
THE FOUR STEPS

To Create Your Dream Life
in 2025

Workshop by Kristina Karlsson

DREAM LIFE 
BY KRISTINA KARLSSON

“

One: one life. Just one.
Why aren't we running
like we are on fire towards
our wildest dreams?

”

- Oscar Wilde -

The 4 Steps to Create Your Dream Life

Why are you doing this workshop?

What are your biggest frustrations when it comes to not living your dream life?

How will you feel if you don't change by end of 2025?

The 4 Steps to Create Your Dream Life

How do you want to feel by end of 2025?

.....

.....

.....

.....

.....

What is a Dream Life?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

The Dream Life Formula

1. Clear Dreams
2. Following Passions
3. Clear on Values
4. Living Purpose
5. Believe You Can Do It
6. Supportive Community
7. Taking Regular Action
8. Showing Up Consistently
9. Accountability

The 4 Steps to Create Your Dream Life

What would you do if you knew you couldn't fail?

What would you do if you had all the skills and knowledge you needed?

What would you do if you had all the money and time you needed?

The 4 Steps to Create Your Dream Life

What would you do if you had all the courage you needed, all the self-belief you needed?

What would you do if you had all the health & energy you needed?

What would you do if you had all the support you needed?

The 4 Steps to Create Your Dream Life

Choose one dream for 2025:

.....

.....

.....

.....

.....

Brainstorm actions for that dream:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

The 4 Steps to Create Your Dream Life

In 10 years, what is:

Your age?

.....

Partner's age?

.....

Children's age(s)?

.....

Parent's age(s)?

.....

Grand-parent's age(s)?

.....

Ages of other important people?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

The 4 Steps to Create Your Dream Life

The 4 STEPS to successfully create your dream life:

1 – CLARITY

2 – COURAGE

The 4 Steps to Create Your Dream Life

3 – COMITTMENT

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

4 – CONSITENCY

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Do it now.



yourdreamlifestartshere.com | thedreamlifestore.com | kristinadreamlife | kristinadreamlife | © Kristina Karlsson. All rights reserved.

Need more support?

For more information scan QR codes.

Join my Dream Life Coaching Program:



or visit:

yourdreamlifestartshere.com

follow me:

  **kristinadreamlife**

Love,

♡ K