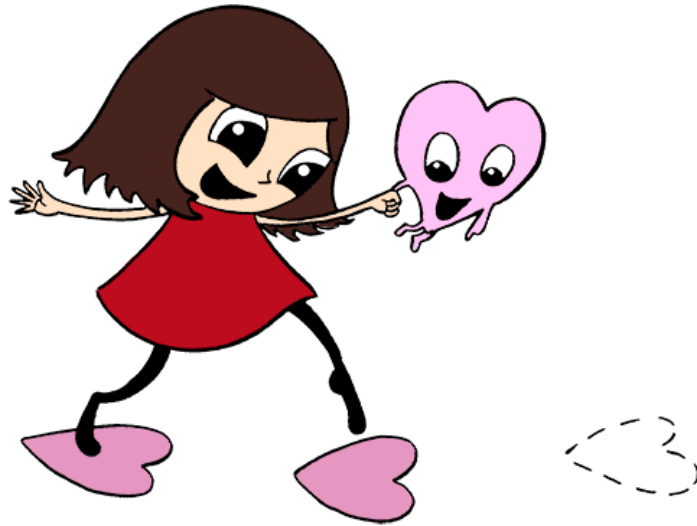


# BONUS 2 - Tracker



## Show Up for **Your Dream** ONE STEP AT A TIME

In this coloring exercise you can follow the questions from THE FOUR PHASES OF CREATIVITY one day at a time for one full month.

You can start coloring at any time of the month, but if you want to try following the moon, then start this a couple days before the next New Moon or on the New Moon or on day one of your menstrual cycle if you are menstruating.

Write down your answers as short and concise or long and winding as you like, this is your dream and your journey and you are showing up for it beautifully when you listen to your heart and make the journey your own. If you prefer talking instead of writing, you could maybe record voice memos so that you can go back and reflect at the end of the journey.

Most importantly though,  
**ENJOY THE JOURNEY!**

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# 31 Steps in Each Cycle

1. How can I offer myself more rest today?
2. Today what does resting in joy mean for me? How can I make sure I rest regularly throughout the process?
3. What do I really want? What does my dream look and feel like? What would make my life more meaningful/fun/easier?
4. What feeling do I want to add more of into my life? What excites me the most about my dream?
5. What is the #1 piece of advice I can give myself for finishing what I start?
6. Which one of the dreams will I choose to concentrate on?  
Write them all down and pick one.
7. Now that you have picked your dream set an intention for the period of time before your next planned rest. Keep it simple, use 1-5 words for your intention. Write it on a post-it note and keep it somewhere where you can see it often.
8. What does my dream need so it can grow?
9. If life is the soil, what do I need to do to prepare my life for my dream?
10. How can I nourish my dream when it's growing? How can I nurture the soil in which I've planted the seed of my dream?
11. What clouds my dream - What doubts do I have about my dream?  
Acknowledging your doubts is helpful so you can move on and not give them power.
12. What waters the seed of my dream?
13. What represents light or sunshine for my dream?  
Who or what helps me keep going and showing up for my dream?
14. What is the next right step I can take for my dream?
15. Share your dream with people who you can celebrate it with.  
Who can I share my dream with and celebrate how far I've got with it already?
16. Is there something about my dream I need or could tweak? Who can help me with my dream?
17. How can I nurture my dream today?  
How can I offer extra loving care to my dream and myself over this time?
18. Shine your light on your dream and let it shine with you. Write a love letter to your dream, share your dream with the world, do what feels right to you right now with your dream.
19. What does my dream need today? What do I need?
20. How is my body doing? How can I offer it what it needs right now?
21. Is there something in my life that no longer serves me and the person I want to become?  
Do I need to weed and let go of something?
22. What is my next action step for my dream to come true?
23. Look back on your advice for yourself on day 5 & do what you can today to finish what you started.
24. What fruits has my dream grown for me to collect?
25. What strengths did I use in the process and can use today to show up for my dream?
26. What did I learn and want to take in from this process?
27. Enjoy your dream today and make a list of what went well.
28. Look at the bigger picture & everything you have done so far with your dream:  
What actions were effortless for me?
29. Write down a loving list that celebrates your dream and how you have shown up for it.
30. What can I celebrate and how will I celebrate what I have accomplished?  
Who will I celebrate and share this with?
31. What do I no longer want to repeat in the next creative cycle? What do I yet need to do so that I can offer myself restful ending to this completed cycle with my dream?

