

the
Soul-Aligned

DREAM LIFE VISUALIZATION JOURNAL

A JOURNAL FOR WOMEN WHO
WANT A BETTER LIFE FOR
THEMSELVES AND OTHERS.

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FROM
SONALI MATANI
Inner Alignment Coach



IF ANY OF THIS SOUNDS LIKE YOU...

- You are bored and frustrated with your current job
- Or you constantly feel overworked and overwhelmed
- There is no excitement and you dread Mondays
- You feel stuck or numb in life
- You feel like you are controlled by the expectations of others
- You are ambitious but struggle with self-motivation under your current circumstances
- You don't know what else you'd like to do or what to do next
- You struggle with moving past your current life circumstances
- Friends and partnerships feel unaligned and uninspiring

This journal is right for you! It will help you:

- Remember who you are and reconnect with your vision and purpose
- See that your gifts can change your life and the life of others
- Dream bigger and unlock your full potential
- Understand who you should form bonds with and who to have more boundaries with while on your soulful path
- Get unstuck and unlock new opportunities for yourself
- Understand what you actually want in life
- Grow and progress in your life from a place of gratitude and clarity
- Create affirmations that will actually help you.





MEET THE AUTHOR

Sonali Matani

Inner Alignment Coach

Founder of Ascend Heal & Manifest

Hi! I am so excited to bring this to you. I can't recommend it enough as the practices in the journal and self-made affirmations changed my life. Through my own experience, my work as a practitioner and teacher of mediation, manifestation, vocal sound healing and through extensive scientific research, it has become clear that visualization and affirmations are crucial in

achieving dreams and goals. It is through these techniques that I laid the foundation for many incredible changes in my life which all brought so much joy, peace and fulfillment. My intention and wish for you is that you take advantage of this journal and the amazing opportunity to be present with your dream life by engaging with the content in the upcoming pages.





HOW TO GET THE MOST OUT OF OF THIS JOURNAL

Research has shown that those who record their goals and visions are much more likely to reach them. The reason behind this is multi-fold; I will explain two reasons here. First, if you write your goals in a journal, you are able to visualize and feel them them, thereby creating the pathways in your brain to a new reality. This neurological explanation makes sense since our current reality is wired into our brains. In order to create something new, you must create new pathways so you don't fall back into old ideas, standards and habits. The second reason writing goals and visions is important is very simple; if you know what your vision is, you can work towards it. Many people simply know they want something better or know that they don't like their current circumstances, yet they don't know what that "better" situation is. If you know the goals and visions, you can begin working towards and manifesting them. This journal is valuable for that reason. It allows you to reflect on 10 different aspects of your dream life making your vision clear.

How is this journal unique and useful for the manifestation of goals?

The way this journal is different is that it is soul-aligned. That means that most if not all of the goals in the journal resonate with your heart and the feelings of joy, love, compassion (for yourself and others) and peace. Most journals that ask about your dream life focus on surface and material goals while this journal asks for you to go further. I've separated goals into two categories, means goals and end goals. Means goals are usually entities like a house, job or a partnership. End goals are the feelings that are inspired by those entities. For example, you may want a home on the beach because you are craving the feeling of calm and the state of freedom. The means goal is the house and the end goals are calm and freedom. The means lead to the end. However, I need to emphasize that you do not need those entities to experience that feelings of joy, love and peace. Your "why" (end goal - wanting to feel calm) should also be in your "how," the way you will reach that goal.

The Law of Attraction is amplified when you are in the highest emotional states (happiness, peace and love) since the Universe, Source Energy, resonates with these emotional states. If your end goal is to feel powerful and superior to other, the Universe



cannot support that since it doesn't match its energy. So you are magnetic and can collaborate with the Universe when your goals are love, joy and peace and the steps on the way to the means and the end goals involve those emotions.

The Path to Your Goals

I have provided space for you to begin thinking about your 1 year goals based on your dream life. The way you will get to your goals can be determined by you or in collaboration with a higher intelligence (Source Energy, the energies of the Universe or the Divine). I usually have an idea of the way I will reach my goals and will write my 3 and 1 year goals down but if there is any area of uncertainty in my path I meditate, ask Source for my steps and through awareness and synchronicities, I receive the knowledge I need at the right time. In all, it is very important to have steps towards your goal whether it is months in advance or a week in advance. Make certain the steps are practical but also involve the high frequency emotions of joy, love and calm.

Affirmations

It is more helpful to write affirmations in the present tense. If you use past tense and say "I will spend 25 minutes meditating everyday" this holds the frequency of lack which, according to Quantum physics, attracts more lack. Research has shown that if you declare your affirmations in the present tense and say "I spend 25 minutes meditating per day" and visualize yourself doing this, you are more likely to fulfill this declaration. The Law of Attraction, the most powerful of the laws of the universe, makes certain and without fail that we magnetize more of what we currently feel.

Practical Tips

I recommend skimming through the whole journal once and then spending 30 minute increments on it once or several times a day until you complete it. You may not find all 10 sections useful at this point in your life; it is okay to skip those sections for now. I have provided space in the back of the journal to record all of the affirmations for each section. To get the most out of this journal, repeat the affirmations 1-2 times a day. You will also find blank journal sheets in case you need extra room. Also, after you complete the journal, review it at least once a week. Lastly, set the intention to take aligned action and trust that the process will call lasting change into your life.



Examples of Affirmations

When writing your affirmations, use present tense. For example, instead of writing "I will feel happy at my job" state "I feel happy my my job." The first statement involves an element of lack - you are stating that you don't feel happiness now. According to the Law of Attraction, you will magnetize more lack. If you state that you currently feel the desired emotion, you will 1) more likely feel that way in present moment 2) magnetize more of the stated emotion.

I have given you examples of affirmations for each section of this journal. Please feel free to create your own if needed.

Money and Finance

- ~ I am abundant and have all that I need and want.
- ~ I am a money magnet.
- ~ My generosity is returned to me by the universe.

Recreation, Leisure & Fun

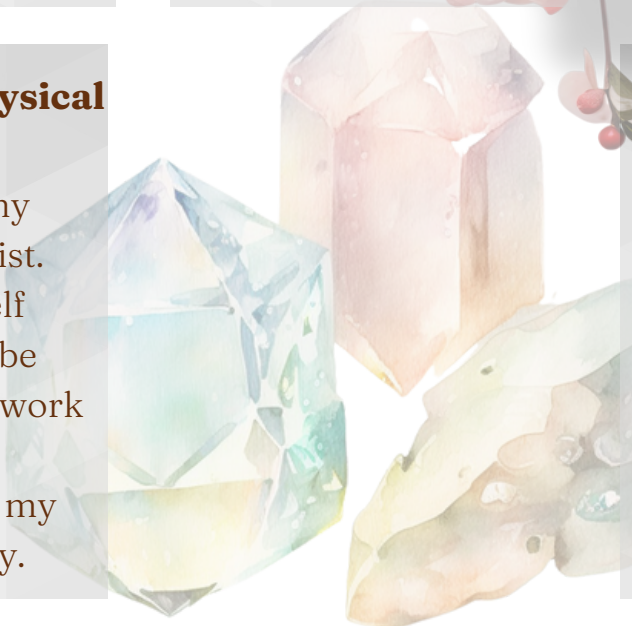
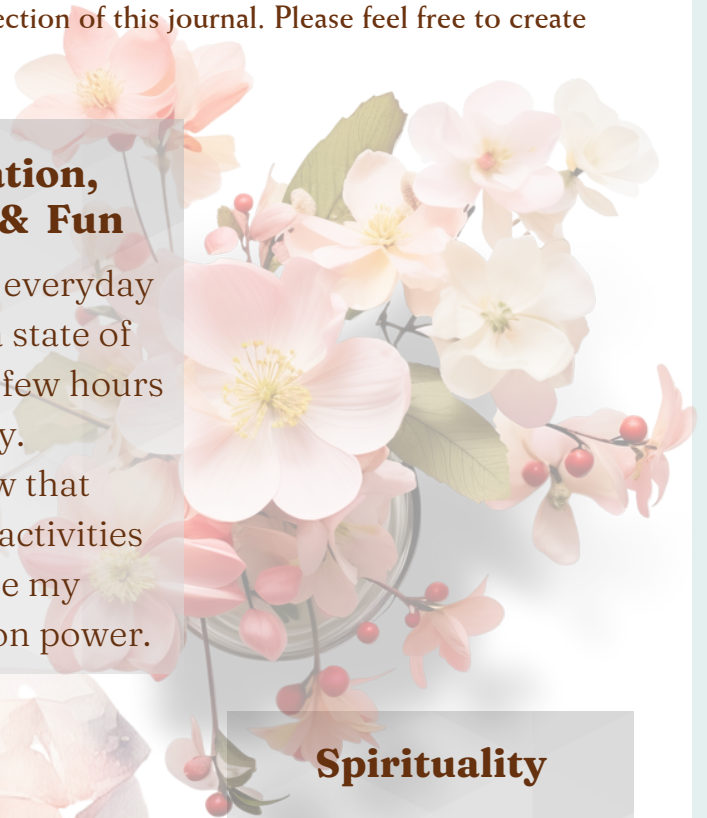
- ~ I have fun everyday
- ~ I am in a state of leisure for a few hours a day.
- ~ I know that recreation activities increase my manifestation power.

Emotional & Physical Wellbeing

- ~ I allow all my emotions to exist.
- ~ I heal myself everyday so I be happier and can work with others.
- ~ I take care of my body everyday.

Spirituality

- ~ I connect with the Divine/the Universe every day.
- ~ I meditate at least once a day.
- ~ My spiritual beliefs are incorporated in everything I do.





Examples of Affirmations Continued



Upkeep of Your Home

- ~ My home is clean and organized.
- ~ I love the feelings my home inspires.
- ~ My space feels calm and allows me to relax,
- ~ All the repairs in my home are complete.

Your Job

- ~ I find meaning in my job everyday.
- ~ I am grateful for at least one attribute in each co-worker.
- ~ I am on good terms with my supervisors.
- ~ I am my authentic self at work.

Personal Development

- ~ I am always finding ways to improve my skills or evolve spiritually.
- ~ Opportunities for personal development find me.
- ~ I go forward with courage.

Friends and Family

- ~ I am surrounded by people who value me and my gifts.
- ~ I choose my friends and do not wait to be chosen.
- ~ I honor my boundaries and stay in integrity by voicing them.

My Love Life

- ~ The love of my life is with me.
- ~ I choose my partners and don't wait to be chosen.
- ~ The love I feel is divine and sacred.
- ~ I enjoy the company of my partner and my partner enjoys me.



MONEY & FINANCES

HOW DO YOU FEEL ABOUT YOUR PERSONAL FINANCES
AT THE MOMENT?

EXPLAIN YOUR MONEY AND FINANCIAL SITUATION IN YOUR DREAM LIFE.
PROVIDE AS MANY DETAILS AS POSSIBLE.

Questions to consider: How much would you be making? How much would you have in your savings? How would you invest your money? What would you spend your money on?

What are your end goals in achieving the situation described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



MONEY & FINANCES

SHORT TERM INTENTIONS

What are your personal finance and money goals for the next year?

How much would you like to save in the next year? How will you save this money?

What spending and lifestyle changes do you need to make to reach these goals?

What 2 affirmations can you declare in order to reach your yearly goals?
Add 2 affirmations related to your dream life.



RECREATION, LEISURE & FUN

HOW DO YOU FEEL ABOUT THE AMOUNT OF RECREATION, LEISURE AND FUN
IN YOUR LIFE AT THE MOMENT?

EXPLAIN THE RECREATION, LEISURE AND FUN IN YOUR DREAM LIFE.
PROVIDE AS MANY DETAILS AS POSSIBLE.

What are your end goals in creating this part of your dream life as described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



RECREATION, LEISURE & FUN

How will you incorporate recreation into your life in the next year?

What leisure activities do you want to do in the next year and when will they happen?

What fun activities do you want to do in the next year and when will they happen?

How much time will you make per week for recreation, leisure and fun and when will you make time for this? Use the weekly planner below.

Breakdown

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What 2 affirmations can you declare in order to reach your weekly goals? Add 2 affirmations related to your dream life.





YOUR EMOTIONAL AND PHYSICAL WELL-BEING

HOW DO YOU FEEL ABOUT THE CURRENT STATE OF YOUR
EMOTIONAL AND PHYSICAL WELL-BEING?

EXPLAIN THE STATE OF YOUR EMOTIONAL AND PHYSICAL WELL-BEING IN
YOUR DREAM LIFE. PROVIDE AS MANY DETAILS AS POSSIBLE.

What are your end goals in creating this part of your dream life as described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



YOUR EMOTIONAL AND PHYSICAL WELL-BEING

What can you do in the next year to improve your emotional well being?

What can you do in the next year to improve your physical well being?

What changes need to take place in order to prioritize these areas of your life? Explain.

How much time will you make per week for your emotional and physical well-being and when will you make time for this? Use the weekly planner below.

Breakdown

DAY	TIME
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What 2 affirmations can you declare in order to reach your weekly goals? Add 2 affirmations related to your dream life.



SPIRITUALITY

HOW DO YOU FEEL ABOUT THE LEVEL OF SPIRITUAL PRACTICE IN YOUR LIFE
(THIS CAN INCLUDE MEDITATION, MINDFULNESS, LEARNING ABOUT BELIEFS ETC.)

EXPLAIN THE WAY(S) SPIRITUALITY IS INVOLVED IN YOUR DREAM LIFE.
PROVIDE AS MANY DETAILS AS POSSIBLE.

What are your end goals in creating this part of your dream life as described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



SPIRITUALITY

What can you do in the next year to progress in the area of spirituality?

What specific steps would you like to take to progress spiritually?

How much time will you make per week for spirituality and when will you make time for this? Use the weekly planner below:

Breakdown

DAY	TIME
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What 2 affirmations can you declare in order to reach your weekly goals? Add 2 affirmations related to your dream life.



THE UPKEEP AND FEEL OF YOUR HOME

HOW DO YOU FEEL ABOUT THE MAINTAINENCE OF YOUR HOME (INTERIOR AND/OR EXTERIOR) AND THE WAY IT FEELS

EXPLAIN WHAT YOUR DREAM HOME WOULD LOOK AND FEEL LIKE. PROVIDE AS MANY DETAILS AS POSSIBLE.

What are your end goals in creating this part of your dream life as described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



THE UPKEEP AND FEEL OF YOUR HOME

What can you do in the next year to improve the upkeep of your home?

What can you do in the next year to nurture the "feel" you would like to experience in your home?

What changes need to take place in order to focus on these areas of your life? Explain.

How much time will you make per week for the upkeep and feel of your home and when will you make time for this? Use the weekly planner below:

Breakdown

DAY	TIME
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What 2 affirmations can you declare in order to reach your weekly goals? Add 2 affirmations related to your dream life.



YOUR JOB

HOW DO YOU FEEL ABOUT YOUR JOB?
PROVIDE AS MANY DETAILS AS POSSIBLE.

EXPLAIN WHAT YOUR DREAM JOB WOULD BE AND THE FEELINGS
YOU WOULD HAVE WHILE DOING YOUR JOB ON A DAILY BASIS.

What are your end goals in creating this part of your dream life as described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



YOUR JOB

What can you do internally and in the next year to improve your feelings about your job? (i.e. how can you change your mindset and perspective about the job.)

What can you do externally and in the next year to improve your feelings about your job? (i.e. ask for a promotion, look for other jobs, work on your relationship with your boss or co-workers)

What specific steps can you take in the next year to work towards the job in your dream life?

What 2 affirmations can you declare in order to reach your yearly goals?
Add 2 affirmations related to your dream life.



YOUR OWN BUSINESS OR SIDE HUSTLE

HOW DO YOU FEEL ABOUT YOUR BUSINESS OR SIDE HUSTLE?

EXPLAIN WHAT YOUR DREAM BUSINESS OR SIDE HUSTLE INVOLVES. PROVIDE AS MANY DETAILS AS POSSIBLE.

What are your end goals in creating this part of your dream life as described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



YOUR OWN BUSINESS OR SIDE HUSTLE

What can you do in the next year to improve your money mindset and sense of self-worth?

How much time will you make per week for your business or side hustle and when will you make time for this? Use the weekly planner below:

Breakdown

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What specific steps can you take in the next year to work towards the business in your dream life?

What 2 affirmations can you declare in order to reach your weekly goals? Add 2 affirmations related to your dream life.



PERSONAL DEVELOPMENT

HOW DO YOU FEEL ABOUT YOUR CURRENT LEVEL OF PROGRESS IN
PERSONAL DEVELOPEMENT?

EXPLAIN THE PERSONAL DEVELOPMENT OPPORTUNITIES IN YOUR DREAM LIFE.
PROVIDE AS MANY DETAILS AS POSSIBLE.

What are your end goals in creating this part of your dream life as described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



PERSONAL DEVELOPMENT

What can you do in the next year to improve your progress in the area of personal development? (read, sign up for a class/classes, hire a coach etc.)

What specific steps can you take in the next year to work towards progress in personal development?

How much time will you make per week for personal development and when will you make time for this? Use the weekly planner below:

Breakdown

DAY	TIME
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What 2 affirmations can you declare in order to reach your weekly goals? Add 2 affirmations related to your dream life.



FRIENDS AND FAMILY

HOW DO YOU FEEL ABOUT YOUR CURRENT RELATIONSHIPS AND BOUNDARIES WITH FRIENDS AND FAMILY?

EXPLAIN YOUR RELATIONSHIPS AND BOUNDARIES WITH FRIENDS AND FAMILY IN YOUR DREAM LIFE. PROVIDE AS MANY DETAILS AS POSSIBLE.

What are your end goals in creating this part of your dream life as described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



FRIENDS AND FAMILY

What can you do to foster more connection with friends in the next year? You may also want to think about making an effort to find additional friends.

What specific steps can you take in the next year to create the boundaries you need with friends & family (i.e. less time in the year, shorter events, fewer phone calls, counseling to help create boundaries etc.)

What can you do to foster more connection with family in the next year?

What 2 affirmations can you declare in order to reach your yearly goals? Add 2 affirmations related to your dream life.



LOVE LIFE

HOW DO YOU FEEL ABOUT YOUR CURRENT LOVE LIFE?

EXPLAIN YOUR LOVE LIFE WITHIN YOUR DREAM LIFE. PROVIDE AS MANY DETAILS AS POSSIBLE.

What are your end goals in creating this part of your dream life as described above? (i.e. happiness, freedom, peace, security, stability, bliss, silliness, stillness, contentment etc.)



LOVE LIFE

What can you do to foster your love life in the next year? If you do not yet have a love life, what can you do to begin one if you so choose?

Explain, in detail, the specific steps you can take to nurture a love life.

How much time will you make per week for a love life and when will you make time for this? Use the weekly planner below:

Breakdown

DAY	TIME
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What 2 affirmations can you declare in order to reach your weekly goals? Add 2 affirmations related to your dream life.



TOPIC:



TOPIC:



A F F I R M A T I O N S



A F F I R M A T I O N S



A F F I R M A T I O N S

Upcoming Offerings:

Group Coaching:
Quantum Creators

Individual Coaching
The Healing and Law of Attraction Program

My healing session with Sonali was beyond transformative. She has such a grounding and loving presence. She compassionately guided me through repressed memories & held me in a loving space. Even when I felt a lot of fear, I know I'm in her safe hands. Within 1 hour, we transmuted many deep emotions. I'm now feeling free, liberated and able to move forward with newfound sovereignty. - Caecilia, October 9, 2023

WEBSITE

