



Day #1: Let's Dream
How to show up for your dream

Are you ready to Spark Your Superpower?

1. Set your intention- Show up for your dream every day

Setting the intention for these 30 days is crucial for your success. Every day we will learn new tools to help you show up and recommit to your intention, and to your dream.

If we don't know where we are going, we'll end up exactly there: nowhere.

☞ *What specifically do you want to focus on in each area of your life?*

- Health _____
- Money _____
- Relationships _____
- Spirituality _____
- Wealth _____

☞ *What is the ONE that you are choosing to focus on for the next 30 days?*

☞ *What are you going to show up for in the next 30 days?*



Spark Your Superpower

⇒ *What do you want to create in the next 30 days?*

2. Identify your anchor

⇒ *What can be a daily reminder to support your commitment to your dream?*

3. Identify your superpowers

⇒ *What does superpower mean to you?*

⇒ *What are you good at?*

⇒ *What do you enjoy doing?*



4. Create your ‘Coming from’

⇒ Describe the dream as if it already happened- be specific, detailed, step into it, feel it, breathe it, allow it to be alive.

5. Action Steps

1. Block your calendar
2. Show up everyday
3. Express your superpower every day
4. Post in the group what are showing up for in this program.



Spark Your Superpower

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