



Jump Start Your Dream Life Mini Guide & Worksheet

Ruth Chiang -
Awakening Life Coach



Dear Dreamers,

There's something I want you to know:

- It's never too late to go for your dreams.
- Nothing is permanent.
- You can rise up from anything. You can recreate yourself.
- You're not stuck. You have choices.
- You can think new thoughts.
- You can dream big and then fly with your dreams.

I'm Ruth Chiang, a certified Wayfinder Life Coach and like you, I was once a big dreamer with a sensitive soul, always caring for everybody else while putting my dreams on hold.

Shortly after my 40th birthday, I decided that I had had enough of playing small and feeling stuck, so I hired a life coach. Working with her awakened a sacred part of me. I embarked on a six-month journey of true transformation as I learned to nurture the lost pieces of myself, tune into my innate wisdom and follow my heart. The experience was so profound that I knew this was what I wanted to do - help other dreamers to do the same.

As a life coach, my mission is to help smart, caring women like you awaken to your innate wisdom, break through your blocks and finally go for your dreams. My 3-step approach Nurture - Dream - Fly is designed to help you reconnect with your body, heart and soul, get to know your true self, find joy and purpose in your life, rebuild your confidence, dream big and create a life you love.

This mini guide & worksheet will show you some of the exercises from my signature 3-step approach so you can start creating your dream life today!

With love and gratitude,
Ruth Chiang
Your Awakening Life Coach





Permission

Exercise #2:

“I give myself permission to _____.”

Be kind to yourself. Treat yourself with compassion, just as you would treat your best friend. Ask yourself if your best friend was in your situation, what would you say to her/him?

Honor your physical and emotional needs and give yourself permission to follow your body and your heart, not your mind. Here are some examples:

- I give myself permission to rest when I am tired.
- I give myself permission to cry when I am sad.
- I give myself permission to have fun and not to attach to the outcome.

Now give it a go:

I give myself permission to.....

Exercise #3: Breathe, just breathe



When things are tough, pause for a moment, and take **THREE** conscious deep breaths. When you feel like you're hardly keeping your head above the water; when you're operating in survival mode; when you feel worried, anxious, or overwhelmed- remember to **BREATHE**.

Here is one of my favourite breathing exercises by Jennifer Marut which will help you release fear and start trusting the universe:

Close your eyes, and start breathing.

As you slowly inhale, you breathe in trust. As you exhale, slowly breathe out fear.

As you breathe in trust bring it down into the bottom of your stomach, and then all the way down to your toes. As you exhale fear, you expel it from deep within your lungs.

Continue to do this simple meditation breathing exercise until you can feel the energy shift within and around you. Draw in light as you focus on and renew your trust in your higher power.

Step Two - Dream

"If you can dream it, you can do it. -Walt Disney"

Remember how you used to dream without limitation as a child?

There was no "but", only "I want to..."

Finish these sentences without overthinking. Write down whatever comes to your mind. There's no right or wrong answer. Be playful and daring like a child.

This will help you awaken your true desire, your dreams and your calling.

- If I knew I wouldn't fail I would
- If I had all the money I need, I would ...
- If I had more time in my day/week, I would
- If I had everyone's support I would...
- If I had the energy of my teenage self I would...
- I've always secretly wanted to
- If I knew it would magically all work out, I would...
- If I had only 10 years left to live I would...
- If I won't hurt anyone's feelings I would...
- If I had all the skills/knowledge required I would...



Read over your answer, and write down what themes you notice?

Step Three - Fly



Exercise #1: Visualization exercise

Close your eyes and take a deep breath. Picture yourself standing at the edge of a cliff, and ready to take off with your dream. Use your senses to “see, listen, smell, and feel”. You can see your dream life in the distance. Perhaps you can hear the wind blowing, feel the heat from the sun above, and smell the flowers from the forest behind (That’s the picture I had in my mind when I did this exercise the first time.) Or perhaps you feel cold as it’s cloudy and the wind is strong. You can smell the dampness of the soil and the rain is coming. The more details you can picture the better. Now, answer these questions and write the answers down:

01

What physical bodily sensations are you having? (Heart beating fast? How is your breathing? Any tension or aches in the body? Hot? Cold?...)

02

What emotions are you having?(Scared? Excited? Eager to take off? Worried?)

03

What are the thoughts showing up in your mind? (What if I fail? People will laugh at me? I don’t have.....)

This visualization exercise will help you find out what your feelings and thoughts are when you think about chasing your dreams.

Exercise #2: WHY and HOW

Finding out “what’s holding you back” and “how to overcome the obstacles” are the two most important things here. Have you ever heard yourself saying:

I really want to....., but

Or

I would have if I.....

You need to ask yourself “WHY” for the answers after “But”, and then ask yourself “HOW” after you find out the reasons.

For example:

- I really want to go to the gym and do exercise twice a week, but I don’t think I can do it.
- Why not? If I join the gym by myself, I would easily say “I am tired or too busy to go, and end up not going.”
- How can I overcome this? I can go with a friend or find a gym buddy. I wouldn’t want to let them down, so I will go to the gym unless I am really tired or sick.

Now, it’s your turn. Give it a try.

I really want to _____, but _____.

PS. It’s very common you need to ask yourself “WHY” several times before you can move to ask yourself “HOW”.





I hope you find these simple exercises helpful. Before you embark on your dream life journey, it's so important to lay down a good foundation. My "Nurture, Dream, and Fly" 3-step approach is designed to do exactly that. You'll learn to love and care of yourself, dream without limitation, and get ready to spread your wings and fly.

Investing in a life coach is like hiring a personal trainer for your soul. It's an investment for your future. You want to look back on your life and say "WOW, that was amazing!"

These exercises offer a tiny taste of how I can help you. As a certified Wayfinder life coach, I'm here to support you, guide you, challenge you and cheer you on as you create the life of your dreams. It's your turn. I am looking forward to hearing from you.

[Book your free mini session here](#)

With love and gratitude,

Ruth Chiang
YOUR AWAKENING LIFE COACH