

# DREAM CATCHER FINALISTS LISTED BELOW!

*Dream Catcher Webinar: Live The Life You are Meant To Live*

Four Coaches: One Live Event

January 11th @ 6pm CST, Live Q & A

## Meet Your Experts

Julie Lokun, Masters Certified Life Coach

Tristin Hodges, Mental Health Professional & Life Coach

Tia Morell, Certified Holistic Nutritionist

Mika Altidor, Certified Life Coach

*Julie Lokun*

WWW.CROWNANDCOMPASSLIFECOACHING.COM

WWW.JULIELOKUNCOACHING.COM

NOTE TO SELF. MY POWERFUL WORD OF  
THE DAY IS.....

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Set A Word Of Intention  
Everyday

JULIE IS A FACILITATOR OF DREAMS. SHE  
IS A MASTER'S CERTIFIED LIFE COACH,  
JURIS DOCTORATE & PURVEYOR OF  
AUTHENTIC CONNECTIONS

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Worthy!

# Manifesting

Manifestation is the transmutation of thought into its physical equivalent. It's the process of taking an idea, a dream, a goal, or a vision and taking the necessary action steps to make it a reality. Anything you can daydream about, you can create in your life.

*"Imagination is everything, it is the preview of life's coming attractions"*  
*- Albert Einstein*

The Latin root of "manifestation" is "manifestare" which means "make public." Quite literally, when you manifest, you make your goals and dreams public. You pull them out of your mind and into the physical world. This requires focused determination and faith. Most of the time when you hear someone talking about manifestation, they are talking about intentional manifestation. But in reality, we unintentionally manifest all day long. As analytical beings, our minds are constantly overthinking our current reality. This causes us to unintentionally manifest more of what we already have (or don't have) into our future.

## Pop Quiz

1. What are you thinking right now?
2. Was this thought in alignment with your overall vision of your life?
3. What was the first thing you thought when you woke up?
4. Are your daily thoughts in the alignment of your overall vision for your life?

*Extra Credit*

What is Your Overall Vision In Your Life?

How do you have to intentionally think to live like you have already achieved your vision?

# Final Thoughts

Thank YOU for joining the DREAM CATCHER CHALLENGE. We have be overwhelmed with the outpouring of love. Share your vision, your vision boards, your journaling-- anything that inspires you--share it with us!

And mark your calendar for this Monday-- January 11th at 6pm CST. We will announce the winners- YES WINNERS (Plural) -- we will be prizes valued over \$500 so you can keep catching your dreams.

-- YOU HAVE UNTIL SUNDAY, JANUARY 10th TO SUBMIT ALL THE RESPONSES TO THE CROWN AND COMPASS TEAM. THE MOST ACTIVE PARTICIPANT WHO IS EMBRACING THEIR DREAMS WILL WIN! YOU GOT THIS!

TIA + TRISTIN + MIKA + Julie



*Dream  
Catcher  
Live Q & A*

Monday, January 11th At 6PM CST  
Winners Announced!

*Thank  
You!*



*YOU ARE A DREAM CATCHER!*

**Thank You To These Top Participants---And All Those  
That Joined!**

**DELMA  
SARAH  
ALEXANDRA  
NICOLE  
CAROL  
STEPHANIE  
JEFF  
KINDRA  
CAROL S.  
DIANA  
MAY  
MARGOT  
JESSICA  
JENNIFER  
KRISIE  
VANESSA  
CHERYL  
KELSI  
AMY  
RENEE  
LEESA  
EVELYN  
TAYLOR  
TRISHA  
JAN  
LIZ  
KIM  
CARLA  
DONNA  
CARMEN  
LARRY  
LINDSEY  
CAMILA**

