

The Dreamers *club*



workbook

ATELIER BLYSS

W E L C O M E

Hi Dreamer!

The dreamers club is a fictive place that welcomes guests that dare to dream - to dream beyond limits.

Those who let their creativity flow, those who dive deep into their imagination and are not afraid to explore the corners of their minds. It's for the creators, the makers, the doers and the groundbreakers.

This workbook is intended as a little guide to help you get clarity about your dreams and to create a safe place for reflection. We encourage you to write down your thoughts and feelings in complete honesty.

Have fun immersing into your inner self.

Tania & Romaine

The logo for ATELIER BLY is located in the bottom right corner. It consists of a large, light brown circle containing the text "ATELIER BLY" in a white, serif font. To the right of the word "BLY" is a white, stylized wave symbol. A horizontal brown line runs across the page behind the circle.

ATELIER
BLY 

ABOUT US

Our brand represents more than "just" sustainable fashion. We strive to live a life as conscious and authentic as possible and to follow our heart's path. And we want to inspire you to do so, too. This path might often not be easy. It takes a lot of courage to surrender to the unknown. We want to encourage you to listen to your inner voice and to trust yourself.

TIME TO REFLECT

Did you know you have about 60,000 thoughts a day? Most of them are the same every day and we tend to not finish our thoughts. However, in order to bring more clarity to your thoughts, it can help to complete them.

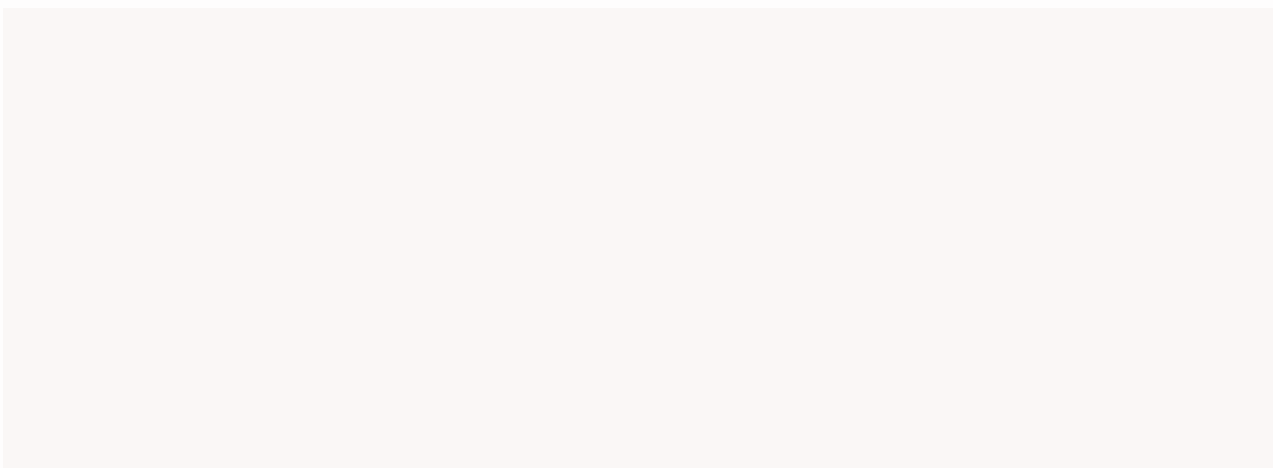
Take the time now to intuitively write down your thoughts and feelings that arise from the following questions.

Describe a dream you've always wanted to pursue but haven't yet. What do you think has prevented you from doing so?

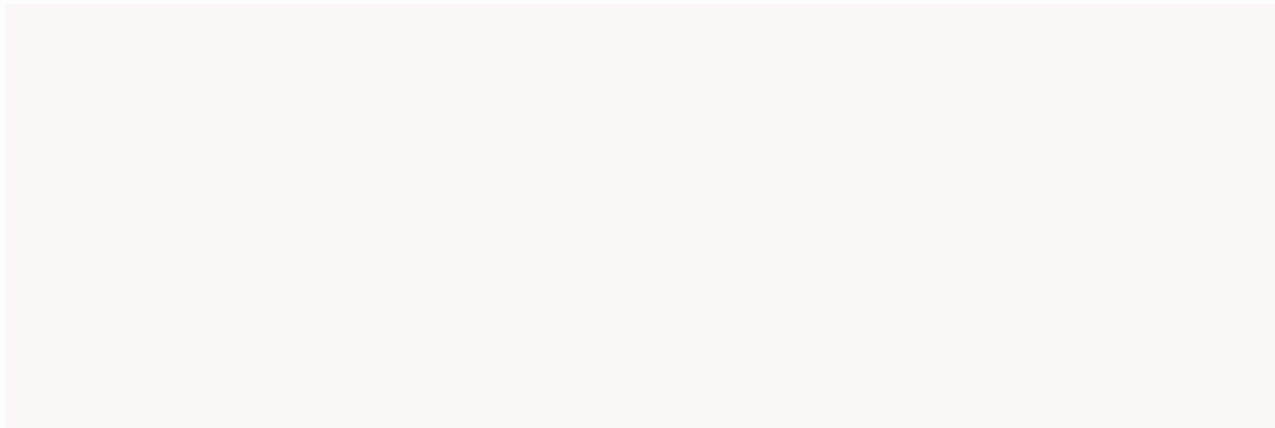


What dream(s) did you have as a child? Are these still your dreams today or have they changed?

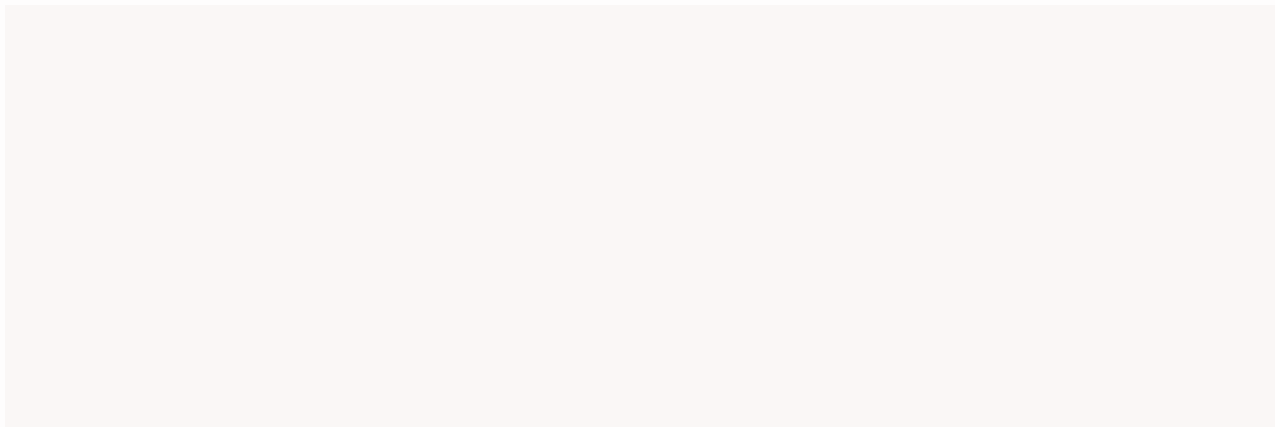
Our childhood interests and dreams can provide insight into what hidden passion is buried within us.



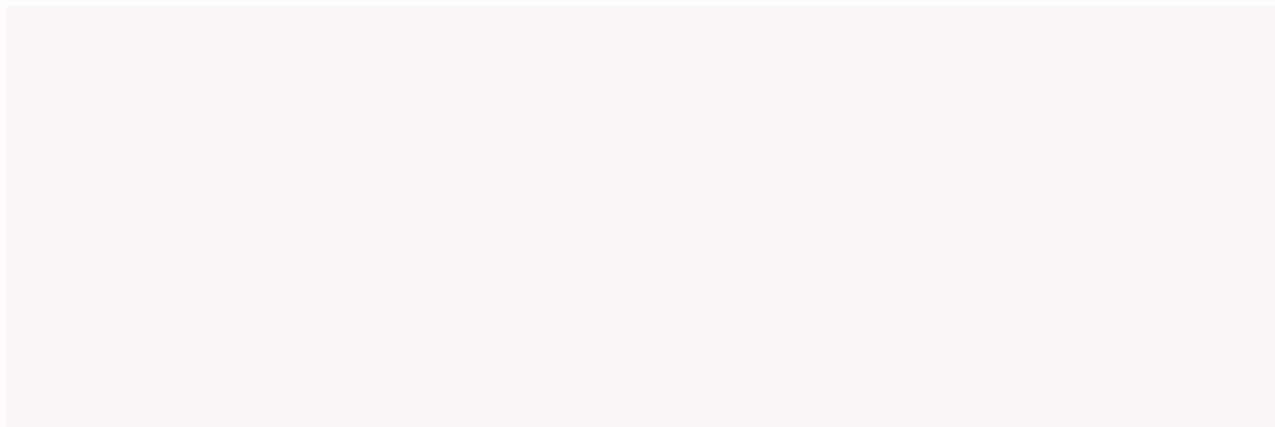
Is there a person (whether famous or not) who particularly inspires you because they are actively pursuing their dreams? What could you learn from this person?



**What does it mean for you to dream beyond limits?
What limiting beliefs have you set for yourself?**



**Think and feel limitless for a moment, absolutely anything is possible.
What would you do in this moment?**



MINDFULNESS EXERCISE

In a world saturated with constant input and distractions, creating a sanctuary of tranquility has never been more crucial.

This exercise is for you to create such a place for yourself, to reconnect, find clarity, and nourish your well-being.



Find a Quiet Space: Choose a quiet and comfortable place where you won't be disturbed for the duration of the exercise.

Set an Intention: Start by setting a clear intention for this exercise. You might say to yourself, „I am here to gain clarity about my dreams and goals.“

Deep Breathing: Close your eyes and take a few deep, slow breaths. Inhale deeply through your nose, allowing your chest and abdomen to rise. Exhale slowly through your mouth, letting go of any tension.

Body Scan: Begin a gentle body scan from head to toe. Notice any areas of tension or discomfort and allow them to relax as you continue to breathe deeply.

Visualize Your Dream: Now, visualize the dream or goal you want to achieve. Imagine it in as much detail as possible. See yourself in that situation, experience the emotions, and engage your senses.

Observe Your Thoughts: As you visualize your dream, your mind might start to produce thoughts, doubts, or distractions. Instead of getting caught up in these thoughts, simply observe them without judgment. Imagine them as passing clouds in the sky.

Return to the Visualization: Whenever you notice your mind wandering, gently guide your focus back to your dream visualization. Feel the excitement and determination associated with achieving your goal.

Connect with Emotions: Take a moment to connect with the emotions you're feeling during this exercise. Are you feeling inspired, motivated, or perhaps a bit apprehensive? Acknowledge these emotions without attachment.

Gratitude: Before concluding the exercise, take a moment to express gratitude towards yourself, that you allow yourself to connect with your inner wisdom. Gratitude can help shift your mindset towards a positive and hopeful outlook.

Slowly Return: When you're ready, gently open your eyes. Take a few more deep breaths and let yourself become fully present.

Remember, consistency is key when practicing mindfulness. Regularly taking breaks from external influences is incredibly helpful in allowing you to truly hear and feel the voice inside of you and to find out, what you truly wish for yourself.

Feel free to write down your impressions of this experience:



WHEEL OF LIFE

The wheel of life is a tool to help you identify and reflect on the areas of your life that are most important to you. You can recognize in what areas you are fulfilled and in which you are possibly not yet living your inner truth. The exercise shows you if you are paying enough attention to your needs and where there is still room for growth.

How does it work?

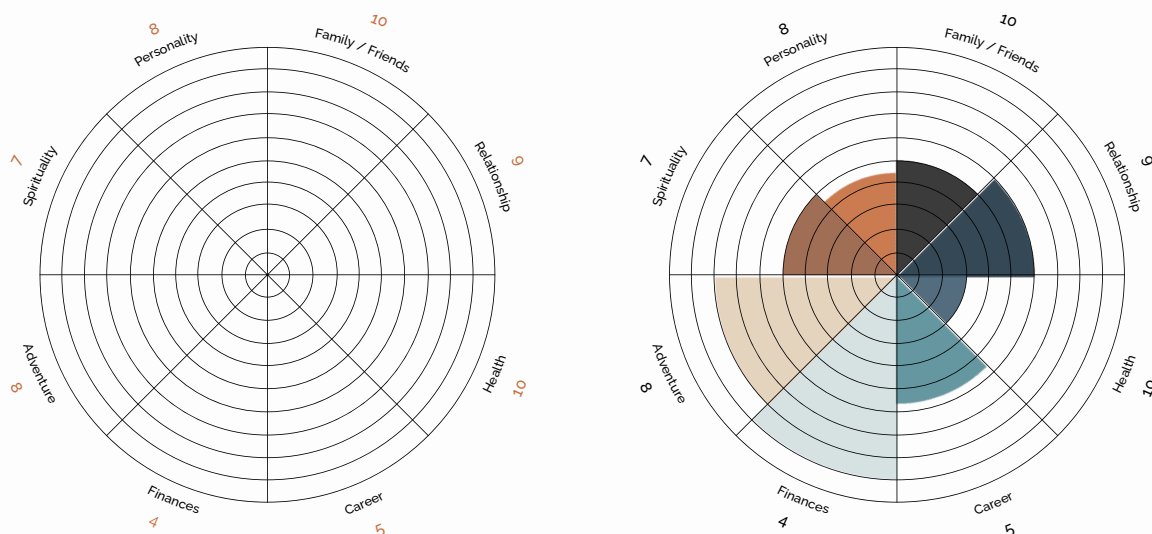
First determine how important each area of your life is to you and write down the number next to the description.

10 = is very important for me

1 = is not important to me at all

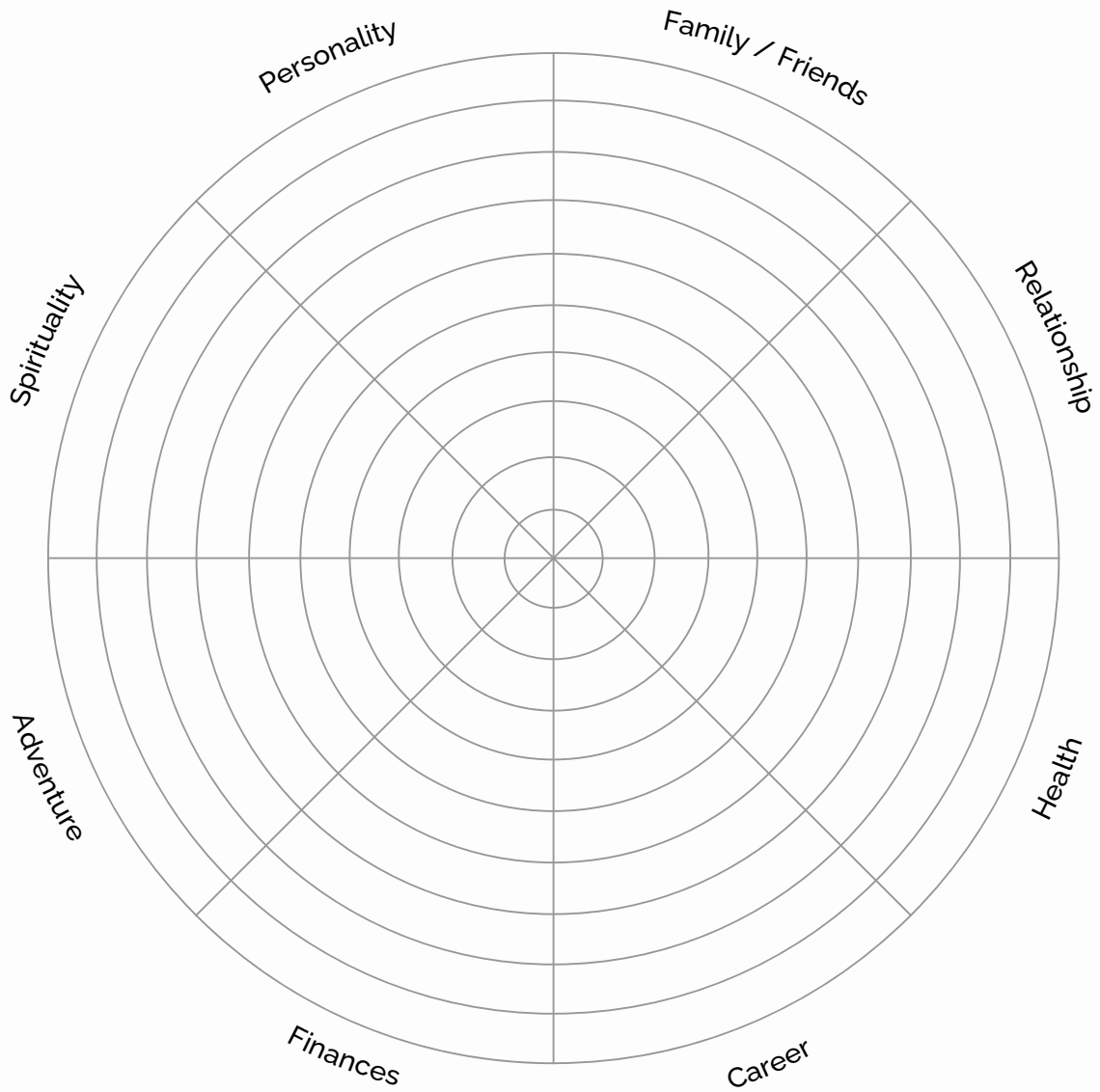
Then rate each section on a scale of 1-100% on how fulfilled you feel right now and how much you are already living your full potential there. If you print the workbook or draw a circle yourself, you can use colors. Otherwise use percentages. The more the triangle is filled with color or the higher the number, the happier you feel in this sector.

Here's an example:



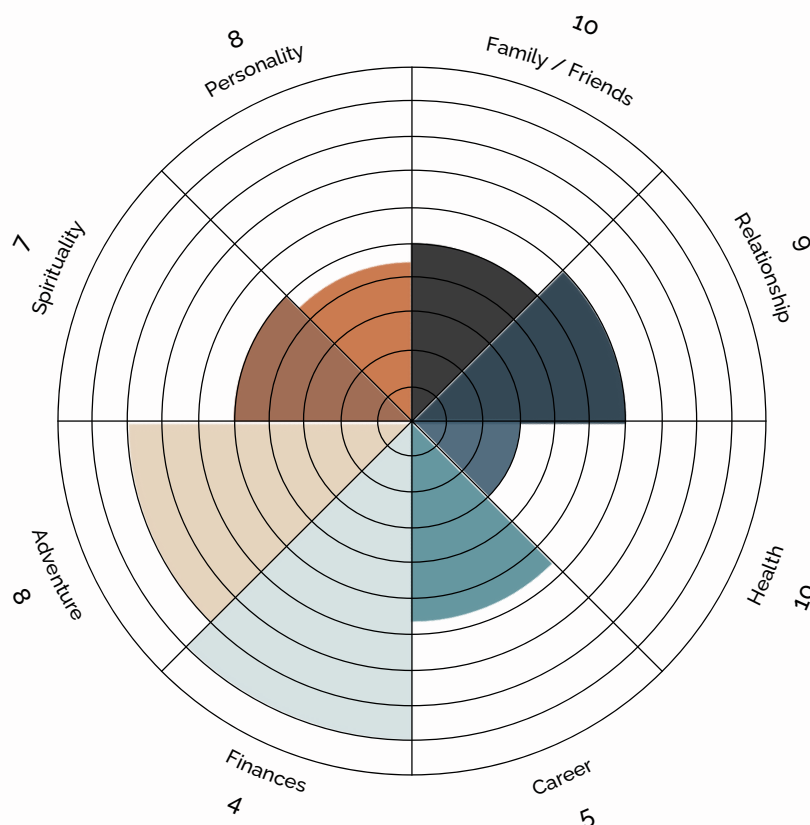
It's your turn now!

You're doing this for yourself, so be completely honest with yourself. Only that way this tool will benefit you.



How to evaluate?

Let's take a closer look at our fictional example. You will see, that although there is a high level of satisfaction in the area of finances, this area has only received a 4 in terms of importance. Whereas, for instance, the area of health or relationship has a high importance but comparatively low satisfaction.



Evaluating your wheel of life is a great way to gain insight into how balanced your life is and identify areas you can work on to create a more balanced and fulfilled lifestyle.

What next?

Don't worry, if you don't like your result or if it even scares you. Instead, see it as an opportunity to reflect on your future path and actively take steps that are more aligned with you and your values.

TIME TO CELEBRATE

Dear Dreamer,

We hope these few exercises have helped you bring some more clarity into your dreams. Remember, everything is a process. You don't have to have everything figured out already. You are exactly where you are supposed to be right now, so enjoy this journey as much as you can. Everything has its divine timing. Facing your own truth requires courage, patience and responsibility. Celebrate yourself for listening to your heart and following your inner guidance.

We'd appreciate it if you leave us a message on Instagram or via email, letting us know how you liked the workbook. Feel free to share your insights if you like.

We are looking forward to chat with you!

Cheers to you!

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