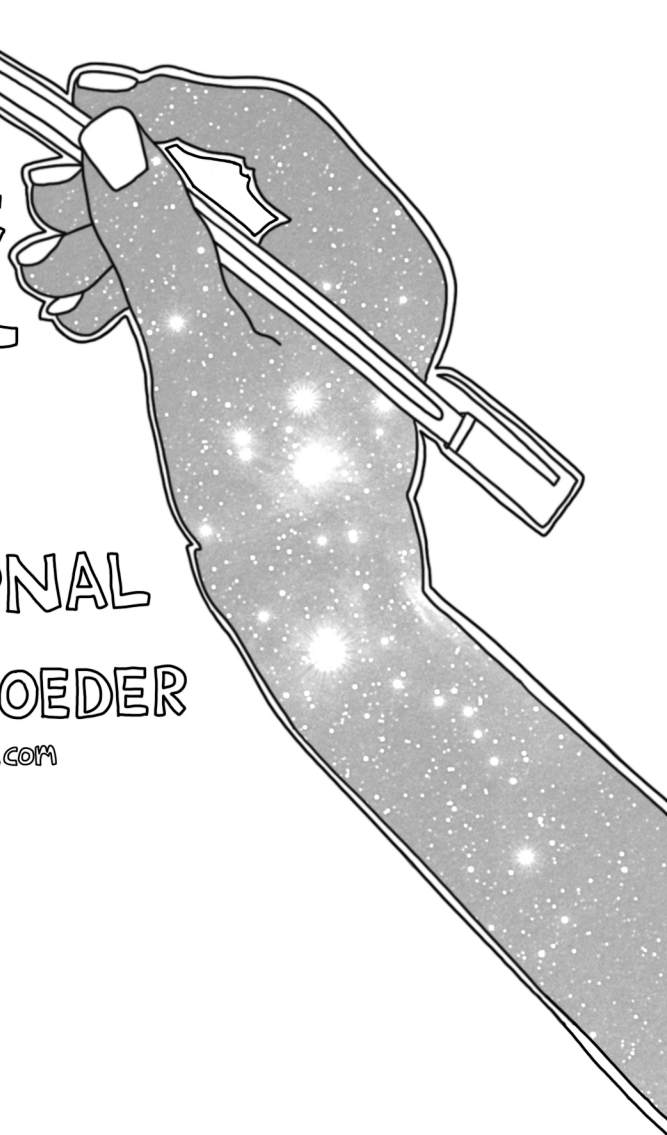


YOU  
ARE THE  
MAGIC



GUIDE + JOURNAL

by ANDREA SCHROEDER

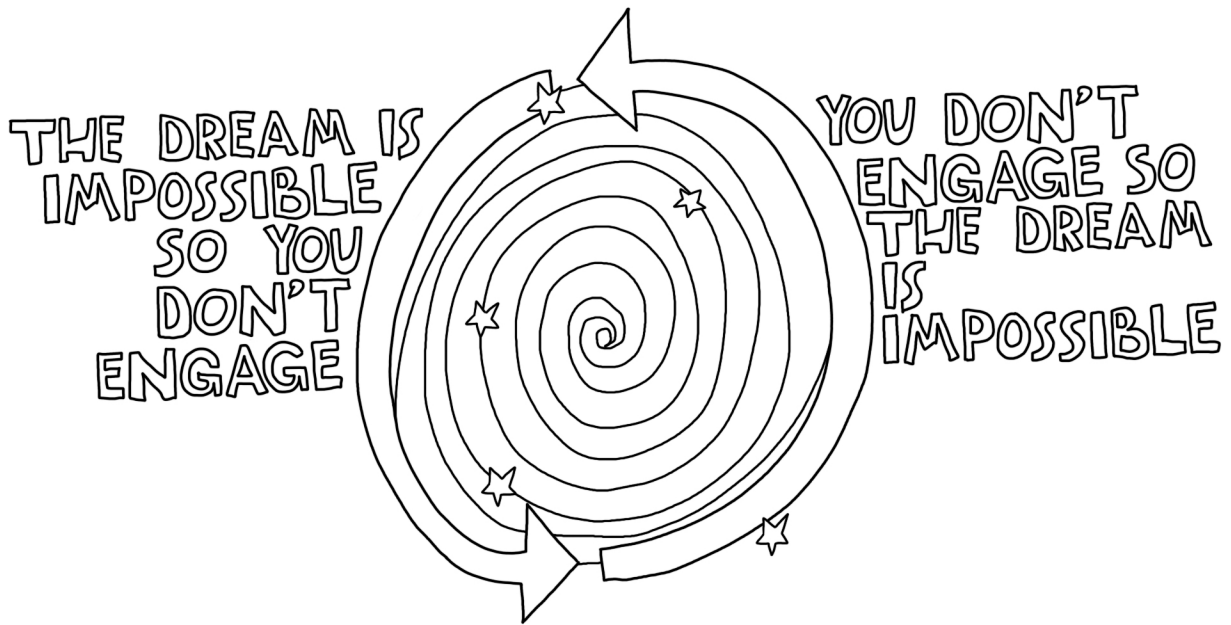
CREATIVEDREAMINCUBATOR.COM

THIS IS HOW DREAMS BEGIN.



WHEN YOU LOOK TO WHERE YOU WANT  
TO BE, THERE IS NO PATH.

JUST AN IMPOSSIBLE CHASM AND NO WAY  
TO CROSS IT.



IT IS SO DIFFICULT TO BE CAUGHT IN THIS CYCLE! AND IT'S EASY TO BELIEVE THAT SOMETHING OUTSIDE OF YOU HAS TO CHANGE BEFORE YOU'LL HAVE ANY OTHER OPTIONS.

BUT THERE ARE LOADS OF WAYS YOU CAN ENGAGE WITH YOUR DREAM, RIGHT NOW. IT ALL BEGINS WITH SEEING CREATIVE DREAMING AS A PRACTICE, INSTEAD OF A THING TO ACCOMPLISH.

## APPROACHING CREATIVE DREAMS AS THINGS THAT YOU ACCOMPLISH (OR TRY TO):

- YOU BELIEVE THAT YOU NEED TO KNOW HOW TO DO IT ALL BEFORE YOU CAN START, WHICH MAKES IT IMPOSSIBLE TO DO ANYTHING
- IT FEELS INSPIRING + EXCITING BUT THEN IT ALSO FEELS RISKY, SCARY + STRESSFUL
- THINKING ABOUT IT CAN SPARK DEEP FEARS LIKE 'AM I GOOD ENOUGH?'

## CREATIVE DREAMING AS A PRACTICE:

- YOU HAVE WAYS TO ENGAGE WITH YOUR DREAMS NO MATTER WHAT IS HAPPENING IN YOUR LIFE
- YOU CAN TAKE LITTLE STEPS EVEN WHEN YOU CAN'T SEE THE PATH
- YOU CAN BE IN THE PROCESS, RECEIVING THE MEDICINE + MAGIC OF YOUR DREAM ANY TIME YOU CHOOSE TO
- YOUR DREAM WILL HELP YOU HEAL + GROW RIGHT NOW BEFORE YOU MAKE ANY CHANGES IN YOUR LIFE
- MAGICAL + RESTORATIVE, HELPS YOU GROW INTO THE VERSION OF YOU WHO CAN OVERCOME THE OBSTACLES + GET TO WHERE YOU WANT TO BE



SO LET'S PRACTICE  
OUR CREATIVE DREAMS

THREE QUESTIONS  
TO GUIDE YOUR PRACTICE  
(CHECK IN WITH THEM OFTEN)

MY DREAM IS:

I WANT IT BECAUSE:

WHEN I HAVE IT I WILL FEEL:

# BE HONEST

ALWAYS BRING YOUR HONEST REACTIONS, THOUGHTS, FEELINGS AND IDEAS TO YOUR CREATIVE DREAM PRACTICE.

TRYING TO AVOID OR SUPPRESS THE UNCOMFORTABLE PARTS WILL SLOW YOUR CREATIVE FLOW.

YOUR CREATIVE DREAM PRACTICE WILL BE MESSY, UNCOMFORTABLE, AWKWARD, PAINFUL, BORING + ANNOYING AT TIMES.

IT WILL ALSO BE INSPIRING, ELEVATING, GENERATIVE, HEALING, MAGICAL + ENERGIZING AT TIMES.

YOUR WORK IS TO KEEP SHOWING UP THROUGH IT ALL.



## HAVING A PRACTICE

MEANS TO DO SOMETHING REGULARLY OR REPEATEDLY. IN THE MOST PRACTICAL SENSE, PRACTICING IMPROVES SKILLS.

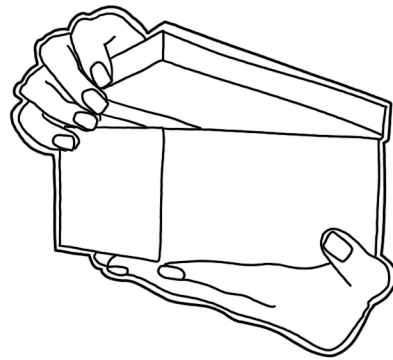
SO ONCE YOU ARE PRACTICING, ANYTHING IS POSSIBLE BECAUSE YOU KEEP IMPROVING. YOU SHOW UP, DO A THING, MAKE MISTAKES, GET INSPIRED TO TRY NEW THINGS, LEARN + GROW.

ONCE YOU ARE PRACTICING A THING IT WILL TRANSFORM YOU. YOU GET BETTER AT THE THING, BECOME MORE CONFIDENT, AND THEN SEE NEW OPTIONS FOR WHAT YOU CAN DO NEXT.

TO THE PEOPLE WATCHING IT CAN LOOK LIKE YOU ARE MAKING QUANTUM LEAPS BUT YOU KNOW YOU'RE JUST TAKING A LOT OF LITTLE STEPS.

A CREATIVE DREAM PRACTICE IS ALL THIS AND MORE. IT IS A CONTAINER FOR:

- \* HEALING
- \* CREATIVITY
- \* TRANSFORMATION
- \* MAGIC



IT HOLDS SPACE FOR NEW POSSIBILITIES TO EMERGE.

YOUR CREATIVE DREAM PRACTICE IS SPACE TO SHOW UP FOR YOUR DREAMS, PRACTICE, PONDER, HEAL, GROW, FACE THE OBSTACLES, MAKE MISTAKES, FOLLOW INSPIRATION, TRY NEW THINGS AND ULTIMATELY BECOME THE VERSION OF YOU WHO CAN DO THE THING YOU ARE DREAMING OF.

A CREATIVE DREAM PRACTICE GIVES YOU:

CLARITY

MOMENTUM

POWER

NEW  
OPTIONS

DEEPER CONNECTION  
TO YOUR AUTHENTIC  
SELF TO BOOST  
CREATIVITY + INTUITION

COURAGE

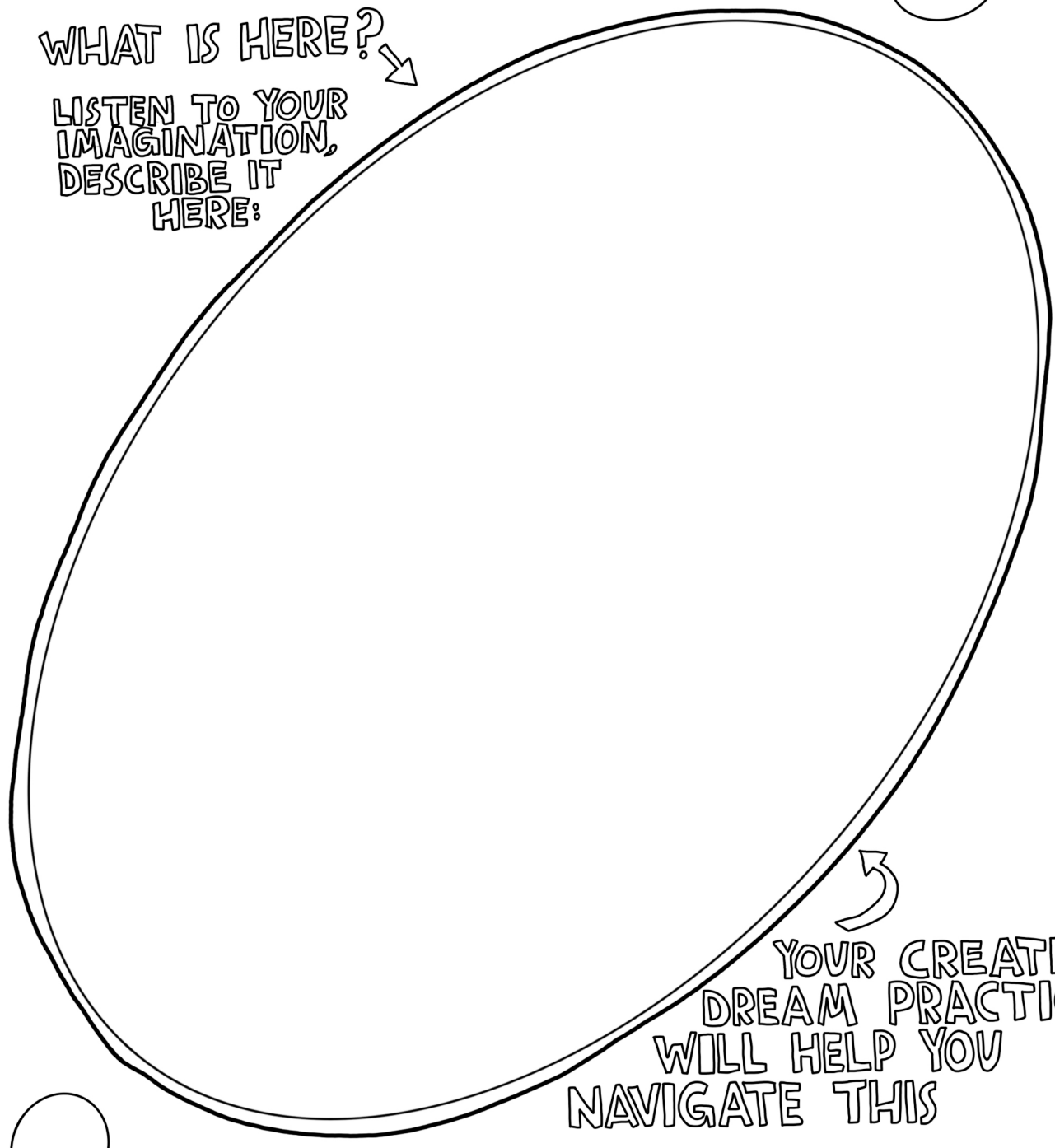
GROWTH

THIS HELPS YOU CONNECT WITH  
THAT PLACE INSIDE YOU WHERE YOU  
KNOW YOU HAVE EVERYTHING YOU  
NEED TO DO ANYTHING YOU WANT.

DATE:

YOUR DREAM IS HERE → ○

WHAT IS HERE? →  
LISTEN TO YOUR  
IMAGINATION,  
DESCRIBE IT  
HERE:



↪  
YOUR CREATIVE  
DREAM PRACTICE  
WILL HELP YOU  
NAVIGATE THIS

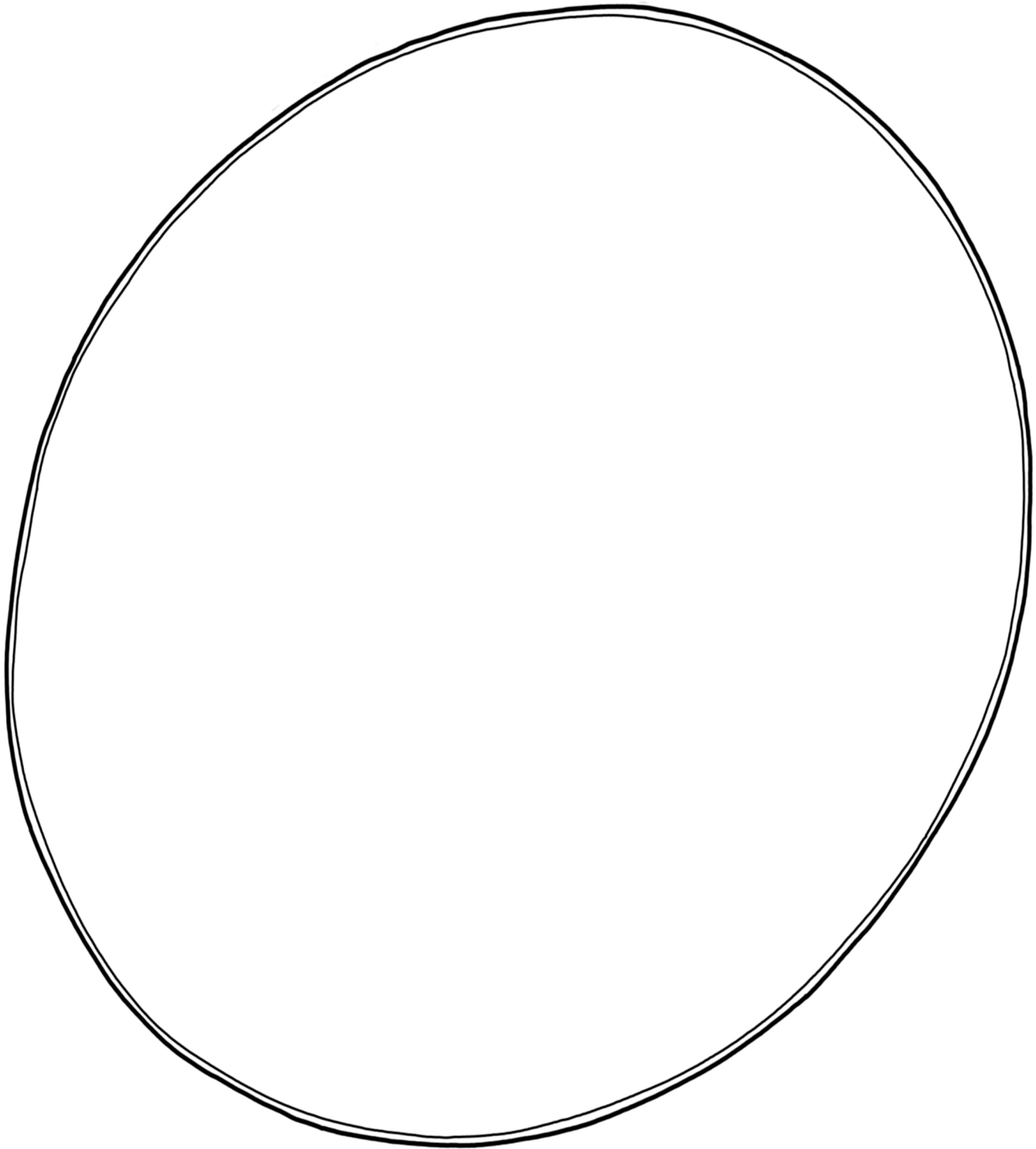
○ ← YOU ARE HERE

YOUR CREATIVE DREAM IS AN OFFERING OF HEALING, GROWTH + MAGIC. AS YOU RECEIVE THIS OFFERING, YOU BECOME THE VERSION OF YOU WHO CAN DO YOUR DREAM.

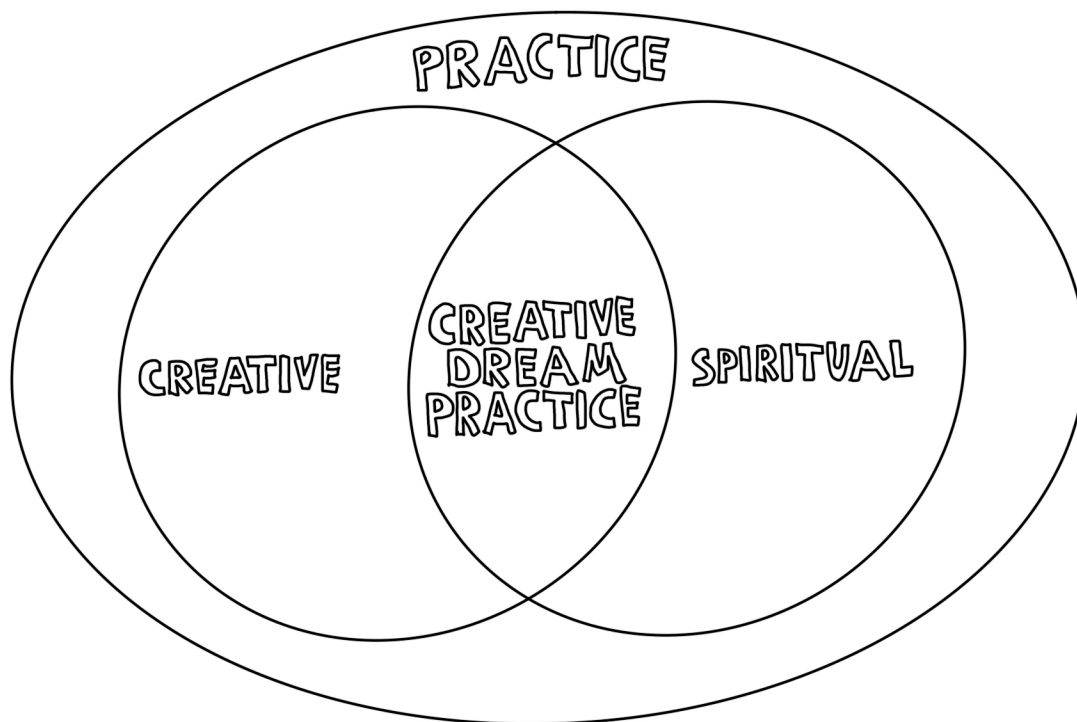
THIS ALL HAPPENS THROUGH YOUR ENGAGEMENT WITH YOUR DREAM.

SOME PARTS OF YOUR CREATIVE DREAM ARE TERRIFYING AND SOME PARTS ARE AMAZING. ALL PARTS NEED TO BE ENGAGED WITH.

WHICH PARTS HAVE YOU BEEN AVOIDING?



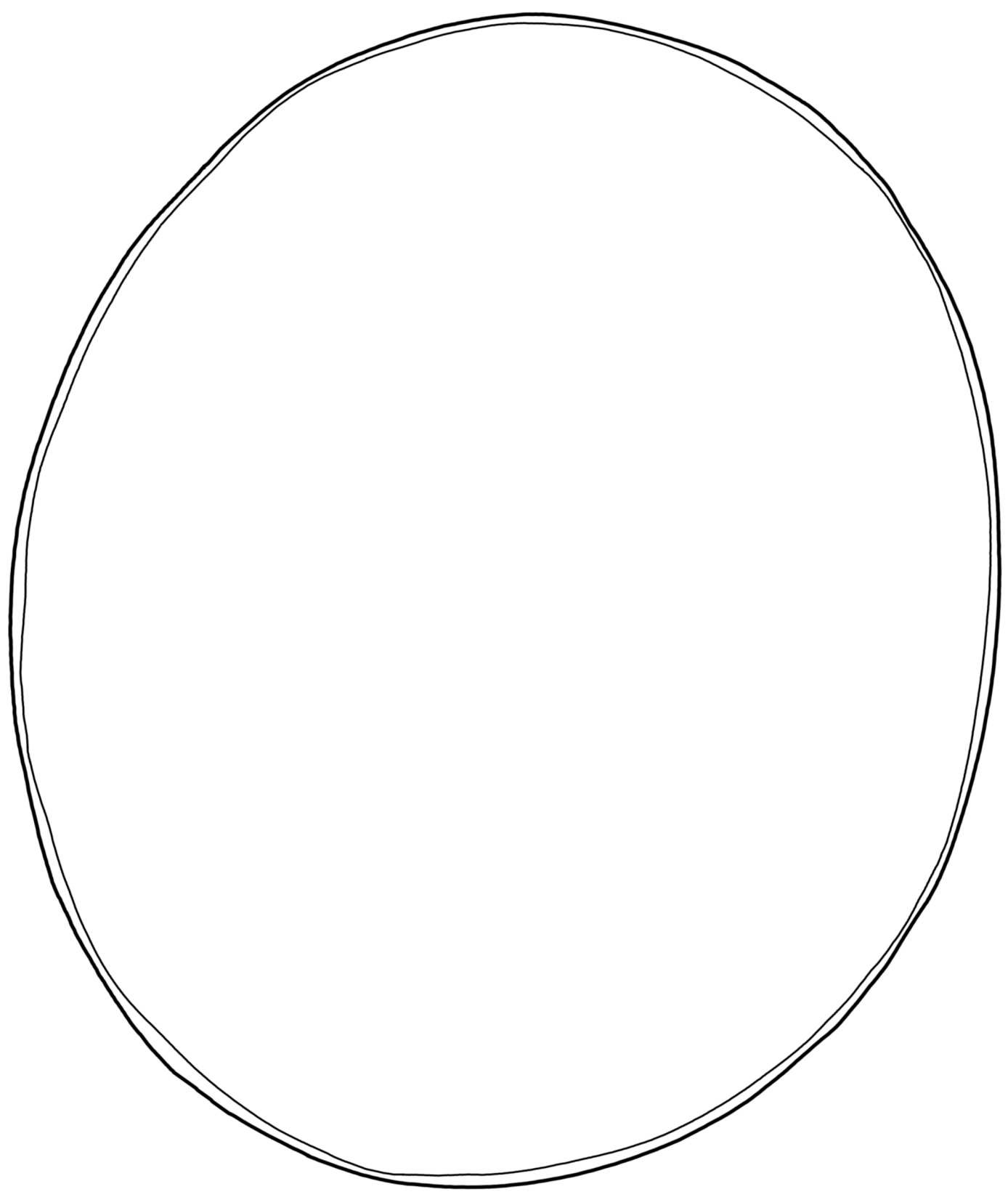
A CREATIVE DREAM PRACTICE IS A  
CREATIVE AND SPIRITUAL PRACTICE.



BECAUSE YOUR CREATIVE DREAMS ARE CALLING  
YOU TOWARDS INNER AND OUTER GROWTH,  
YOUR PRACTICE ENCOMPASSES BOTH.

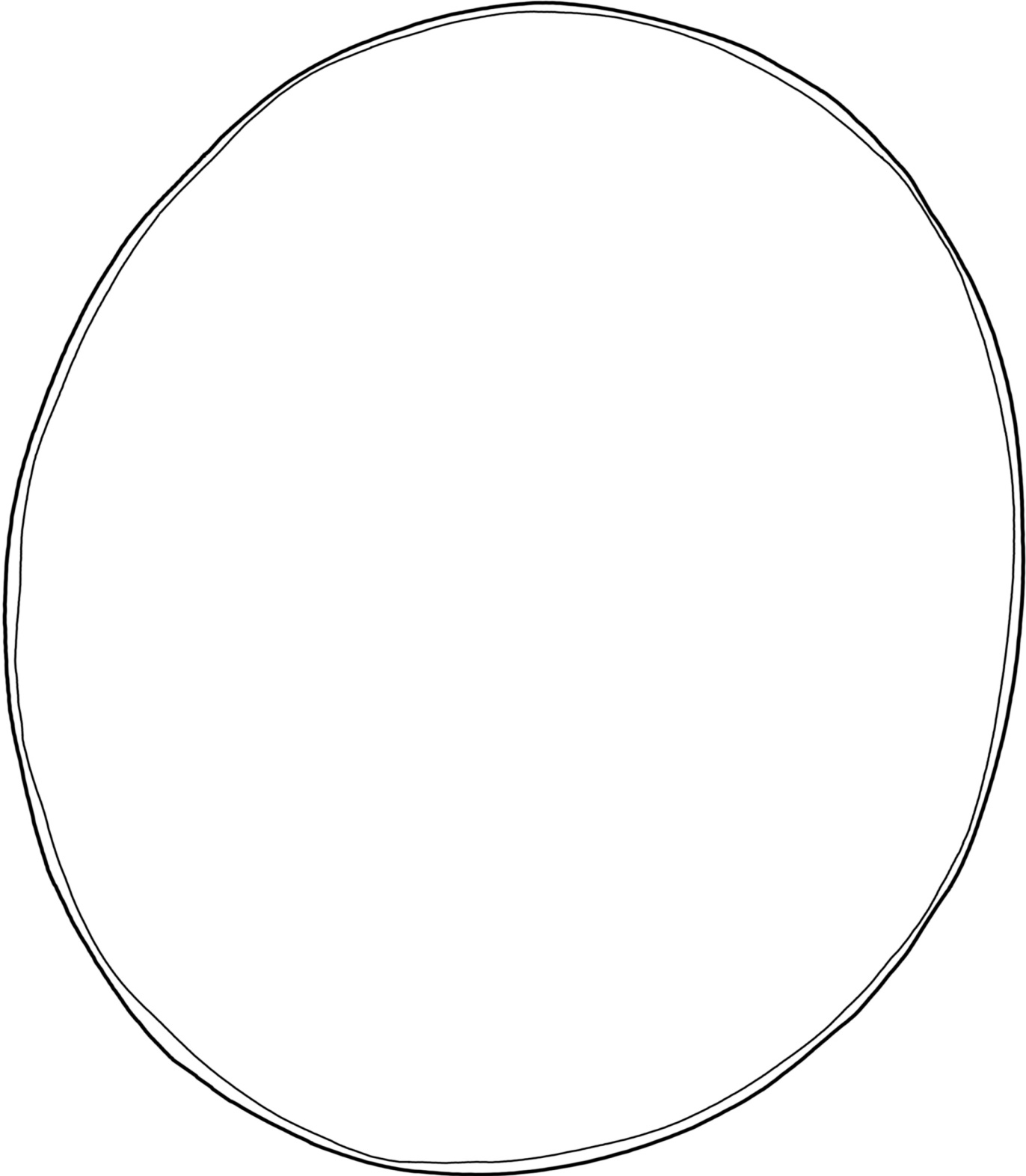
EVERY SINGLE THING THAT YOU WILL  
NEED TO MAKE YOUR DREAM HAPPEN  
WILL COME TO YOU IN YOUR PRACTICE  
BECAUSE YOU ALREADY HAVE THE  
WISDOM, CREATIVITY, COURAGE + STRENGTH  
THAT YOU NEED. YOUR PRACTICE IS WHERE  
YOU ACCESS IT.

THE OUTER OBSTACLES TO THIS DREAM:





THE INNER OBSTACLES TO THIS DREAM:



THE IDEAL TIME TO BEGIN YOUR CREATIVE DREAM PRACTICE IS NOW.

YOU DON'T HAVE TO FEEL READY!

WAITING TO FEEL READY IS ONE OF THE BIGGEST DREAM KILLERS OUT THERE.

YOUR CREATIVE DREAM PRACTICE DOES NOT DEPEND ON YOU HAVING THE IDEAL CIRCUMSTANCES FOR YOUR DREAM. IT ONLY DEPENDS ON YOU SHOWING UP.

YOU AND YOUR DREAM ARE SO

**POWERFUL**

THAT ONCE YOU ARE SHOWING UP FOR THIS DREAM, THINGS WILL CHANGE.

YOUR CREATIVE DREAM PRACTICE WILL MAKE MAGIC IN YOUR LIFE.

THE STRENGTHS, TALENTS, SUPPORTS,  
RESOURCES + GIFTS I HAVE THAT WILL  
HELP ME MAKE THIS HAPPEN:

A large, empty rectangular box with rounded corners, intended for writing. The box is outlined with a simple black line and occupies most of the page's vertical space.

A CREATIVE DREAM PRACTICE GIVES YOU SPACE TO:

FIGURE OUT HOW TO GET ORGANIZED TO WORK ON YOUR DREAM

GET CLEAR ON WHAT YOU WANT NEXT

EXPRESS YOURSELF IN NEW WAYS

GROW INTO THE DREAMS THAT FEEL TOO BIG NOW

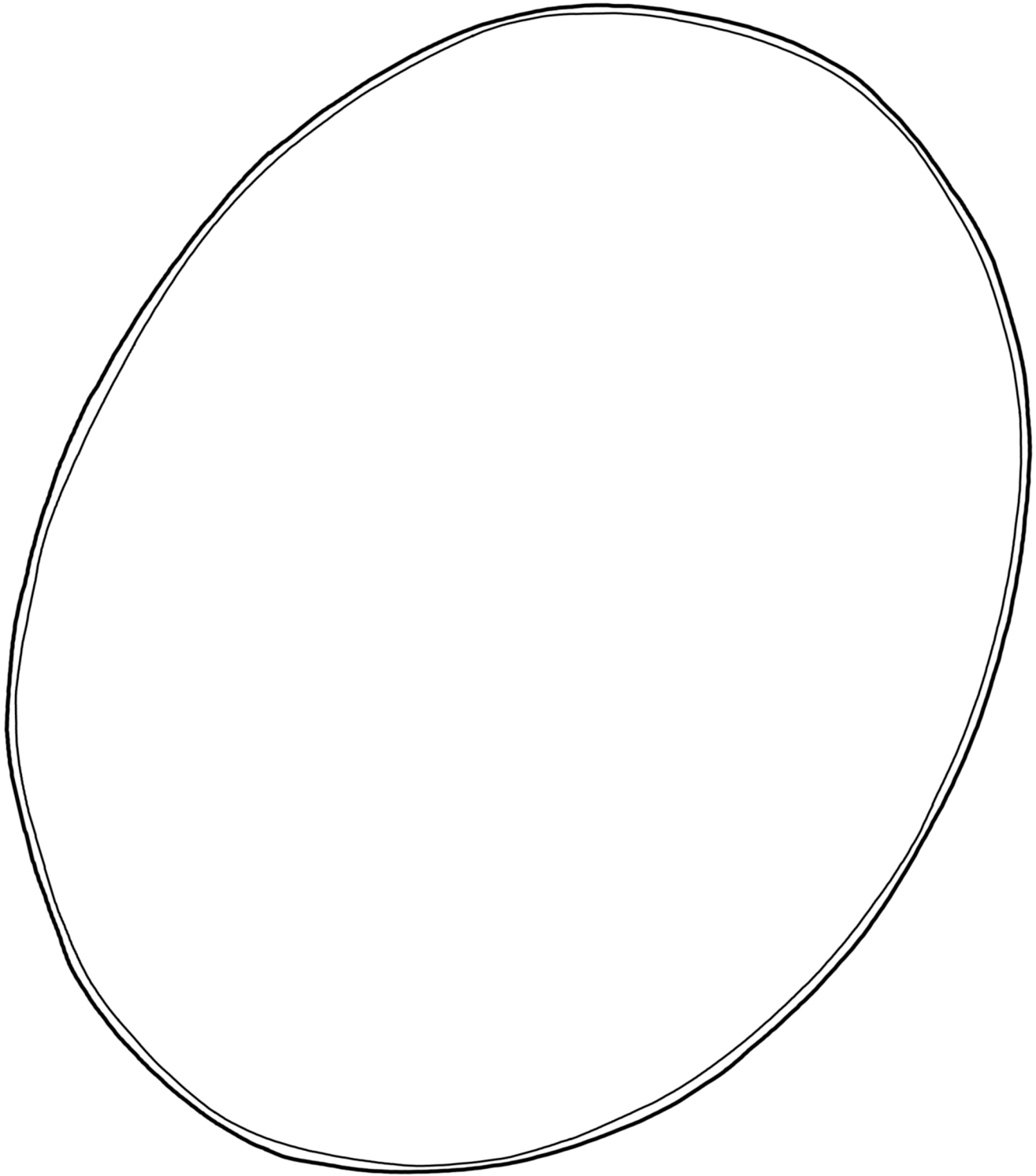
LEARN MORE ABOUT YOURSELF

HONE YOUR GIFTS

PROCESS DOUBT, FEAR + UNCERTAINTY TO ACCESS CLARITY, CONFIDENCE + A SENSE OF FEELING READY.

SO YOU DON'T NEED TO ALREADY HAVE THESE THINGS!

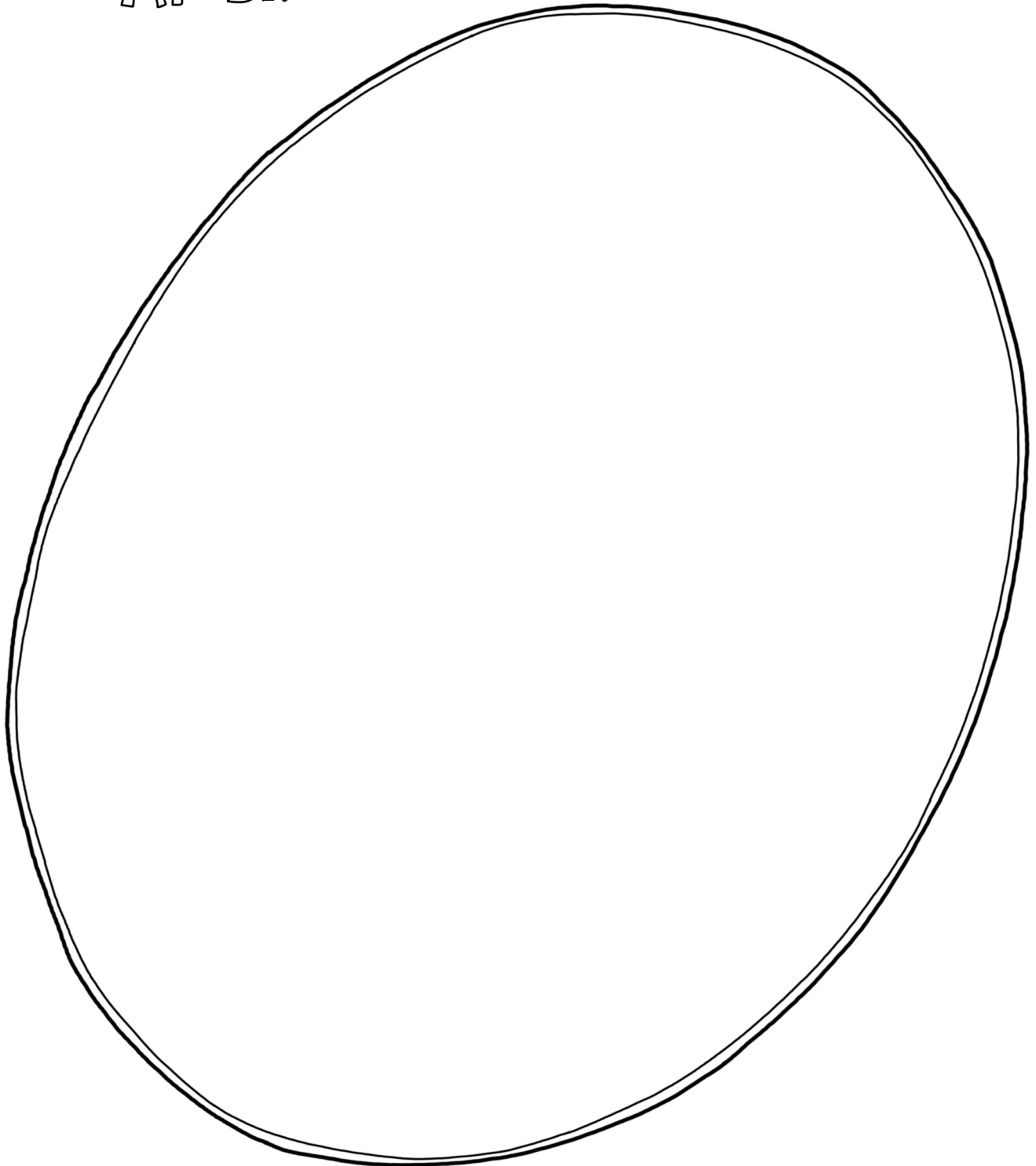
WHAT DO YOU WANT MOST FROM  
YOUR CREATIVE DREAM PRACTICE?



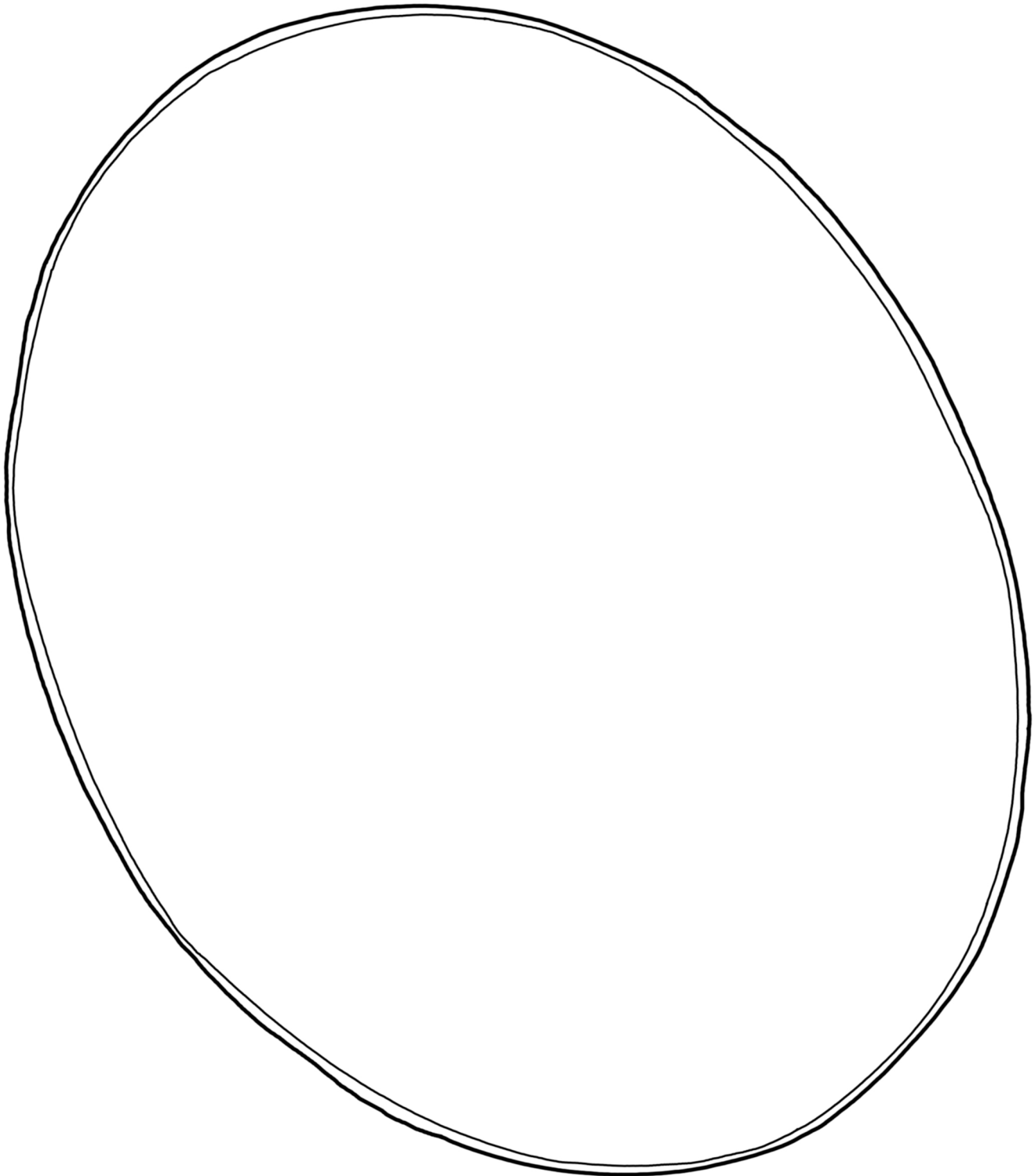
WHEN I AM MY

MOST \*OPTIMISTIC\* SELF

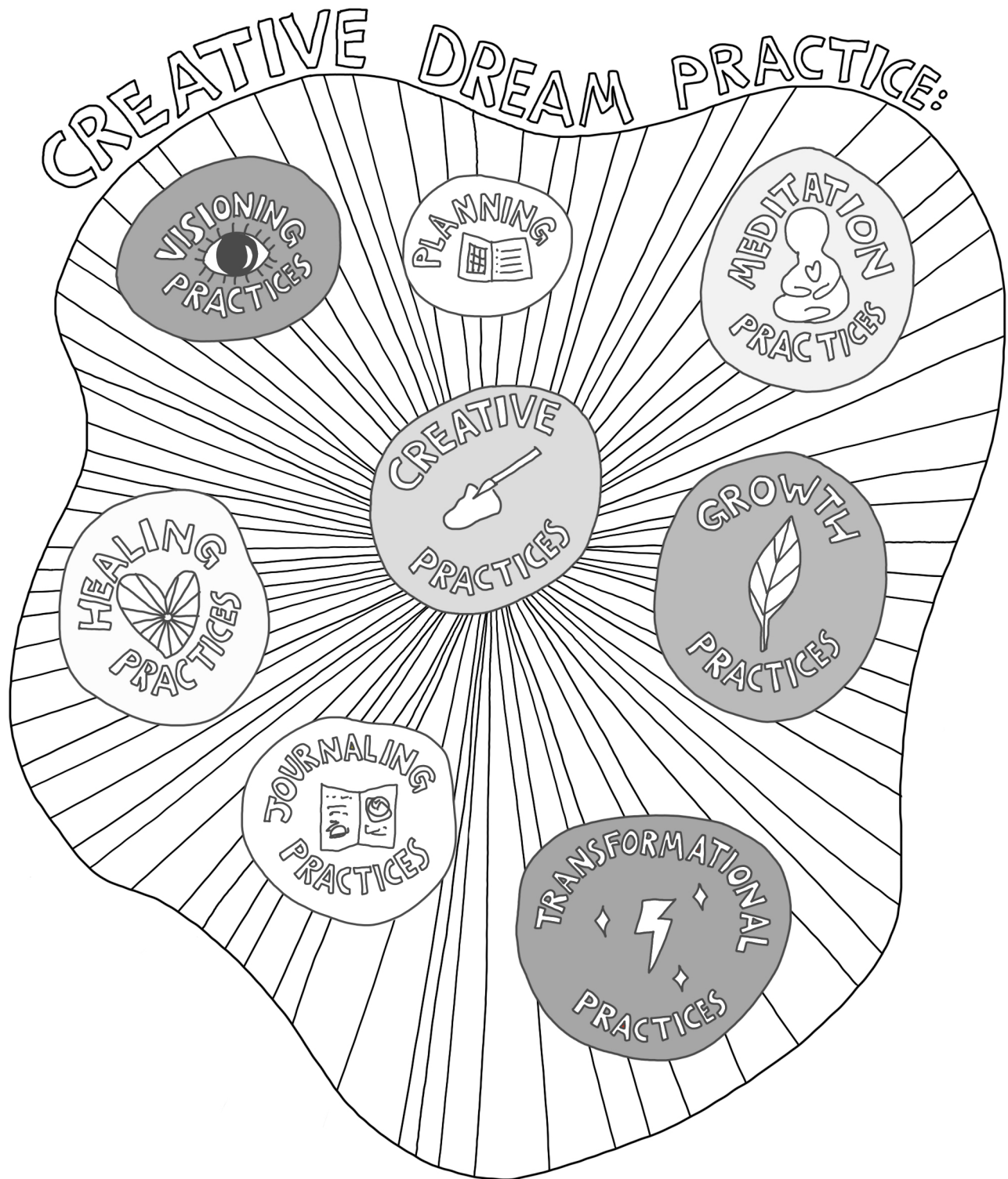
THIS IS HOW I WANT TO MAKE  
MY DREAM HAPPEN:



- I HAVEN'T TRIED THIS YET BECAUSE:
- I TRIED IT, THIS IS WHAT HAPPENED:



YOUR CREATIVE DREAM PRACTICE (noun) IS FILLED WITH DIFFERENT PRACTICES (verb).





THE SHAPE OF YOUR CREATIVE DREAM PRACTICE CAN LOOK HOWEVER YOU WANT IT TO.

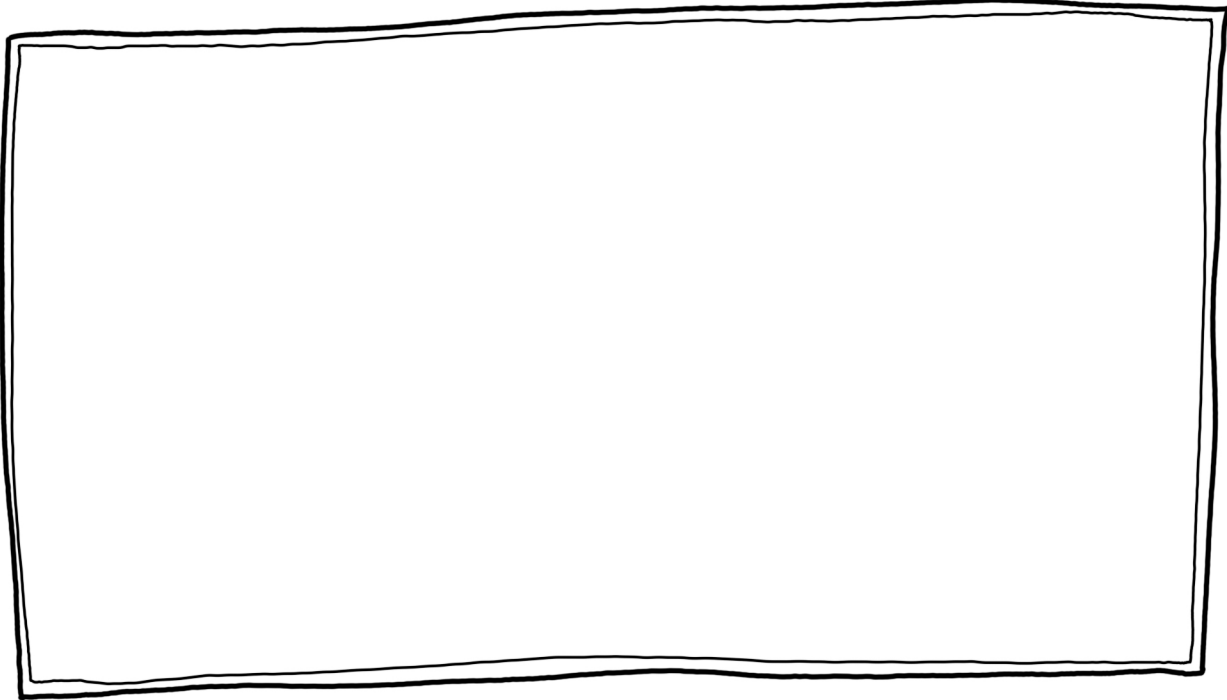
ONE OF MY STUDENTS DESCRIBED IT AS:

TOUCHING MY DREAM EVERY DAY

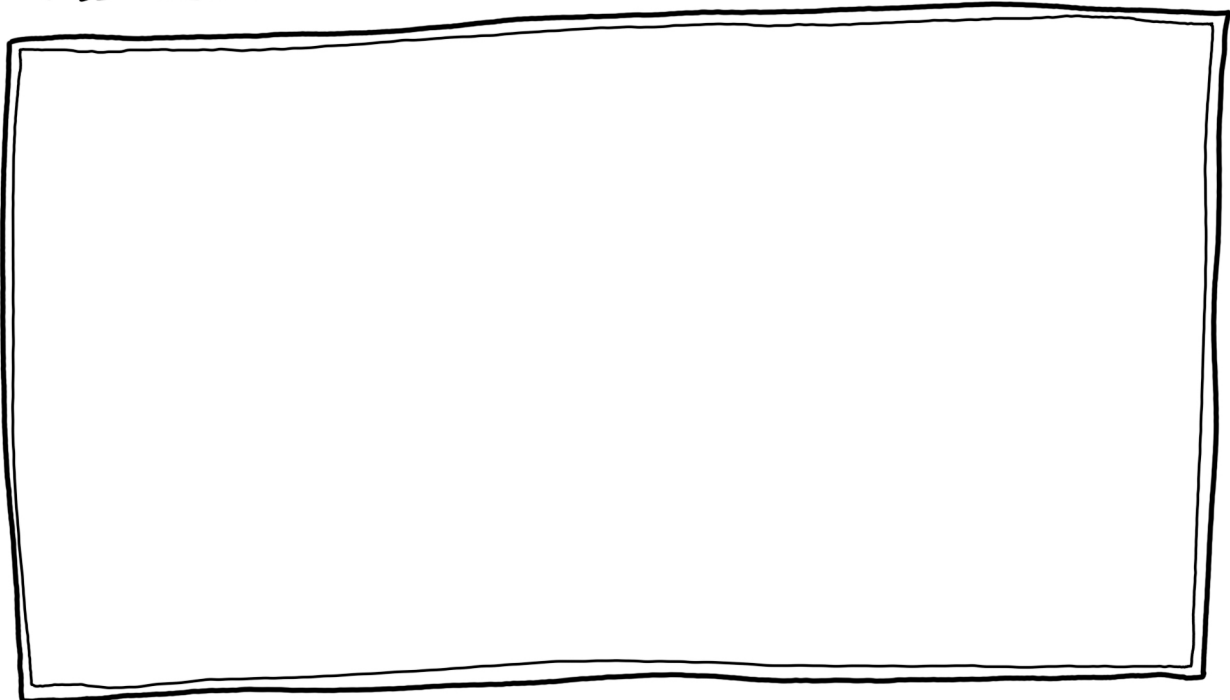
SHE SAYS IT DOESN'T MATTER HOW SHE TOUCHES HER DREAM, AS LONG AS SHE DOES SOMETHING, SHE IS BRINGING THE MAGIC INTO HER LIFE.

THE MORE FOCUS + CONSISTENCY YOU CAN BRING TO YOUR CREATIVE DREAM PRACTICE, THE DEEPER YOU GO INTO IT, SO YOU CAN GET MORE OUT OF IT. BUT DURING THE BUSY TIMES HAVING A QUICK + SIMPLE WAY TO TOUCH YOUR DREAM CAN BE A REAL BOOST.

I USUALLY DECIDE TO SHOW UP FOR MY CREATIVE DREAMS WHEN:



THINGS THAT WOULD HELP ME SHOW UP MORE CONSISTENTLY TO PRACTICE MY CREATIVE DREAMS:





WHAT, EXACTLY, YOU DO IN YOUR CREATIVE DREAM PRACTICE WILL CHANGE FROM DAY TO DAY.



THE GOAL IS TO MEET YOURSELF WHERE YOU ARE AND MOVE TOWARD WHERE YOU WANT TO BE SO IDEALLY YOU WILL HAVE LOADS OF PRACTICES TO CHOOSE FROM. PRACTICES FOR WHEN YOU ARE FEELING SCARED, STUCK, INSPIRED, BRAVE, OR... YOUR CREATIVE DREAM PRACTICE NEEDS TO HOLD SPACE FOR ALL OF IT.

BECAUSE THIS IS A LOT OF PRACTICES,  
IT HELPS TO ORGANIZE THEM INTO  
THREE CATEGORIES:

INNER WORK: HEALING, TRANSFORMATION,  
GENERATING MIRACLES

OUTER WORK: PLANNING, CREATING,  
TAKING BRAVE STEPS

DREAM WORK: VISION, INSPIRATION,  
GROWING INTO THE VERSION  
OF YOU WHO CAN DO THE  
THING

YOU CAN \*ALWAYS\* DO DREAM WORK PRACTICES SO THEY SHOULD MAKE UP THE FOUNDATION OF YOUR CREATIVE DREAM PRACTICE.

FROM THERE IT'S ALL ABOUT MEETING YOURSELF WHERE YOU ARE + MOVING TOWARDS WHERE YOU WANT TO BE.

SO IN THE MOST GENERAL SENSE:

WHEN YOU FEEL STUCK,  
SCARED, OR YOU'RE  
PROCRASTINATING OR  
THINGS ARE JUST NOT  
GOING WELL → GO TO INNER WORK

WHEN YOU FEEL INSPIRED,  
MOTIVATED OR READY TO  
GET TO WORK → GO TO OUTER WORK

YOU ARE THE MAGIC  
THAT WILL MAKE YOUR  
DREAMS COME TRUE

YOUR PRACTICE IS WHERE  
YOU ACCESS IT.

LOOK BACK TO YOUR ANSWER FROM PAGE 20  
(WHAT DO YOU WANT MOST FROM  
YOUR CREATIVE DREAM PRACTICE?)

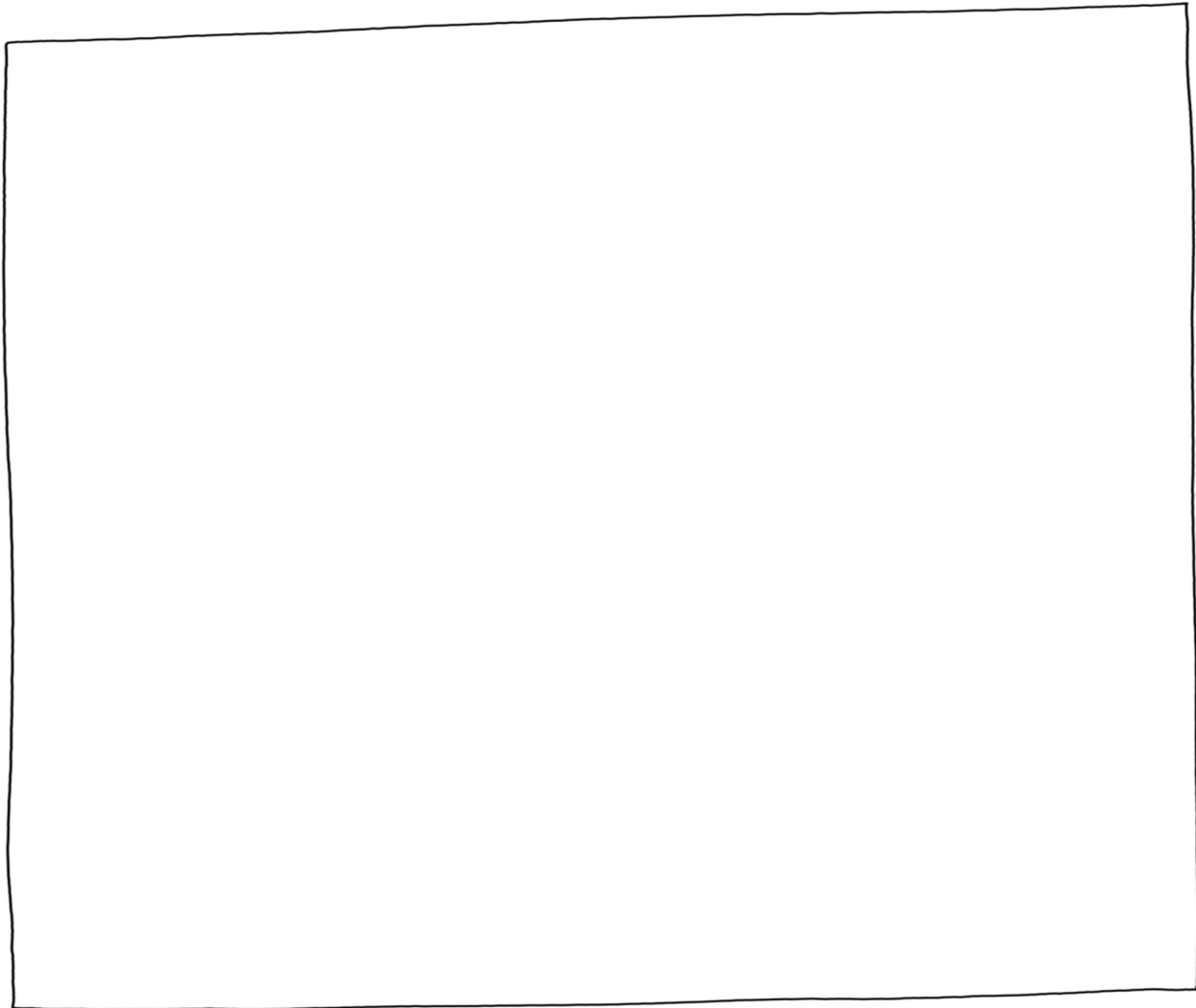
WHAT PRACTICES (verb) CAN YOU INCLUDE  
IN YOUR CREATIVE DREAM PRACTICE (noun)  
THAT WILL HELP YOU GET THIS?

A large, empty rectangular box with a hand-drawn border, intended for the user to write their responses to the questions above.

NOW LET'S MAKE SURE YOU ARE INCLUDING DREAM WORK, INNER WORK + OUTER WORK IN YOUR CREATIVE DREAM PRACTICE.

DREAM WORK PRACTICES ARE ABOUT VISION, CLARITY, INSPIRATION, CONNECTING WITH YOUR DREAM, LEARNING MORE ABOUT IT + ACCLIMATING TO IT - BECOMING AN ENERGETIC MATCH TO IT.

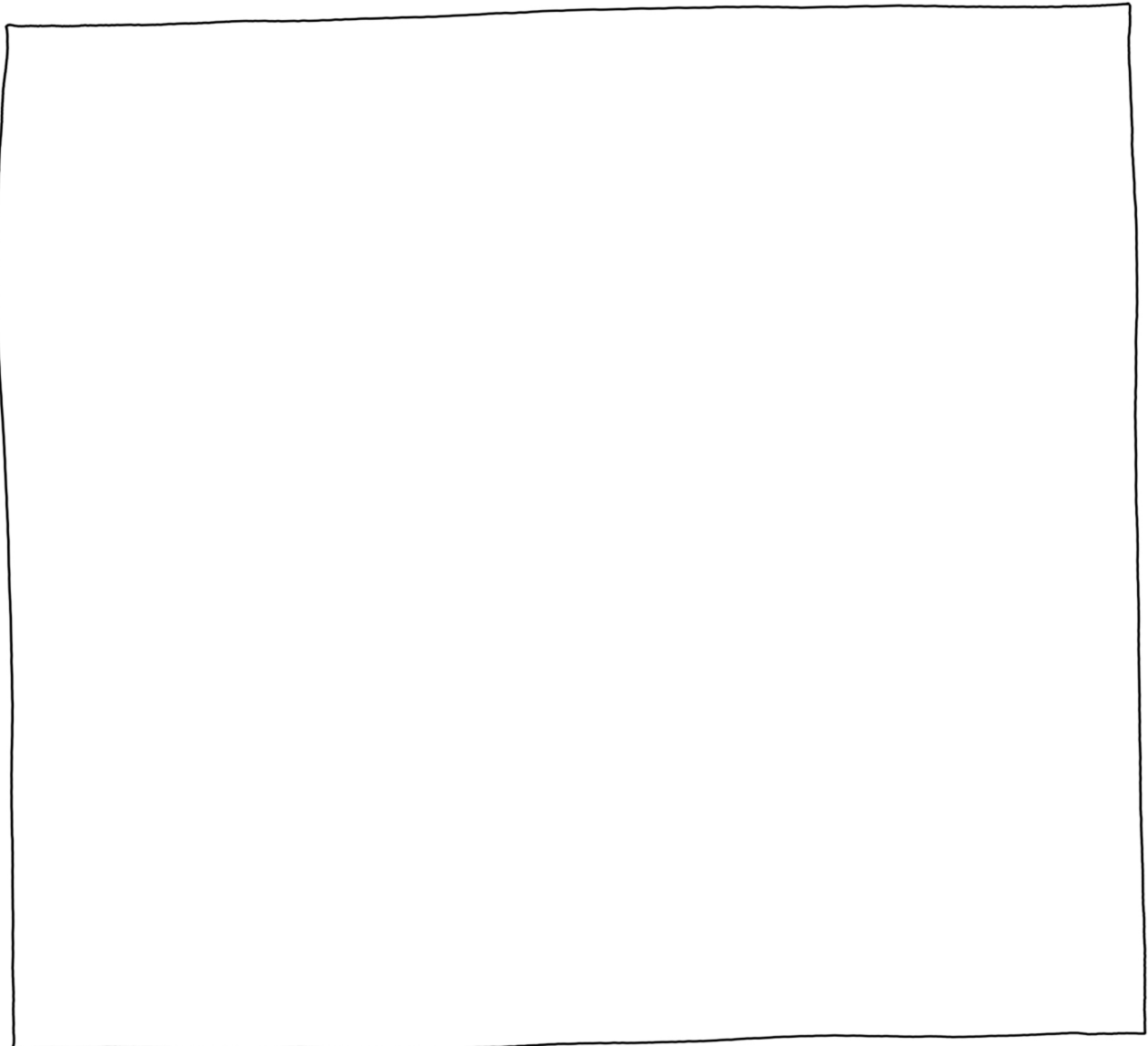
WHAT PRACTICES WILL HELP YOU FEEL THE VIBES, BELIEVE IN YOURSELF + TAKE BRAVE STEPS?





INNER WORK PRACTICES ARE ABOUT HEALING, TRANSFORMATION + MIRACLES. THESE ARE THE THINGS YOU NEED TO DO WHEN YOU FEEL STUCK ABOUT DOING ANYTHING ELSE.

CAN YOU IDENTIFY WHERE YOU ARE LIKELY TO GET STUCK WITH YOUR DREAM + COME UP WITH A PLAN FOR UN-STICKING? WHAT PRACTICES HELP YOU FACE + MOVE THROUGH FEARS, DOUBTS + HARD PARTS?



OUTER WORK PRACTICES ARE ABOUT  
LEARNING, PLANNING + DOING THE THING!  
IT'S SO EASY TO GET STUCK WITH THIS  
PART. BEING MORE CONSISTENT WITH  
DREAM WORK + INNER WORK WILL HELP YOUR  
PROGRESS WITH THE OUTER WORK.

WHAT OUTER WORK WILL BE THE MOST  
USEFUL FOR YOU TO FOCUS ON?

A large, empty rectangular box with a hand-drawn border, intended for the user to write their answer to the question above.



I TEACH CREATIVE  
DREAMING AS A  
PRACTICE IN DEPTH  
IN MY ONLINE  
MEMBERSHIP.

MEMBERS ALSO GET ACCESS TO MY  
LIBRARIES OF ALCHEMY PRACTICES  
FOR DREAM WORK, INNER WORK +  
OUTER WORK.

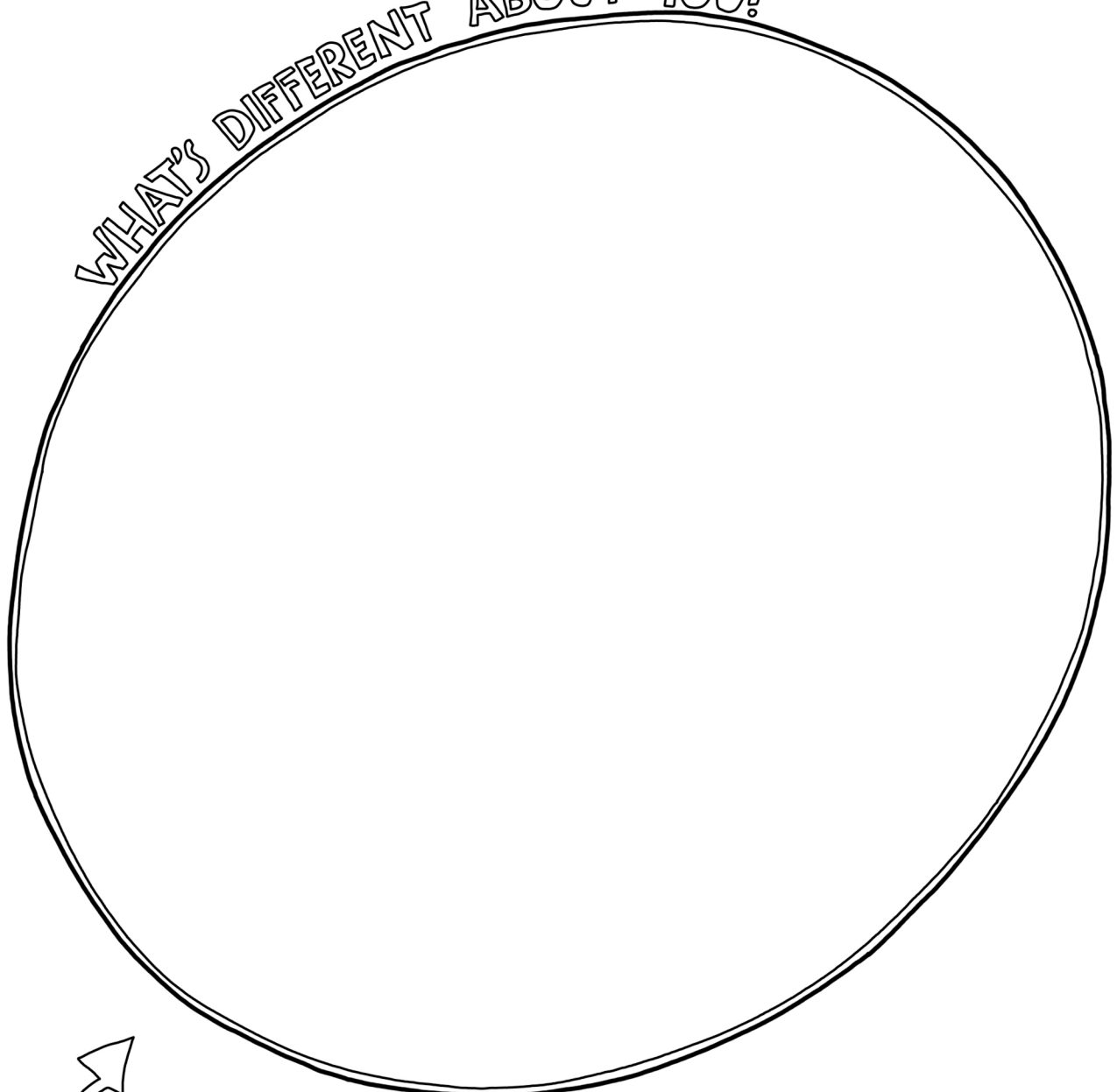
PRACTICING YOUR DREAM IS AN  
ALCHEMICAL PROCESS. YOU CAN  
TRANSFORM FEARS, DOUBTS +  
OBSTACLES INTO FUEL FOR YOUR  
JOURNEY.

I WOULD LOVE TO DO THIS WORK  
WITH YOU IN THE MEMBERSHIP.  
JOIN US HERE:

[CREATIVEDREAMINCUBATOR.com](https://CREATIVEDREAMINCUBATOR.com)

PICTURE IT NOW: YOU. WITH ALL OF YOUR WILDEST DREAMS COME TRUE.

WHAT'S DIFFERENT ABOUT YOU?



EACH OF THESE DIFFERENCES POINTS TO THE WAYS THAT YOUR DREAM IS HERE TO GROW YOU.



EACH OF THESE DIFFERENCES POINTS TO THE WAYS THAT YOUR DREAM IS HERE TO GROW YOU.

YOUR DREAM IS YOUR SACRED CALLING.

IT'S MEANT FOR YOU. IT'S NOT AN ACCIDENT. IT'S NOT FRIVOLOUS. IT'S NOT SOMETHING OUTSIDE OF YOU TO CHASE AFTER. YOUR DREAM IS A PART OF YOU.

YOUR WORK IS TO KEEP PRACTICING AND AS YOU DO, YOU WILL GROW INTO THE VERSION OF YOU WHO CAN DO YOUR DREAM.

I WOULD LOVE TO DO THIS WORK WITH YOU! JOIN THE MEMBERSHIP HERE:

[CREATIVEDREAMINCUBATOR.com](https://CREATIVEDREAMINCUBATOR.com)

I ALSO MADE THE  
CREATIVE DREAM  
PLAYBOOK!

83 PAGES OF WAYS  
TO PRACTICE  
YOUR DREAM.

(GET IT ON MY WEBSITE)

CREATIVE DREAM  
PLAY BOOK

A GUIDE, JOURNAL + ORACLE  
FOR NAVIGATING THE SPACE  
BETWEEN WHERE YOU ARE  
AND WHERE YOU WANT TO BE.

BY ANDREA SCHROEDER