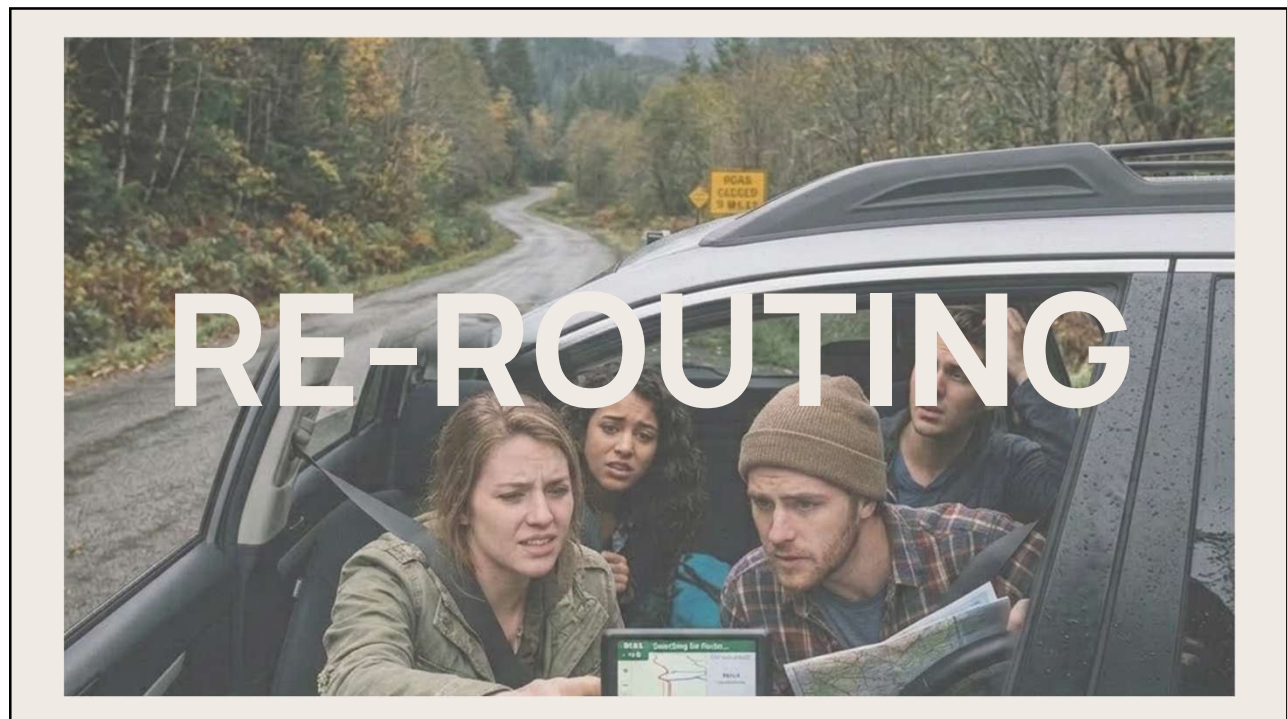


RECLAIM YOUR ENERGY AMPLIFY YOUR IMPACT

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1



2

Misalignment Burnout

Caused by living or working in *contradiction* to your
authentic self.

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3

“I have nothing left to give”
“Why am I even doing this?”

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4

If this is **you**,
it's time to
reset.



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5

RESET

Awareness Before Change

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6

RHYTHM OF LIFE

7

PHYSICAL

Sleep, Movement, Nutrition

EMOTIONAL

Health of your relationships

INTELLECTUAL

Always growing, life-long learner

SPIRITUAL

**Sense of peace, know who you are &
why you're here**

8



9

What Fuels You?
What Drains You?

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10

If your *name, face, or logo* couldn't be tied to your goals or commitments, would they *still matter* to you?

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RECLAIM

Intention > Autopilot

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12



13

The relentless *climb* to a place I
didn't even want to *reach*.

14



15



16

How do we wake up before we
break down?

17

RENEWED RHYTHM

What is the one area you want to
be more intentional about?

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ONE *small* STEP

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19

Sometimes reclaiming your energy doesn't
mean we have to find *more*.
It means we have to *find* the leak.

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Stop the Leak

Quit

Delegate

Reduce

Release

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21

RE-ENERGIZE

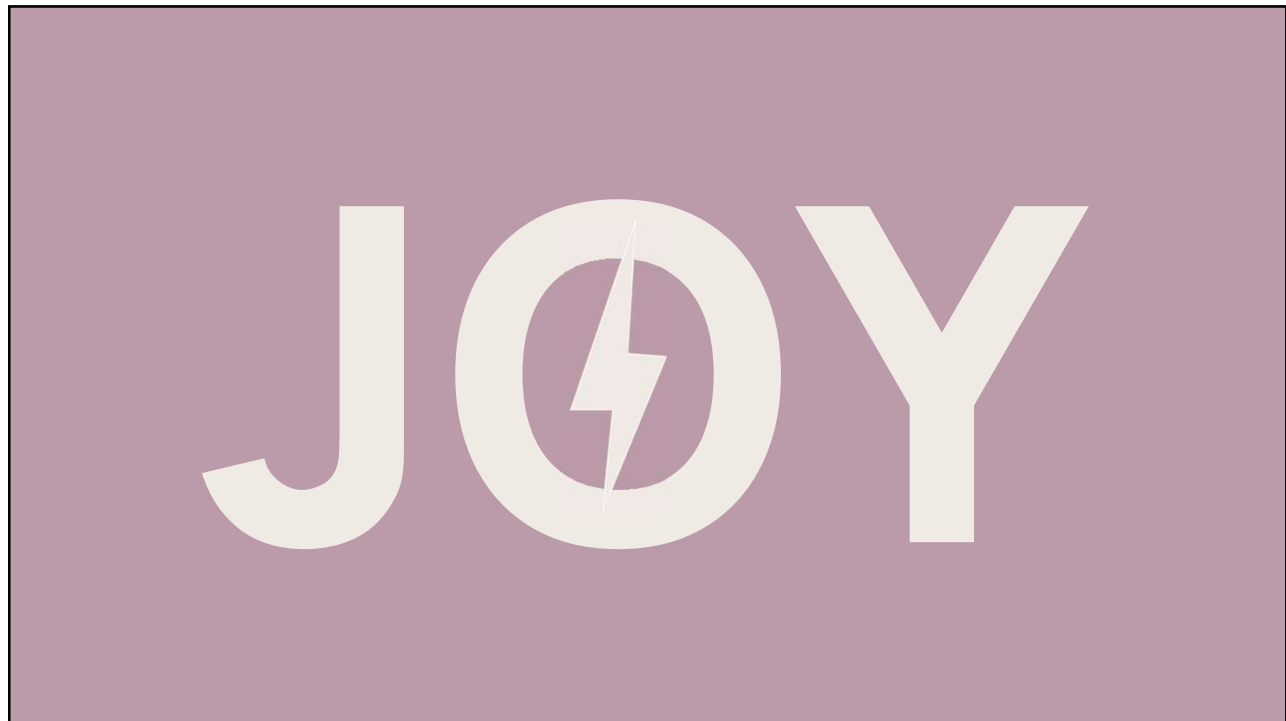
Make room for what matters

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23



24

REALITY

25

If the things that make you feel alive *rarely*
make it onto your calendar, you shouldn't be
surprised when your life feels *stagnant*.

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DREAM STORM

27

Somewhere you've always
wanted to travel

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28

An adventure you've always
wanted to have

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29

If you wrote a book, what
would it be about?

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30

What is one hobby or sport you
want to try or get better at?

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You get one full day with zero
responsibilities. What are you
doing, and who are you with?

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32

One year from now, I'd look
back and be so proud of myself
because I...

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One thing I want to stop saying,
“someday” about is:

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34

What concert, performance, or
sporting event do you want to
experience front row?

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One thing I want more of in my
life is...

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36

When I look back on my life, I
want to be really glad I didn't
miss...

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37

Knowing what we want,
without ambition to take *action*
is useless.

38

RECLAIMED ENERGY PLAN

Reset | Reclaim | Re-energize

39

Your life isn't happening *someday*,
it's happening *today*.

Reclaim it.

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40



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Building Leaders Worth Following

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