

Tantum Exsisto ~ Just BE

Stop Fixing - Start BEing

You are Enough, Worthy and Perfect!

A sweet simple activity to grow your BEingness muscle

Daydreaming - Envisioning

A Week Of Daydreaming		
Day of the Week	Dream	Feeling Generated
Saturday		
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Definition of Daydream - a series of pleasant thoughts that distract one's attention from the present. A fantasy you have while you are awake.

Definition of Envisioning - Imagine as a future possibility; visualize.

I encourage you to begin this fun activity by allowing yourself 10-15 minutes a day or more if possible to just DAYDREAM.

Be open, whimsical, childlike, playful, carefree, adventuresome....

During your Daydream time, you will turn off the critic, the judge, the comparison monster and the naysaying beast!

This is YOUR time to PLAY!!

How to use the graph:

1. Select a day to begin.
2. Set your timer for what you are comfortable with - 10 minutes is a great place to start. Eventually you will easily journey through this time and want more.
3. To start, close your eyes and get quiet. Go to the child within you, allowing your imagination to guide the process. What brings you joy, what excites you, makes you curious, fills you with love, etc....
4. Let the feelings expand. Imagining with playful curiosity how you can bring them into your life.
5. Allow your inner child to guide your thoughts and images. If you let yourself BE, the fun will percolate up, expressing ideas that will surprise and delight you.
6. When your time is up, document the dreams and the feelings they generated.
7. As you practice Daydreaming, you will find that you can do it while driving, creating dinner, walking, doing laundry.., it is glorious how easy it becomes.
8. As this muscle gets strong, you can shift from Daydreaming to Envisioning.
9. Be patient, gentle, kind, supportive, protective and encouraging to your inner BEing.
10. You are co-creating with your true self, your inner BEing who knows all your dreams, passions and hearts desires - it can take practice to let go of the taught naysayer who has taken up residency in your mind.
11. I highly encourage you to create a DREAM JOURNAL, for DREAMS do come true. However, it is impossible for them to become, if you never give them airtime or allow yourself to FEEL how amazing the journey to them is...

"All our dreams can come true, if we have the courage to pursue them." ~Walt Disney

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." Henry David Thoreau