



***ROCK  
YOUR DREAMS  
(UNLEASH YOUR SPIRITUAL REBEL WITHIN).***

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## Are you ready to rock your dreams?

Hi Lovely,

You've opened this guide because you feel stuck when it comes to your dreams. Perhaps you're one of these people who have always put others first but you've paid the price. You've got dreams deep down inside of you waiting to be unleashed. You know God has given you talents to use but where do you start? How do you unleash them?

This guide will help you to look at creating positive goals, prioritising yourself, identifying your strengths + developing a toolkit to help you when you're feeling down.

If you're ready to step out into your day all refreshed like you're drinking a cold champagne on a hot day I'd love to help you. Email me: [thebutterflyhouse@dianabraybrooke.com](mailto:thebutterflyhouse@dianabraybrooke.com)  
It's never too late to create your own opportunities, to say 'yes' to more of the things that light you up and 'no' to the things that keep you wading thick in mud. Take a dive into the clear waters and clean off the limitations you've placed over your life. I can help.

With Love,

Diana Braybrooke  
Spirituality Coach/Teacher/Speaker  
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# Set Positive Goals

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Goals are an awesome way of helping us have something to look forward to. Ever made goals like this?

Lose 5 kgs

Pay off \$25 000 of debt

Get rid of my daggy clothes

What's the problem? You're setting yourself up for failure by setting goals that are negative or numbers based. Think about the way they are phrased. To lose 5 kgs. What do you associate with loss? Hard work? Pain, Deprivation. Not exactly inspiring is it. This can lead to massive guilt followed by non follow through on your action steps.

Instead frame it into something more positive: "To feel the most energetic and sexiest I've ever been."

Choose goals that light you up and feel inspiring.

When you focus on being energetic and sexy it removes the pressure of a number which can often feel overwhelming. Once you have chosen your positive goal look at ways to tap into that feeling.

What makes you feel energetic?

What makes you feel sexy?

Once you know what it is make small steps towards those feelings each day.



## Identify Your Strengths

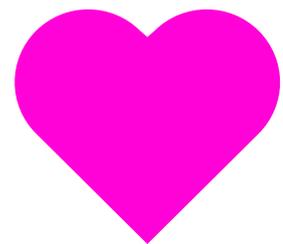
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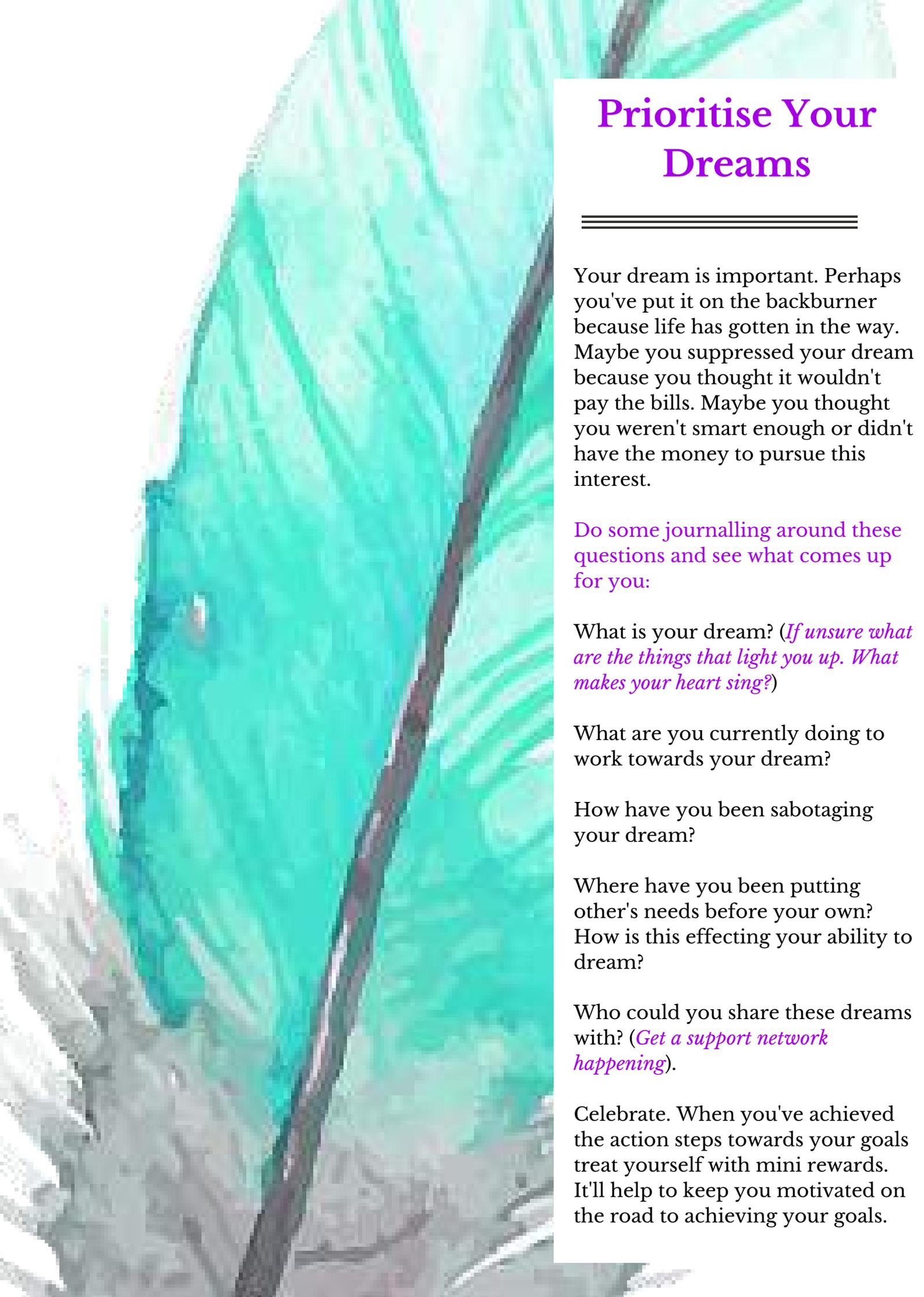
When you're trying to figure out what your dreams are in the first place start by looking at your strengths.

What are your strengths? Ask some trusted friends or family members '*What are your strengths?*'

Once you have a good idea think about 3 ways you can boost those strengths. (*For further information see the 'Boost Your Strengths' worksheet in the Freebie Vault- Exclusive for Newsletter Subscribers*).



"Accept yourself, your strengths, your weaknesses, your truths, and know what tools you have to fulfil your purpose." Steve Maraboli



# Prioritise Your Dreams

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Your dream is important. Perhaps you've put it on the backburner because life has gotten in the way. Maybe you suppressed your dream because you thought it wouldn't pay the bills. Maybe you thought you weren't smart enough or didn't have the money to pursue this interest.

Do some journalling around these questions and see what comes up for you:

What is your dream? (*If unsure what are the things that light you up. What makes your heart sing?*)

What are you currently doing to work towards your dream?

How have you been sabotaging your dream?

Where have you been putting other's needs before your own? How is this effecting your ability to dream?

Who could you share these dreams with? (*Get a support network happening*).

Celebrate. When you've achieved the action steps towards your goals treat yourself with mini rewards. It'll help to keep you motivated on the road to achieving your goals.



# Create an Emergency Tool Kit

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Have an emergency self care tool kit handy for those times when life is a little crazy and for those moments of doubt in your dreams.

Create a list of self care tools that will help you.

A guiding question to help you with your list creation:

How can you reconnect with your inner self today?

## Emergency Tool Kit Examples

// cup of tea/coffee/lemon water

// meditation

// lighting a scented candle

// watching your fav tv series

// going for a walk

// 10 deep and nourishing breathes in and out.

// fresh flowers on your table

// dancing to your favourite songs

// journalling

// bubble bath

// eating a chocolate brownie

// calling your best friend

## About Diana



Diana Braybrooke is a trained Beautiful You Life Coach, teacher and speaker. She is also a spiritual adventurer and avid (spiritual) rule breaker. Diana helps women who want to reconnect with themselves (their faith and spirituality) and with the collective sisterhood. Diana believes in God and that our connection to Him can not only be deep but can also be fun too. She believes that there is a spiritual awakening rising up and that the collective sisterhood is an important part of awakening that spirit.

You can learn more about Diana at:

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