



big dreams | small wonders

Vision your dreams, plan and celebrate the small wonders



REVIEW AND CELEBRATE 2013

**FREE
SAMPLE**

A FREE SAMPLE from Louise Gale and the
"Big Dreams, Small Wonders" program
More information at louisegale.com



Welcome beautiful soul

Are you ready for a fabulous year ahead? YAY!

This free download sample is my little gift to you, to get started with reviewing and celebrating your 2013. I'll guide you through a few key questions to help you close off this year so you can begin 2014 fresh and ready to dream big!

Would you like to make 2014 an amazing year? If you would like to dive deeper and create the steps for your dream life to come true, the full **Big Dreams, Small Wonders** program is open for registration here:

<http://bigdreamssmallwonders.com/>

Dreaming Big and seeing my own Small Wonders appear is something I love to do every year. {I have been hosting this program for 3 years!} I work through the online class with you so I can share, discuss and support you every step of the way. We have a small supportive group who take part, spaces are very limited, so hope you will join me. I cannot wait for your dreams to unfold too.



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We will create a beautiful 2014 planner (you can use an existing journal or create from separate pages) from all the worksheets, artwork and journal prompts. {videos and audios are also included in the online class}.

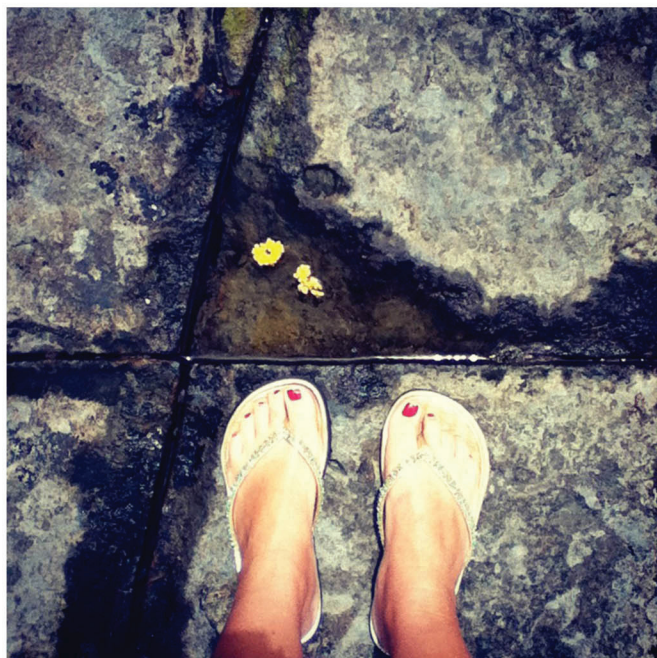
Your dreams are important and you are a beautiful soul who deserves to live your dream life. Wishing all your dreams come true.

I do hope you join me. Any questions, please email me at info@louisevale.com

Love

Louise Xx

Saying goodbye to the previous year



Before we can begin to dream and plan, it is always advisable to clear out any energies or thoughts that are occupying us from the year before.

It is also very important to acknowledge and celebrate our successes!

This will create room to open our hearts and minds to new possibilities.

Time to let go.....

Whatever the last year brought you, it is important to recognize your accomplishments, the highs, the lows and start to clear a space to make the next year amazing.

This is a constant journey, and taking time to reflect is one of the greatest tools to make improvements, adjustments and changes in the desired direction.

Lets give thanks to the previous year, for it has brought us right here, right now to build the foundation to continue on. There will be lessons learned and lots to reflect upon.

Whether you are about to get started, are continuing on your special journey following your dream, or you don't actually know exactly what you want to bring into your life, closing out the previous year will help clear the cobwebs, quieten and unclutter your mind and give you strength to move forward.

Are you ready?



Review & Celebrate

Releasing 2013

I am so proud of....

you are a super star



Review & Celebrate

Releasing 2013

I am so full of gratitude for....

my heart overflows



Review & Celebrate

Releasing 2013

All the people that made a difference to my life....

my kindred friends



Review & Celebrate

Releasing 2013

All the things I learnt or found out about....

I am growing



Review & Celebrate

Releasing 2013

Would you like to dig deeper by month? Print this page off as many times as you wish to record your key experiences each month.

Why not celebrate with images instead! Include any images of your Small Wonders and successes.

MONTH.....

Themes for this month were:

Small Wonders/Key Moments:



Review & Celebrate

Releasing 2013

What would I like to let go of or leave behind....?

clearing space



Celebrate!

Now you have said goodbye and released anything not serving you from 2013, it is time to celebrate! No matter what happens in our year, it is always good practice to continue to celebrate and practice gratitude as often as possible. Let's make a promise to celebrate more in our lives for everything that we accomplish, the wonderful days we have and the people who are in our lives.

Look back over your worksheets or all the great things that 2013 brought you, what are the key things that stand out for you? What are you most proud of?

If you could do anything in the world to celebrate your accomplishments from 2013, what would you do? Use the space below to note down the experiences or things that will mean celebration to you. Then plan some time to do them!

Congratulations!

Saying goodbye



Glass candle holder in Spain

Once you have reflected and celebrated the previous year, the next step we are going to go through is a ritual of letting go of any negative energies to prepare ourselves. Before we do that, I wanted to cover a little introduction to rituals.

The word “ritual” is from an Anglo-European meaning “to fit together”, to join the metaphysical with the physical to call on our spirit. Reminding us we do have the power to design and take control of our lives. As Angeles Arrien, author of “The Four Fold Way” says “Ritual is recognizing a life change, and doing something to honor and support that change”. Many of us participate in every day events that have an element of a ritual attached, without thinking too deeply about them...for example, we celebrate birthdays, christenings, weddings, graduations, even the ‘Ohhhmmmm’ in yoga is a mantra ritual.

In the Big Dreams, Small Wonders online program, we explore more mantra’s for everyday living.

This action enables us to connect to something larger than ourselves, our higher self, bringing something special and reflective to what some may see as ordinary events.

Below is the Ritual Recipe (based upon rituals in Barbara Bizou’s “Joy of Ritual” Book), which you can use to apply to your own everyday rituals or for special occasions throughout the year.

The Completion ritual

1. Find a place where you can be quiet, away from distractions or interruptions for 10 minutes.
2. Take a slip of paper and write down all the people, feelings and fears that you wish to release. (You can write these on the same paper or separate ones)
3. Light a white candle. The white candle signifies cleansing and clarity. Be sure you use a burnproof surface or plate.
4. Say out loud: "I am ready to let go and create space in my life for new things to manifest – new ideas, new relationships, new feelings".
5. Burn the paper to let go of the people, feelings or fears you wish to release. This very simple act provides the sense of closure needed to move on.

Congratulations! You have successfully created closure and are now ready to move onto the next step. What you do immediately after this ritual is completely up to you. Treat yourself, take a bath, create something, write in your journal.

Enjoy this moment, as this is the beginning of something new.

How did you feel after burning the paper?

Thank you so much for taking time to review your 2013 using these pages. If you would like to dive in deeper with the 6 week program to create an amazing 2014, I would love for you to join me. Below is an outline of what we cover.



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2014

ONLINE PROGRAM

Preparation

Introduction to the course, making or selecting your journal and background images/pages for making your pages look beautiful!{includes video content}

Module one/Week one – Review, Celebrate & Complete What Has Passed

Setting Intentions, Reviewing and celebrating the past 12 months, creating a clearing, the importance of rituals and recognizing milestones, Completion ritual, celebrating.

Module two/Week two – Creating your soul profile

Who you are, values, beliefs, fear and truths. High level life review. Identifying your gifts, what your passions are and how you can make them a greater part of your life.

Module three/Week three – Visioning your Dream Life

Centering, your energy sources, your dream life, affirmations, your ideal world and your vision for a year from now and the future.

Module four/Week four – The Universe and Connectivity

Creating your vision board to attract your dreams, synchronicity, the power of putting it out there, the conspiring universe and listening to the messages. Inviting positive energy and abundance in. Tuning into your frequency of success.

Module five/Week five – Identifying Your Goals & Small Wonders:

Setting Goals, prioritizing, using the right brain & its creativeness to draw your roadmap for success, identifying your small wonders and balancing your “Wheel of Life”

Module six/Week six – Building Your Roadmap to Your Dreams

Action Planning, building your map. Tips and tricks to stay on track or get back on track. Cultivating your daily rituals and noting gratitude. Continuous celebration.

Each module also comes with videos, audios, worksheets, activities, downloads, stories, expert advice and lots of inspiration and fun. All of these materials will form the basis for us to create our gorgeous hand-crafted journals to record our journeys in.

louise-gale.com | bigdreamssmallwonders.com



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2014

WORKBOOK AND PLANNER

Back by Popular demand! INSTANT DOWNLOAD

This gorgeous illustrated planner is filled with over 70 pages of yummy goodness, creative exercises, dream worksheets and roadmap planning to create your amazing year ahead. Use the 2014 calendar, dream board exercises & monthly goal sheets to keep on track throughout the year. There is also a dream life visualization to download.

76 page e-book
+ 2014 calendar
+ welcome audio
+visioning audio

DOWNLOAD NOW



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Courses and products

Some other products and courses from Louise.



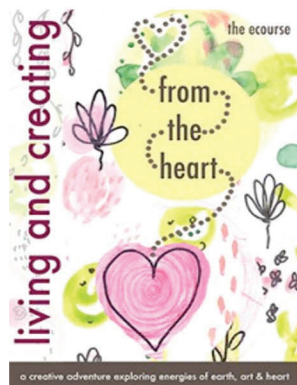
Through audio colour meditations, videos & creative exercises, we dig deeper into each colour and the associated level of energy. How each colour speaks to us, makes us feel and triggers our creative intuition. We play through:

- colour vision journaling/colour stories
- painting, collage and
- photography



In this class, we will work through each colour of the rainbow and the energies they represent to create a hand-made journal to keep. I'll guide you through creating beautiful pages for each colour and putting them together to create a journal full of rainbow joy!

This class is perfect for beginners: no creative experience required. All instruction will be given.



A creative meditation journey for you to take some well-deserved time to connect with the heart, understand the energies within us and around us that influence our lives and discover a creative heart-centered life.

- Creative projects
- Daily audios/meditations
- Journal prompts to work through each of the heart energies



“Spring Clean Your Life” is perfect for any time of the year to dust off your own cobwebs and clear some space to invite exciting new possibilities in and get our creative energy to flow. I will take you through daily activities to help you:

- Create a haven in your home and work environment
- Clear any mental clutter
- Restore balance & well-being in every area of your life

More information and registration on louiseagle.com