



The Live Your Dream Workbook: Discover and Live the Life of Your Dreams

Joyce Chapman

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What would your life be like if you were doing the exact thing that would make you completely happy? What skills would you develop to express your natural creative ability? What would your dream look like, and how would it make you feel, look, act?

This workbook has been created to guide you in answering these questions. As you do the exercises presented-and to the extent that you are committed to the process-you will begin your movement toward realizing your dream.

Anyone of us can benefit by learning to listen to our inner wisdom and being true to who we are as well as who we'd like to become. Often the answers we seek outside ourselves can only be found within; with practice, we simply release them. By journaling through this workbook, you'll learn how to tangibly apply the exercises in Live Your Dream to your life for greater self-realization, harmony, and growth.

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