



She Dares

21 Day Journal

A Creative Guide
to Living Your
Dreams



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Welcome to "A Guide to Living Your Dreams" Journaling Challenge

Dear Dreamer,

Welcome to a transformative journey of self-discovery, empowerment, and actualization. "A Guide to Living Your Dreams" is more than just a journal; it's a beacon guiding you towards the life you've always envisioned but perhaps hesitated to pursue. Over the next 21 days, through the pages of this journal, you'll embark on an exploration of your deepest desires, joys, and aspirations.

Each week of this challenge is designed to unfold layers of self-awareness and insight. Heart Week invites you to connect deeply with your core values and emotions, laying the groundwork for authentic dreams. Joy Week encourages you to rediscover and cultivate what brings you genuine happiness, a crucial element in the pursuit of any dream. Finally, Dream Week propels you towards actionable steps, making those once-distant dreams tangible realities.

This journal is your safe space for reflection, a place to dream without limits and to confront the fears that may have held you back. The prompts within these pages are your starting points—feel free to elaborate on them, to digress, to draw, and to dream in any form that suits you. Remember, this journey is yours; there is no right or wrong way to explore your path.

Join Our Facebook Group

To enrich your experience, I invite you to join our exclusive Facebook group—a community of fellow dreamers embarking on this same journey. This group is a place for sharing insights, breakthroughs, and challenges. It's a space for support, inspiration, and connection with others who, like you, are daring to dream boldly.

In this group, you'll find additional resources, weekly live discussions to deepen your exploration, and the opportunity to participate in Q&A sessions that complement your journaling practice. Most importantly, you'll be part of a community that celebrates each step towards living your dreams.

How to Engage with This Journal

1. Set aside dedicated time each day for journaling. Whether morning or evening, find a time that allows you to reflect and write without rush.
2. Embrace honesty. Your journal is a judgment-free zone. Be as open and honest as you can with your responses. You are the creator and keeper of your journal.
3. Use the prompts as starting points, but feel free to take your reflections in any direction that feels right- including adding pages, images, art, poetry – your journal, your way.
4. Share your journey. If you're comfortable, share your insights and breakthroughs in our Facebook group, She Dares Dream Journal (<https://bit.ly/3ISvOTu>) . Your journey can inspire others! And, when we share we are committing to ourselves to keep dreaming, doing, and taking action towards our dreams.

Ready to Begin?

Your dreams are not just fantasies. They are the blueprints of a life that's waiting for you to build. This journaling challenge is your first step towards that life. With each page turned, you're not just dreaming; you're doing.

Thank you for daring to dream I can't wait to see where this journey takes you.

Yours in dreaming,

Louisse Gallagher

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Heart Week

Because we're human,
sometimes our minds
struggle to believe we are
worthy of love, joy and
compassion. Our hearts
know better. Listen to your
heart.

- Louise Gallagher

Week 1: Day 1

What does living heart-centered mean in the context of pursuing my dreams? Reflect on how aligning with your heart's values and desires can direct your path toward realizing your dreams.

Reflections:

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Week 1: Day 1 - Reflections

Places to See

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Week 1: Day 2

How does my life transform when I prioritize listening to my heart on my journey to achieving my dreams?

Consider the shifts in your mindset, decisions, and actions when your heart guides your pursuit of dreams.

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Week 1: Day 2 - Reflections

Places to See

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Week 1: Day 3

How does my life transform when I prioritize listening to my heart on my journey to achieving my dreams?

Consider the shifts in your mindset, decisions, and actions when your heart guides your pursuit of dreams.that make my heart want to dance?

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Week 1: Day 3 - Reflections

Places to See

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Week 1: Day 4

Where in my life do I need to heed my heart's guidance more to bring my dreams to fruition? Identify areas or aspects where tuning in to your heart's voice could pave the way for greater alignment with your dreams.

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Week 1: Day 4 - Reflections

Places to See

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Week 1: Day 5

Reflect on a time you resisted your heart's wisdom. How did it impact your path to your dreams, and what did you learn from the experience? This prompt encourages acknowledgment of the times we've ignored our heart and the consequences of those choices on our dreams.

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Week 1: Day 5 - Reflections

Places to See

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Week 1: Day 6

What is my heart urging me to release to feel lighter and more liberated in pursuing my dreams?

Dive into the aspects of your life or mindset that your heart identifies as burdens, recognizing that letting go can elevate your journey toward your dreams.

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Week 1: Day 6 - Reflections

Places to See

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Week 1: Day 7

FlowWrite. Don't think. Just Write.
What is On Your Heart?

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Week 1: Day 7 - Reflections: What is On My Heart?

Places to See

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Joy Week

In the symphony
of your life,
dance to the
thrum of your
heart beating
wild and free.
Be the dancer.
Not the dance.

- Louise Gallagher



Week 2: Day 1

Define 'Joy' in the
context of your journey
towards living your
dreams. How does
experiencing joy
influence your path
and the realization of
your dreams?

Reflections

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A Weekly Quote Prompt

Week 2: Day 1

Reflections

Places to See

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A Weekly Quote Prompt

Week 2: Day 2

What does embodying joy mean to me as I pursue my dreams? Reflect on the role of joy in your daily life and how it can be a powerful force in achieving what you truly desire.

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A Weekly Quote Prompt

Week 2: Day 2

Reflections

Places to See

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Week 2: Day 3

Identify areas where you might be withholding joy from yourself. How does this denial affect your ability to dream freely and pursue those dreams with enthusiasm?

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A Weekly Quote Prompt

Week 2: Day 3

Reflections

Places to See

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Week 2: Day 4

What steps am I prepared to take to infuse more joy into my life and enriching my journey towards my dreams?

Outline actionable changes you can make to ensure joy is a fundamental part of the pursuit of your dreams.

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A Weekly Quote Prompt

Week 2: Day 4

Reflections

Places to See

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Week 2: Day 5

What transformations are necessary for me to embrace joy as my natural state throughout my dream-chasing journey? Consider the mindset, environmental, or lifestyle shifts required to make joy your default setting.

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A Weekly Quote Prompt

Week 2: Day 5

Reflections

Places to See

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Week 2: Day 6

Compile a list of activities, people, and experiences that bring you joy. Select one and delve into why it fills you with joy and how it aligns with or supports your dream pursuit. This exercise encourages you to not only recognize but also actively incorporate sources of joy in your life as you work towards your dreams.

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A Weekly Quote Prompt

Week 2: Day 6 Reflections

Places to See

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Week 2: Day 7

Flow Write. Don't Think. Just Write. About Joy.
Places to See

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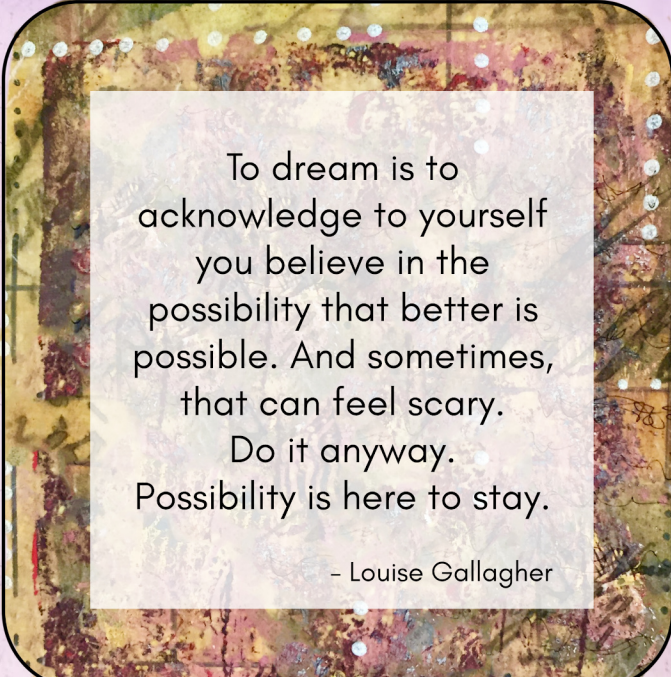
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Week 2: Day 7

Flow Write. Don't Think. Just Write. About Joy.
Places to See

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To dream is to
acknowledge to yourself
you believe in the
possibility that better is
possible. And sometimes,
that can feel scary.
Do it anyway.
Possibility is here to stay.

- Louise Gallagher

Week 3: Day 1

**Explore the dreams
you've hesitated to
fully embrace.** Reflect
on what these dreams
are and consider what
holding back says about
your beliefs in possibility
and self-worth.

Reflections

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Week 3: Day 1 - Reflections

Places to See

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Week 3: Day 2

Identify the fears that prevent you from fully believing in your dreams. How have these fears manifested in your life, and what are they protecting you from?

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Week 3: Day 2- Reflections

Places to See

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Week 3: Day 3

Consider the impact of your fears and reluctance to dream on your life. How has this resistance shaped your choices and your perception of what's possible?

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Week 3: Day 3 - Reflections

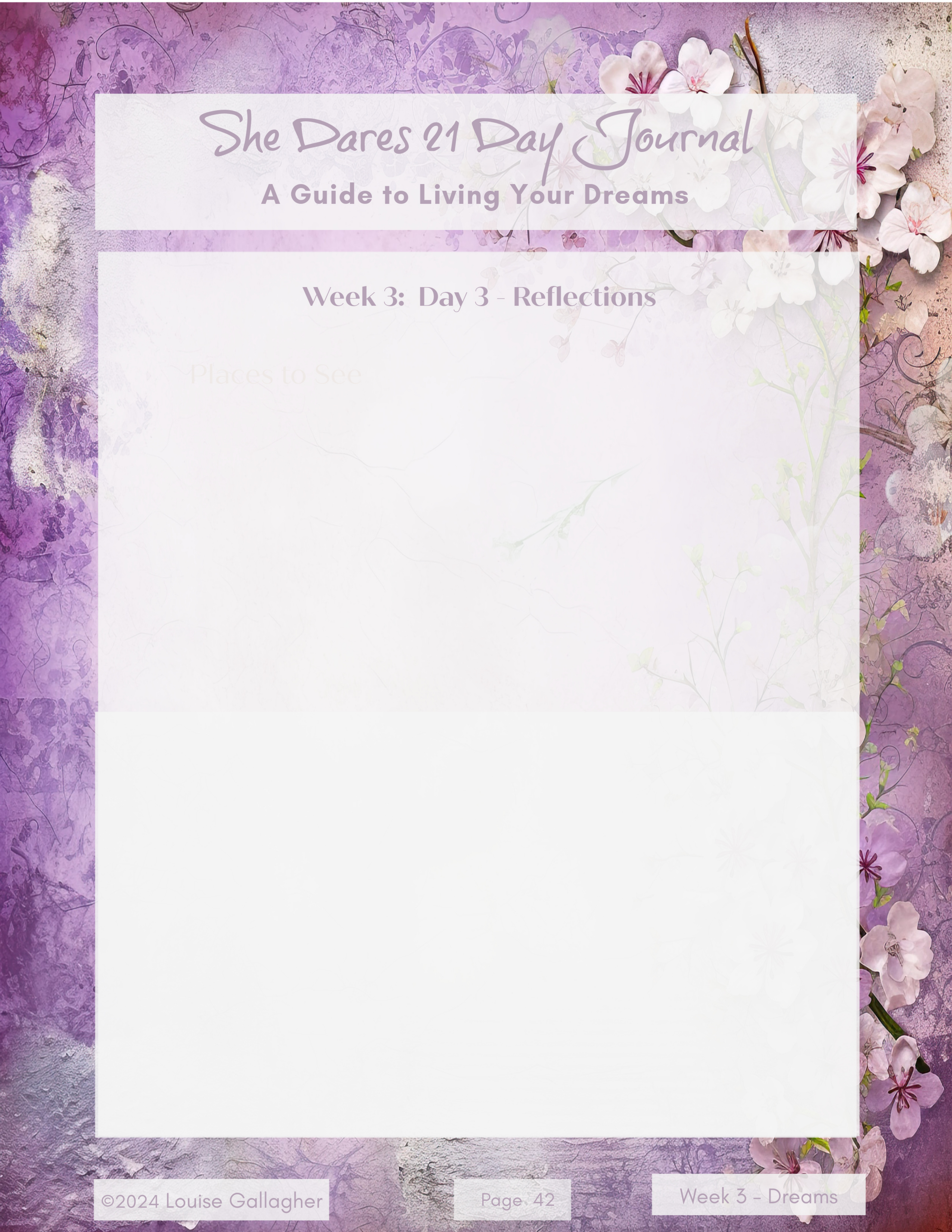
Places to See

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Week 3: Day 4

Reflect on who or what you are concerned about if you choose to fully live your dreams. Are these concerns based on your own fears, the expectations of others, or societal norms? How can you address these worries to move forward?



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Week 3: Day 4 - Reflections

Places to See

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Week 3: Day 5

Outline three concrete actions you can take to start embracing your dreams and making them a reality.

These should be specific, achievable steps that can help shift your mindset and create momentum.

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Week 3: Day 5 - Reflections

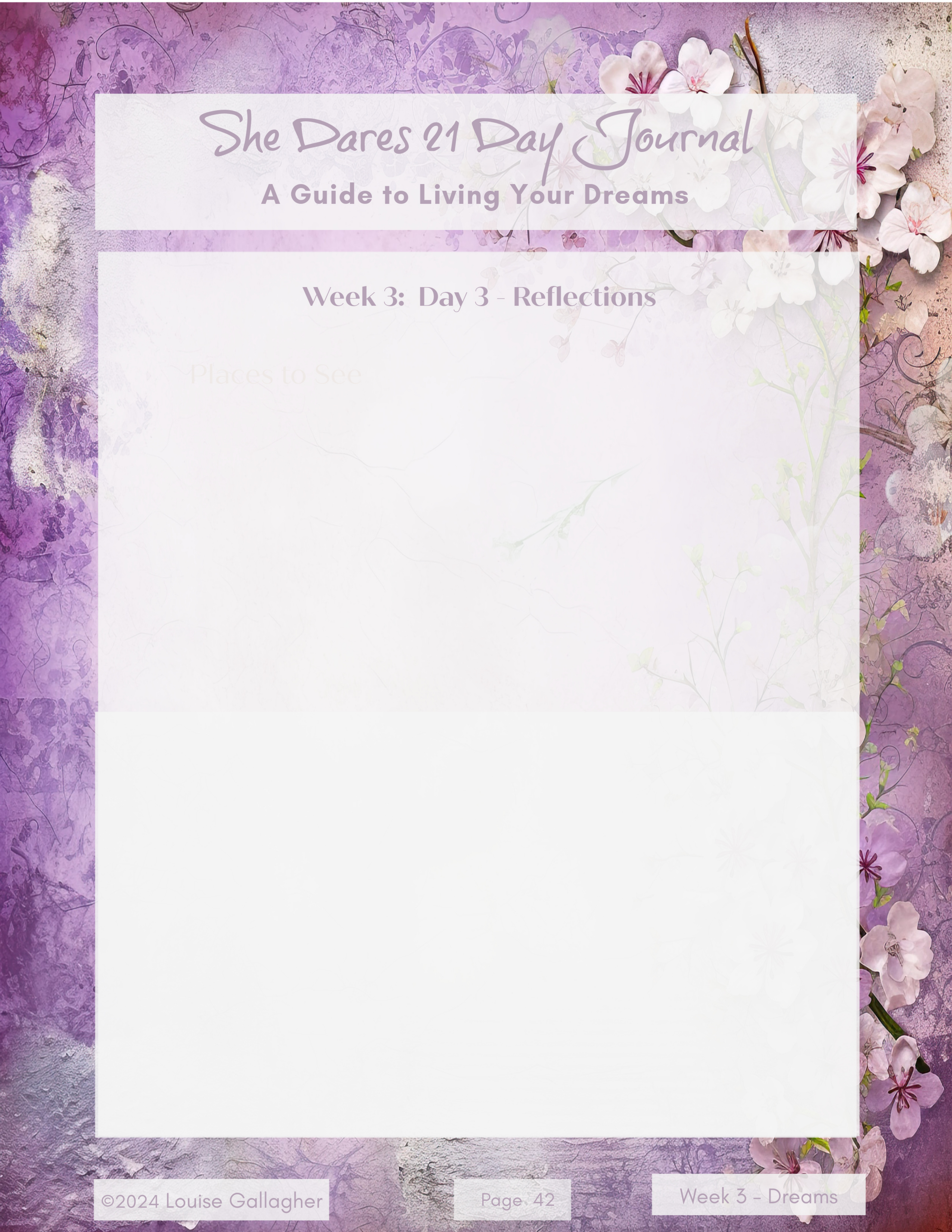
Places to See

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A Weekly Quote Prompt

Week 3: Day 6

Complete the sentence: "I believe in my dreams and believe I can make them come true because..." Use this exercise to affirm your faith in yourself and your vision for the future.



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Week 3: Day 3 - Reflections

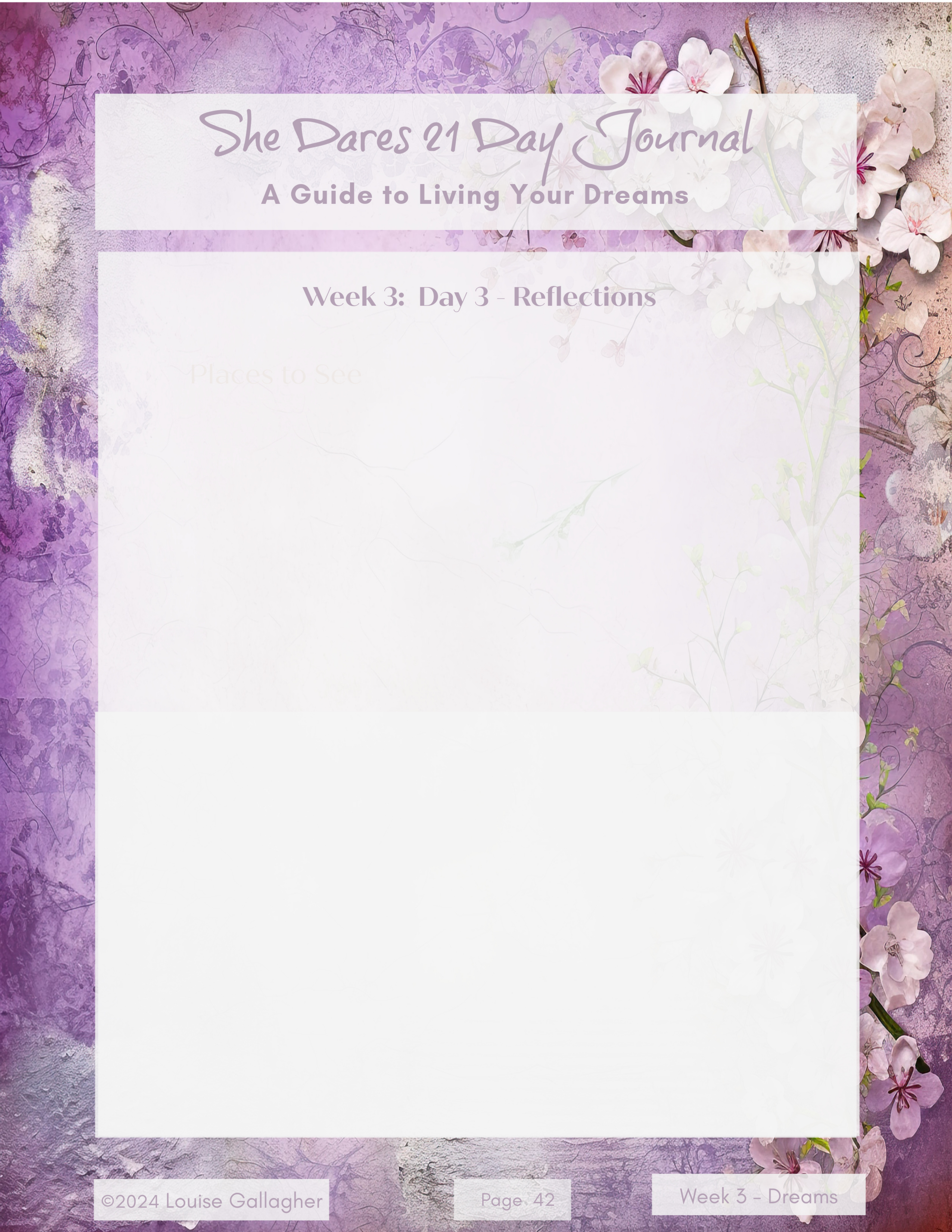
Places to See

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A Weekly Quote Prompt

Week 3: Day 7

Develop a 30-Day Dream Plan. List all the actions you are willing to take in the next month to bring you closer to your dreams. This plan should include both small steps and bold moves, each contributing to your journey toward living your dreams.



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Week 3: Day 3 - Reflections

Places to See

Congratulations on Completing Your Journey

Look at you! You've navigated through the depths of your heart, danced in the realms of joy, and bravely sketched the outlines of your dreams. As you pen down these final words, know that you're not just closing a journal; you're turning the key to a door that leads to infinite possibilities.

Over the past 21 days, you've embarked on a profound exploration of what it means to live a life aligned with your deepest desires and aspirations. You've confronted fears, challenged old narratives, and discovered strengths you might not have acknowledged before. This journey was about unearthing the dreams that pulse with your heartbeat, and now, armed with knowledge and insights about yourself and your dreams, you stand ready at the threshold of making them a tangible reality.

The Journey Continues

Remember, the completion of this journal is not an end but a vibrant beginning. The path to living your dreams is ongoing, a journey of constant evolution, learning, and growth. Here are a few simple steps to keep you on track with your 30-Day Dream Plan and ensure that every day is a step toward making your dreams come true:

1. **Reflect Daily:** Take a few minutes each day to reflect on your actions and their alignment with your dreams. Acknowledge your progress, no matter how small, and adjust your course as needed.
2. **Celebrate Milestones:** Set up milestones within your 30-Day Dream Plan and celebrate each achievement. These celebrations reinforce positive behavior and keep you motivated.
3. **Seek Support:** Continue to engage with our Facebook group or seek out like-minded communities. Sharing your journey and learning from others can provide additional motivation and insight.
4. **Stay Curious:** Keep your sense of curiosity alive. Be open to learning, exploring new avenues, and adjusting your dreams as you grow and evolve. Dreams are not static; they are living aspirations that flourish with your personal development.
5. **Commit to Action:** Every day, ask yourself, "What is one small step I can take today to bring me closer to my dream?" Then, take that step. Consistency is key.

Your Canvas Awaits

As you move forward, remember that the world is your canvas, and you are the artist. With every stroke of courage, every hue of joy, and every sketch of a dream, you paint your masterpiece—a life of fulfillment, purpose, and happiness.

Thank you for allowing us to be a part of your journey. Keep dreaming, keep striving, and above all, keep believing in the boundless potential of what you can achieve.

The journey to living your dreams has just begun. Continue with courage, joy, and conviction.

Yours in dreamng,,

Louise Gallagher