

Middle Way Health presents

## *... Dream Life Designing ...*

*How far would you go to create your Dream Life? Do you think it's even possible to lead a Dream Life? Have you given your ultimate Dream Life much thought? What if it were easier to achieve than you think? What if the process alone took your life to a new level?*

*Dream Life Designing opens up the dialogue about what's possible and what we think we deserve. What do **you** want most of all? A little more glamour, a sea escape, more career fulfillment, better relationships?*

*Many of us have lost the perspective of our Dreams, somewhat slaves to the obligations of our lives. What do you have to lose, besides maybe something that doesn't suit your soul? It takes a little practice to envision and hone our Dreams, but that's the fun part.*

*Why are these things not talked about more? Is the world we're living in too fear-based?? Too problem-centered and not heart or spirit-centered enough?*

*It's about learning to really appreciate the little things - the things we take for granted - as well as letting ourselves Dream (and create) big.*

*When you don't necessarily need therapy, but you could **sure use something...** Like a new outlook on life, game plan, road map, treasure chest, magic wand, you name it!*

# Dream Life Designing ~

It's about DREAMS & BLISS

POTENTIAL & POSSIBILITY

ENRICHMENT & FULFILLMENT

## **YOUR LIFE, YOUR DREAMS ~**

Do you want ***more from your life*** and have you done anything about it?

Do you have any brewing passions or beckoning dreams and have you made any of them a priority?

## BELIEF & MEANING ~

First we have to believe *we can have more* and be willing to put some effort into the process. But what gets in the way?

Fear, Self-Doubt, Limiting Beliefs,  
Depression, Stress, Anxiety, Overwhelm,  
Lack of clarity, vision, Hope, Direction...  
(Are any of these sounding familiar?)

## DREAM LIFE DESIGNING

is *an inspiring and empowering process* of mentoring and coaching that will put you on the path of your dreams by reframing how the universe around us works and our unique place in it.

## **How DREAM LIFE DESIGNING can HELP YOU ~**

As an accent to your life, or a catalyst and means to change  
your entire lifestyle, enhancing:

*Health & Wellbeing, Home & Home Life,  
Family & Relationships, Career & Purpose,  
Soul & Spirit, Romance & Magic,  
Meaning & Fulfillment, Creativity & Expression,  
Healing & Inner Peace, Adventure & Enjoyment,  
ETC.*

## **BUILDING BLOCKS ~**

Awareness Training > Clutter Clearing >  
Dream Mapping > Motivational Monitoring >  
Possibility Playground > Spiritual College  
> Big Picture Assessments

## **RESULTS~**

- \* Improves your Mood and Daily Experiences!
  - \* Takes you from Surviving to Thriving!
  - \* Creates a New and Better Existence!

## **RISK & WORTH ~**

Whether we only have one life, one existence or not, why not try to make it as enjoyable and rewarding as possible?!

*Happiness is not just self-serving.*

*Happy people help make the*

*world a better place. ☺*