



I once did a fire-walking retreat that was all about creating breakthroughs and getting over fears in your life, so that you could get present to the fact that ***ANYTHING IS POSSIBLE!***

Mind over matter, ya know?!

One of the exercises we did that day entailed us sitting down and spending some nice time writing out our ideal dream day.

I remember my dream day consisted of:

Waking up naturally, no alarm, in a wooden country cabin, lots of fresh air and light...

Going out on the balcony overlooking tons of green grass and flowers and mountains...

Doing yoga and meditation, drinking tea, maybe going for a walk, eating a nice breakfast...

Getting ready for the day and then...

When I was nice and ready...

Sitting down with my laptop and getting to work doing something that I absolutely loved—connecting with people!

For me, doing this exercise was about way more than just doing this exercise.

It was actually *because* of this exercise that I was then able, for the rest of my life, to really see and feel into what my “north star” really was for myself and my life.

It has been something that has guided me, motivated, me, and helped me to measure my own success for years and years.

I want to give you the opportunity now to have that same extraordinary experience that I did that day at that fire-walking retreat.

So go ahead, take some time for yourself, get cozy, light a candle, and dream up your ideal day now!

Imagine that you are actually there *right now!*

Be as descriptive as you can be—smells, people, places, things, locations, times...everything!

The more you allow yourself to get into that imaginative space, the more vividly you will be able to create your own reality.

Dream, dream, dream!

Write, write, write!

You're about to transform your life!

With so much love and support,

A handwritten signature in cursive script that reads "Leslie". The letters are fluid and connected, with a prominent loop at the end of the word.