

# WHAT IF...

# *I can?*



*The journaling prompt-book designed to  
help you expand on your dreams*

# Welcome Love!

I want to take a second and  
acknowledge your YES.

If you're opening this workbook  
I know this:

You are a yes to your life.

To raising your standards

Dreaming big

And going ALL IN

I have tingles because genuinely  
this is **magical**.



Think of this workbook as SPACE for you.

Space to **release the past**.

Space to **paint your vision** for the future.

To be real with yourself about **what needs to go**

And **get clear** about the version of you that you are becoming.

Let's make it happen.

*All my love and support,*

*Joanne*

# *What do you desire?*

Use the space below to let yourself go there, FULLY. *What do you desire for your career? Your relationships? Your home life? Your adventures?*

**Really go for it.**



# *What beliefs are in your way?*

*You're not good enough? You can't do it? You don't deserve it?*

Use this space to write down what your **MIND** says when you think about the list above. Notice which beliefs have energetic charge – they make you feel something in your body.

## *What are they costing you?*

Get clear about what continuing to believe these things stops you doing or feeling.

# Getting curious

Where might these beliefs have come from? Channel the energy of curiosity as you explore this and let any emotion come through. **It's gets to be here.**

## *What negative things might happen?*

If you actually get what you desire what negative things might happen? e.g. *if you have your own business you might never stop working and burn out.*

## *What parts of you need love?*

What parts of you need to be loved on? This might be a younger version of you, or the part of you that's in resistance. *How can you give this part of you love?*

# *The version of you that's emerging*

Write about the version of you **who absolutely knows** she is going to make it happen. *What does she wear? How does she move through the world? How do other people experience her? How does she handle fear?*

# Let's talk *fear*



What happens in your physical body when you're afraid? What sensations are present? *You can call to mind something you want to do but haven't, or the last time you felt fear – knowing you are safe*

What happens in your mind? What thoughts or stories surface?



# *What would change in your life if...*

You were no longer in resistance to fear because you KNEW you could cope with the feeling? What doors would open? What would you try?

# *Regulate*

What instantly CALMS your body?

What boosts you when you feel flat?

# Repeat

What words or phrases do you want to repeat to yourself? ONLY use the ones that **land in your body**.

**Here are some IDEAS** (it's up to you to play with them)

*I can cope with fear*

*I choose to take action*

*I am capable of dealing with anything that comes my way*

*I am here*

*This is my life*

*It is safe to desire more*

*It is safe to evolve*

*In this now moment everything is ok*

*Everything is always working out for me*

*My ideas are precious*

*I am a valuable human*

*I make a difference just by being me*

*I am powerful*

*There is so much wisdom within me*

*I am connected to my body*

*It is safe to prioritise what matters to me*

*I attract beautiful things*

*It is safe to take the first step*

*I love my body*

*I am whole and complete*

*I am enough*

*I am loved*

*I am so grateful for my life*

# *Repeat*

Now, write your own

What one thing are you going to **do** in the next 24 hours  
and how will it stretch you/move the needle?

What one thing are you going to **do** in the next week and  
how will it stretch you/move the needle?

What one thing are you going to **do** in the next month and  
how will it stretch you/move the needle?



# And finally... *what CAN you do?*

Use the space below to write a letter to your future self, reminding her of her power. **What does she want you to know?**

You can keep this or email it using <https://www.futureme.org/>

# Final Takeaways & Reflections

*Well done!*



Really love. If you've completed this whole thing that is a way to **show up** for yourself.

You are so capable of creating the magic that's on your heart – even if you're not sure what that is yet.

I'd LOVE to know your a-has, takeaways, breakthroughs and commitments. Message me on Instagram, Facebook or drop me an email.

Cheering you on – always.

*Do x*