DREAM CATCHER FINALISTS LISTED BELOW!

Dream Catcher Webinar: Live The Life You are Meant To Live
Four Coaches: One Live Event

January IIth @ 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 Lopun

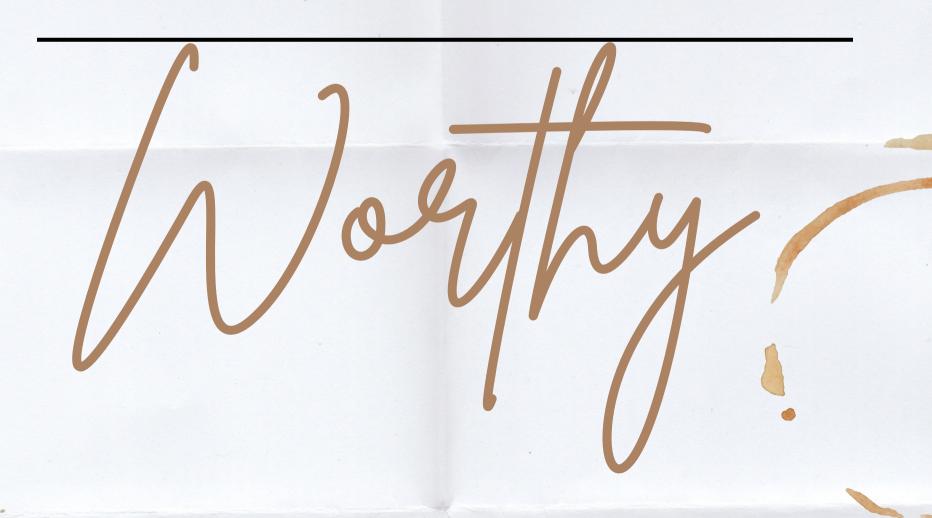
WWW.CROWNANDCOMPASSLIFECOACHING.COM
WWW.JULIELOKUNCOACHING.COM

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

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



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 aftractions"
- 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

- I. 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 IIth 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



