

WEEK 2

# DREAMIN' BIG

" CREATE THE HIGHEST,  
GRANDEST VISION POSSIBLE  
FOR YOUR LIFE. BECAUSE YOU  
BECOME WHAT YOU BELIEVE."  
OPRAH WINFREY

DANIELLEKNIGHT.COM

## WHAT IS YOUR 'WHY'?

Understanding/ clarifying and getting real with WHY you want the things you want, can help anchor you in to the power / focus/ motivation and inspiration of bringing it to life. It will also be the fuel to move you towards it when things get a little shaky or off course.



BRINGING YOUR GOALS/DREAMS TO MIND,  
ANSWER THE FOLLOWING FOR EACH ONE..

Why do you want this for yourself?

What would change in your life?

How would you feel differently about your life + Self?

Why is it important?

What freedom would it bring you?

Dig deep...

Ask yourself, why do I want this?  
And then under that answer... ask yourself,  
but why?  
and then dig deeper under that answer...  
but why?

Keep going until you feel that deep 'Aha' or  
something clicks, lights you up and feels like it  
fits just right.

\*Remember, your desires are not a mistake. The  
dreams you have and the cravings for the  
things you want are within you because you are  
capable of realising them. Don't judge, don't  
doubt, don't question - you ARE capable,  
worthy and deserving of this!\*

## THE GRAND VISION

DREAM BIG AND LET'S GET REAL ABOUT WHAT THE END GOAL LOOKS + FEELS LIKE TO BRING IT TO LIFE.

**FOCUSING ON THE WHAT YOU WANT** AND NOT WORRYING ABOUT THE HOW RIGHT NOW.

WE'RE GOING TO CREATE YOUR KIND OF VISION/VIBE BOARD TO BRING THESE ELEMENTS OUT OF YOUR HEAD AND INTO THE WORLD.

### PRO TIP:

\*Warning: Do not attempt to create a dream or vibe board while in a shit mood or low energy. Loosen up, put on some music and elevate yourself to a state where you can let yourself imagine + go big. TAKE A FEW MOMENTS NOW TO CREATE A DREAMIN' BIG PLAYLIST WITH SONGS THAT GET YOU 'IN THE MOOD'.\*

# ELEMENTS TO CONSIDER:

What will things look like,  
feel like  
sound like

where will you be living and what would you be eating

what part of the world are you in

who will you be surrounded by

who would you love to collaborate with

where will you be

what will you be wearing

what podcasts do you want to be featured on

what pleasurable things will you have in your life

what travel or adventures will you have ( be specific with where )

what colours do you feel represent it

what does the atmosphere look and feel like

what material things are present

how much financial abundance will you be receiving

what will you be driving

who will you be connecting with

the kind of nature

what type of places

which activities

what hobbies

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**IF YOU'RE BRINGING TO LIFE A VISION FOR A NEW BUSINESS OR PROJECT THINK OF IT AS IT'S OWN ENTITY, WITH A PERSONALITY OR SOUL.**

What kind of attitude does it have

What type of people/ things does it want to impact  
( ie: The Amazon, lions in Africa, guys in their 20's who like to rock climb, people in their 30's who buy organic )

What problem does it solve/ need does it meet?

What colours does it like

What does it want to create ( le New line of sustainable dresses, Eco huts on the coast of Costa Rica )

What does it like to talk about?

What does it care about it?

Who does it collaborate/work with?

What kind of set up does it have? ( Online laptop from anywhere, creative hub in the city)

What does it physically look + feel like

What does it bring more of into your life ( le: 10k a month, events with cool people, speaking on stages )

## BRING IT TO LIFE

Using  
[www.Canva.com](http://www.Canva.com)

or create a board on [pinterest.com](http://pinterest.com)

with photos, words, song lyrics, that  
represent the elements  
you just listed above.

Save to your phone, print out, or download  
to look at daily.

Put it somewhere that will anchor you into  
the feeling, the vibe, the clarity of specific  
elements.

Share your board in the Uncaged Facebook  
group so we can all inspire each other.



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THE SCRIPT. MAKING IT REAL, EVERY DAY.

As inspired by Peta Kelly's work in her book, *Earth Is Hiring*, 'scripting' gives instruction to the Universe about what you specifically want by acting as though you already have it.

You're going to write a script like you're the main character in a movie and life is unfolding exactly as you want it to, with you already living your dreams and goals.

This exercise will be a daily reminder to yourself and the Universe that you will feel how you want to feel every day and be open to the way it occurs. This helps crystallise important elements and focus your attention on details that matter.

**Your job is to focus on the what and leave room for the how to unfold.**

**Read your script every day. It will get your body in a state of living as though it has already happened, which will effect the actions you take, which will manifest what you want.**



# AN EXAMPLE SCRIPT TO USE AS A GUIDE.

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It's \_\_\_\_\_ and I can't believe how amazing this has turned out. It's better than I could've imagine.

Day to day I feel \_\_\_\_\_

and the way I think about and view my life is \_\_\_\_\_

I feel \_\_\_\_\_ as I step out of bed in the morning and prepare for \_\_\_\_\_.

My vision of \_\_\_\_\_ has far exceeded what I could've imagined and I feel so lucky to now be \_\_\_\_\_.

I am feeling so passionate and grateful for \_\_\_\_\_ now that I \_\_\_\_\_.

I am surrounded by \_\_\_\_\_ and I love that I am able to \_\_\_\_\_.

Money is \_\_\_\_\_ and I enjoy it by \_\_\_\_\_.

I trust that \_\_\_\_\_ because I feel every day that \_\_\_\_\_.

My lifestyle of \_\_\_\_\_ brings me so much happiness and freedom.

My connections with \_\_\_\_\_ are \_\_\_\_\_ and make me feel \_\_\_\_\_

My dream of \_\_\_\_\_ felt so good as it unfolded and I/we went to \_\_\_\_\_ and did

As I look out at \_\_\_\_\_ I can \_\_\_\_\_ and the conversations I have \_\_\_\_\_.

Because of \_\_\_\_\_ I'm now getting to do \_\_\_\_\_ all the time.

I am a/the \_\_\_\_\_ version of myself then ever before and the abundance of \_\_\_\_\_ that I have is incredible.

I feel \_\_\_\_\_ because of the \_\_\_\_\_ I now have in my life.

It lights me up when I \_\_\_\_\_ and things are getting better every single day.

( Finish with a strong sentence/ declaration of how you feel your main feelings each day no matter what )

# DREAMIN' BIG

## **CONGRATULATIONS!!**

Yewwww! Good work.

Letting yourself dream big + get specific about the exact type of things, experiences, and creations you want, to bring those goals to life, is a powerful step towards actually having it.

## **YOU NOW HAVE:**

- Your DEEP CONNECTED 'WHY'
- Big dreams outside of your head + onto paper
- Clarity + focus on exactly what to bring to life
- Clear vision
- Knowledge of what your life can look like (no more foggy confusion)
- Specific elements that are going to enhance + elevate your goals
- Direction for what you're moving towards