taking action! Imagine you have the belief, motivation and perseverance to make this happen. What are some basic steps you could start taking today. How would you start growing? Steps could include: stepping out of your comfort zone more, researching, going somewhere new to meet people, creating practices or rituals, etc.

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STEP 2: HOW DO I BECOME AWARE & FOCUSED ON MY INTENTIONS?

Intention setting is like a digital letter to the universe. When we put out an intention such as "I am grateful for happiness" the universe becomes like a xerox machine saying: "okay you're grateful for happiness? I'm going to send you all the things to make you happy!" However this also means words can be highly damaging in ways we don't always realize such as lack of self-worth, hating something or despair.

The power is in the word. Literally.

1. WHAT INTENTIONS AM I USING RIGHT NOW?

Think about what you are telling the universe right now in your current circumstances. Is it positive or negative? Are you focused on feeding the problem or the solution?

2. WHAT IS A PROBLEM I HAVE RIGHT NOW?

Identify the energy problem, if we're focused on the negative it's coming up for a reason. Write the problem below, we're going to focus on shifting it.

3. EXCLAIM GRATITUDE - WHAT IS THE LESSON?

It sounds crazy but thank the problem and ask yourself, what is the lesson here? Why is this brought to my attention?

4. FOCUS ON THE SOLUTION - WHAT AM I GRATEFUL FOR?

*What is the solution to the problem? Write a gratitude affirmation around it.
ex) I am grateful for no more anger, overwhelm, & stress in our home.*

5. HOW CAN I START EMPOWERING MY ENERGY?

List a few easy ideas to start empowering your energy. What makes your soul feel good? When we gravitate towards what feels good - our energy begins shifting.

STEP 3: AM I SPENDING MY ENERGY WISELY?

I know what you're thinking how does spending my energy and feelings have anything to do with dreaming? Well you're not really chasing a physical goal, **you're chasing a feeling**. The more you align with the feeling - you start attracting those dreams. That's the magic of the universe.

1. HOW DO I FEEL ON A DAILY BASIS?

Take a moment and listen, how do you feel, are you constantly battling emotions or negativity. Write your feelings down.

2. WHAT DRAINS/EXHAUSTS MY ENERGY THE MOST?

Identifying where our energy is lacking the most, always indicates the energy we need to start shifting and rebalancing. When going throughout your day, Ask yourself: Does this drain or uplift me?

4. WHAT CAUSES ME TO FEEL THE MOST UPSET?

What we feel upsets us is the missing link of resistance we need to transform. What is bugging us is exactly what we need to clean up, get rid of or destroy from our lives.

5. WHAT DO I NEED TO LET GO OF?

Sometimes identifying the problem is exactly the solution we need to see. where in your life do you need to let go? What is no longer serving you?

STEP 4: WHAT IS THE FEELING-SPACE I EMIT?

Frequency Vibrations. The Feeling Space is where you are gravitating your emotions daily. The feeling behind the thought. It isn't necessarily the thought that is the problem, it's the feeling you put behind it. The basis of emitting our energy starts with where we are vibing at is what we attract like a boomerang.

1. WHAT CURRENT VIBRATION AM I CREATING?

Without much thought, let yourself channel this answer. What vibration are you giving to your reality currently?

2. IF YOU HAD TO PICK A SET MINDSET WHAT WOULD YOU CHOOSE?

Our mindset is everything. It's kinda like our energetic anthem. If you think about why you struggle - you may be in a "difficult to handle situations" mindset. If you are in a peaceful mindset - you're emitting peaceful vibes. What mindset would you like to be? ex) peaceful & prosperous, Healthy & full of vitality, balanced & grounded.

3. WHAT FEELINGS ARE PULLING MY VISION?

It's the energy behind the thought, what feelings are coming to surface as you start to DREAM BIG. Are you feeling a bunch of resistance or freedom?

4. TO CREATE THESE DREAMS, WHERE CAN I VIBE?

To start birthing dreams we inevitably have to stretch our mindset. Ask higher self, where do I need to be? What vibration should I work towards?

5. WHERE IS MY FOCUS CURRENTLY?

Switch the focus, switch the vibrational state. Put simply where we put our focus is where we gravitate our energy. This is imperative towards managing your energy body. Your focus is your internal compass. Where is yours at?

SIMPLE QUESTIONS TO OBSERVE THE FEELING-SPACE

ASK YOURSELF:

- *What is the energy i'm holding right now?*
- *In everyday situations ask yourself: Does this Drain or uplift my energy?*
- *What beliefs do I carry about this Dream - positive or negatively?*
- *What do I refuse to let go of?*
- *Does this connect to my past experiences and/or old traumas?*

STEP 5: WHAT INSPIRED ACTIONS CAN I TAKE TO START FOCUSING ON MY INTENTIONS?

This is the part where we gotta step up and start practicing what we preach. Given what you've processed in this workbook, we're going to put everything together. Ideas and fantasies are great but many of us are feeding on the "idea of them" rather than DOING. Taking action is about learning we need to implement the will into our experiences. It is one thing to read about an idea, it is highly another to start taking action and accountability towards changing your personal identity. Thus changing your reality.

1. WHAT DO I NEED TO DO NEXT?

Let's say a command to the universe and ask, what do we need to do next? Let the words come to you. These next questions are pure channeling. Let go.

4. HOW CAN I CHANGE MY ATTITUDE OR FOCUS ON CHANGING MY SITUATION?

What needs to shift to allow these dreams to happen. What feeling am I blocking?

5. WHAT AM I RESISTING?

Resistance shows us what we need to see to move forward, what are you resisting?

5. WHAT NEEDS TO HAPPEN TO MOVE FORWARD?

When we're stuck, it's because there is something we need to see before moving forward, what is it?

6. WHO DO I NEED TO FORGIVE?

7. WHAT PART OF MY ENERGY DO I NEED TO WORK ON?

This helps us identify what is the unconscious struggle.

8. IF I COULD HAVE HEAVEN ON EARTH WHAT WOULD IT BE? WHAT WOULD IT FEEL LIKE? DESCRIBE THE EXPERIENCE.

9. WHAT SIMPLE STEPS CAN I TAKE TO MAKE HEAVEN ON EARTH REAL FOR ME IN 24 HOURS?

Imagine the magic. What easy steps can you take TODAY to start making this real for you.

10. WHAT DO I DESIRE TO CREATE RIGHT NOW?

Now we're going full circle. Put all this energy together.

11. HOW DO I BECOME MORE FOCUSED ON MY INTENTIONS?

What needs to happen mentally and emotionally.

12. HOW CAN I START SPENDING MY ENERGY MORE WISELY?

What needs to shift in your reality to start making this real for you.

13. WHAT IS THE MINDSET THAT I NEED TO ALIGN WITH?

What vibrational mindset will get me there. Remember the feeling space.

14. WHAT ACTIONS CAN I TAKE RIGHT NOW TO SERVE MY HIGHEST GOOD?

After everything you've learned here, Finally! Let's break this down into some action steps you can start taking for those dreams of yours. It's the big dreams that seem impossible until we start taking easy steps into the right direction.

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EXTRA NOTES & INSIGHTS:

**Enjoy this workbook? Share with your friends!
Check out the Awakened Bliss Creator Challenge**