

Dream Life Visualizer Journal. Published by Bronze Butterfly Publishing and Media.
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Welcome to Your

DREAM LIFE VISUALIZER JOURNAL

A JOURNAL FOR PEOPLE READY
TO CHANGE THEIR LIVES AND
MANIFEST THEIR WILDEST
DREAMS

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IF ANY OF THIS SOUNDS LIKE YOU...

- You are bored and frustrated with your current job
- Alternatively, you constantly feel overworked and overwhelmed
- There is no excitement and you dread your day-to-day experiences
- You have trouble reaching your goals
- Your relationships aren't as fulfilling as you'd like them to be
- Your health isn't where you want it to be
- It feels like your life's progress has stalled
- You are ambitious but struggle with self-motivation or focus
- You don't know what else you'd like to do or what to do next
- Or you have a vague idea of what you want to do but don't know how to get there

This journal is right for you! It will help you to:

- Remember who you are and reconnect with your vision and purpose
- Dream bigger and unlock your full potential
- Start crafting a life you love
- Get unstuck and unlock new opportunities for yourself
- Recognize and change thinking patterns that sabotage your success
- Grow and evolve from a place of gratitude and clarity
- Develop routines that make you feel happy and fulfilled

HOW TO GET THE MOST OUT OF OF THIS JOURNAL

I recommend reading through the whole journal once, then deciding whether you want to go through the focus areas in the order presented or hop to the area that interests you most. Each journal prompt should be carefully considered: plan to spend at least 15 minutes answering each question. I encourage you to complete the focus areas and journal prompts prior to beginning Part 2 of this journal.

For best results, complete the journal exercises then review the responses once you've completed them all. Set a reminder to review your answers at a future date (60, 90 or 120 days into the future is a good time frame). Observe how your answers change over time, set the intention to take aligned action and trust that the process will call lasting change into your life.



MEET THE AUTHOR

Tia Delano

Author, Financial Analyst & Philanthropist

A financial professional with more than 20 years experience, Tia Delano is the premiere "Non-Coach", and believes in empowering individuals to achieve financial success through self-reflection, personal development, and metaphysical practices.

Part 1

FOCUS AREA REVIEW

CONSIDER EACH DOMAIN OF
YOUR LIFE AND GET CLEAR ON
WHAT YOU'D LIKE TO CHANGE

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SELF LOVE

HOW DO YOU FEEL ABOUT YOURSELF AT THE MOMENT?

How do I want to improve my self love this year?

How do I want to feel as an individual, as well as how do i want to be perceived by others?

What can I do to stop doing to foster deeper self love and acceptance?

What are the attributes I love about myself? Who am I, outside of the roles that I occupy?

YOUR BUSINESS

HOW DO YOU FEEL ABOUT YOUR BUSINESS AT THE MOMENT?

What are your revenue & profit goals for the year?

How many sales do you need to make per offer?

What offers do you need to create to reach them?

OFFER NAME	PRICE

How are you going to reach & convert enough people?

MONEY & FINANCES

HOW DO YOU FEEL ABOUT YOUR PERSONAL FINANCES AT THE MOMENT?

What are your personal finance and money goals for the year?

What spending habits do you need to change to reach them?

What investments are you planning to make?

INVESTMENT	COST

What's your strategy when it comes to savings?

FAMILY & FRIENDS

HOW DO YOU FEEL ABOUT YOUR LIFE WHEN IT COMES TO FAMILY AND FRIENDS AT THE MOMENT?

Whom do you want to see more this year?

How much time will you make per week for spending quality time with loved ones?

When will you make this time (tip: actually schedule it in your calendar)?

Breakdown

DAY	TIME
M	
T	
W	
T	
F	
S	
S	

What memories do you want to create with whom?

RECREATION, LEISURE & FUN

HOW DO YOU FEEL ABOUT THE AMOUNT OF RECREATION, LEISURE AND FUN IN YOUR LIFE AT THE MOMENT?

How will you incorporate recreation, leisure, and fun into your life this year?

How much time will you make per week for recreation and leisure?

When will you make this time (tip: actually schedule it in your calendar)?

What fun activities do you want to do this year?
When will they happen?

Breakdown

DAY	TIME
M	
T	
W	
T	
F	
S	
S	

HEALTH & PHYSICAL WELL BEING

HOW DO YOU FEEL ABOUT YOUR HEALTH AND BODY AT THE MOMENT?

How will I take great care of my health and physical well-being this year?

What are my health and body goals for this year?

What habits do I need to change or create to protect my health and physical well-being?

What treatments or procedures that contribute towards my health and well-being will I get done in this year?

LOVE LIFE

HOW DO YOU FEEL ABOUT YOUR LOVE LIFE AT THE MOMENT?

How do I want my love life to look like this year?

How do I want to feel as a single person, as well as with my lover or partner?

What can I do to create meaningful interactions, connection, and intimacy?

What do I look for in a partner? How do I want to become a better (potential) partner?

SPIRITUALITY & PERSONAL DEVELOPMENT

HOW DO YOU FEEL ABOUT YOUR SPIRITUALITY AND PERSONAL DEVELOPMENT AT THE MOMENT?

How will you incorporate spirituality and personal development into your life this year?

How much time will you make per week for spirituality and personal development?

When will you make this time (tip: actually schedule it in your calendar)?

Breakdown

DAY	TIME
M	
T	
W	
T	
F	
S	
S	

Part 2

THE 30 DAY RESET

AN EXERCISE THAT ENCOURAGES
YOU TO ACTIVELY AND
INTENTIONALLY PRACTICE THE
HABITS DEVELOPED IN PART 1.

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LET' START MAKING CHANGES . . .

This is the part of the journal where you start capturing, day by day, the changes you're making in your life. No need for drastic changes in each area: the most effective changes are often small, incremental and consistent. Commit to keeping track of your daily actions for 30 days. Aim to improve in at least two of the previously discussed life areas every days.

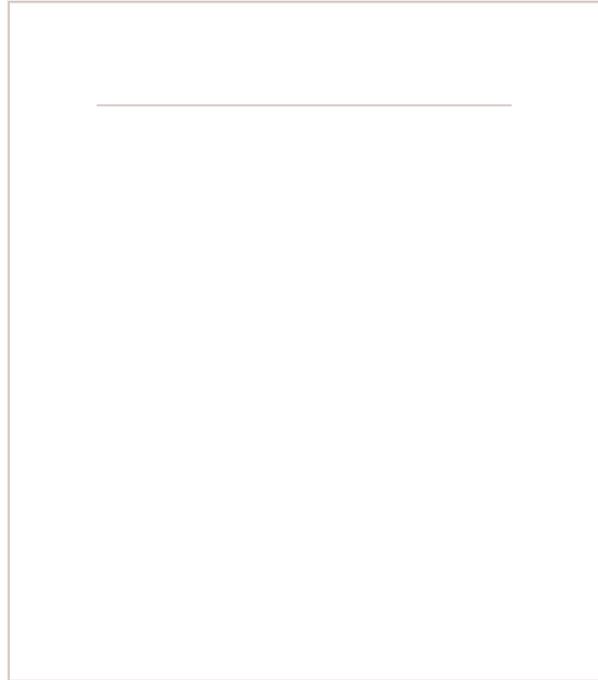
Here are some things to consider as you use this section of the journal:

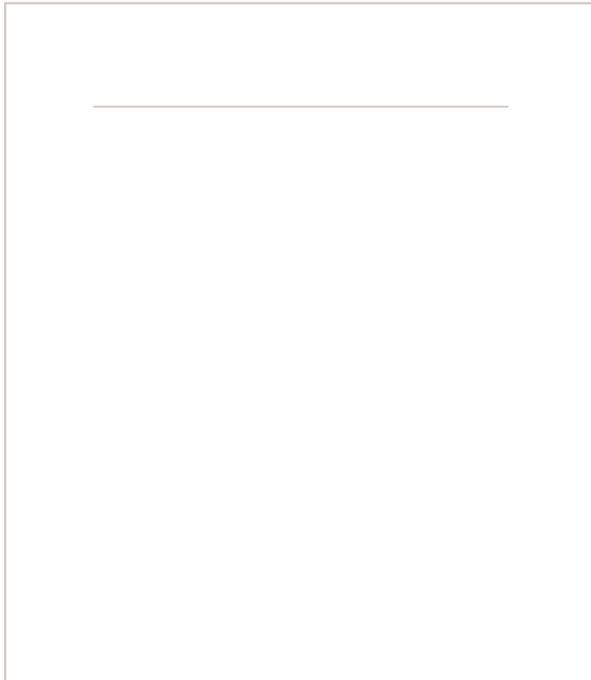
- If you struggle with consistency, make a list of 2 or 3 easy things you can do in each category. Ideally, these things would take less than 5 minutes to complete. Put these on your "Easy Daily Wins" sheet.
- Dedicate a specific time each day to write down your progress. Set your timer and commit to it.
- Consider recruiting an accountability partner to assist you with your journey.
- Use this space to capture your wins and your shortcomings: it's okay to acknowledge frustrations and roadblocks on your path.

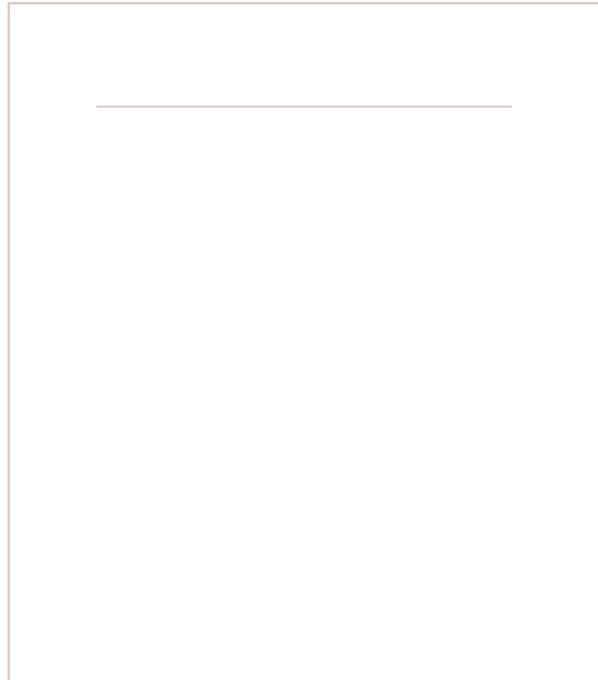
You are already more prepared than you realize. You've done the work, you've made the commitment, and you are laser focused on what you want. You got this!

EASY DAILY WINS









EASY DAILY WINS

CLARITY & FOCUS

Use these check-in questions and pre-writing prompts to help you focus and set the tone for your week.

WEEKLY CHECK IN - PRE-WRITING PROMPTS

- What are you working on this coming week? List your top 3 priorities.
- What do you need to do to ensure you will have enough time and support to take care of your 3 priorities?
- What were your priorities for the last week? Were you able to follow through - if not, what happened? What can you learn from your answer for the coming week?
- If next week went completely as planned, what would you get finished?
- What was the best thing that happened in your life last week?
- What's a challenge you struggled with in your life last week?
- What did you learn last week? Was there an aha-moment or did you gain any interesting insight?

Part 3

GO DEEPER

ADDITIONAL PROMPTS AND TIPS
TO DEEPEN YOUR VISUALIZATION
AND ACCELERATE YOUR SUCCESS

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DEEP DIVE

Change happens when you understand what you want to change so deeply that there is no reason to do anything but act in your own best interest. -Geneen Roth

Select any one of the areas of life mentioned in Part 1, and use these prompts to delve further into that area. This is an aspect of “shadow work”, so give yourself adequate time and space to explore the prompts. Most importantly, be gentle with yourself. These prompts are designed to uncover additional details that can help you to create lasting change in your life.

PROMPTS

- What are my early memories about this area of life? Try to go back as far as you can and think of at least 3 memories.
- How did my mother relate to this area of life? How did she talk about it? What did her beliefs about it look like?
- How did my father relate to this area of life? How did he talk about it? What did his beliefs about it look like?
- Was there conflict about this area in my family? What do I remember about that? How would a person that has a healthy mindset think about these situations?
- What do I think about people who have mastered this area of life?
- What kind of relationship do I have with this area of life?
- What limiting beliefs do I have surrounding this area of life?

RECREATE

You could make a wish or you could make it happen. - unknown

- If you want to get even more traction with your goals, you can forecast your future: use the power of your imagination to envision the easiest, most beautiful unfolding of your desires. The prompts below will help you to easily and effortlessly step into the reality you prefer: the one where all of your dreams come true.

PROMPTS

- What would be the easiest way to get your ideal circumstance? What would be the least likely way for it to happen? Imagine every possible scenario where you get exactly what you want.
- Am I willing to let my dream lifestyle be an easy, delightful realization? Or do I feel that this area of my life has to be a "hard" journey? What will it take for me to believe that I deserve a pleasurable, easy path to my desires?
- Envisioning myself 10 years into the future. What is my life like, now that I have and am enjoying all of the desires of my heart? What does a day in my life look like?
- How is my future self different from who I am today? What changes can I make now, to become more like the version of myself that enjoys a dream life?
- What skills does my future self possess, in order to sustain and expand my future life?
- What is one small goal I can achieve this week that will put me in alignment with the lifestyle that I desire? How will I go about achieving this goal? What daily steps can I take to ensure that I achieve the goal this week?

