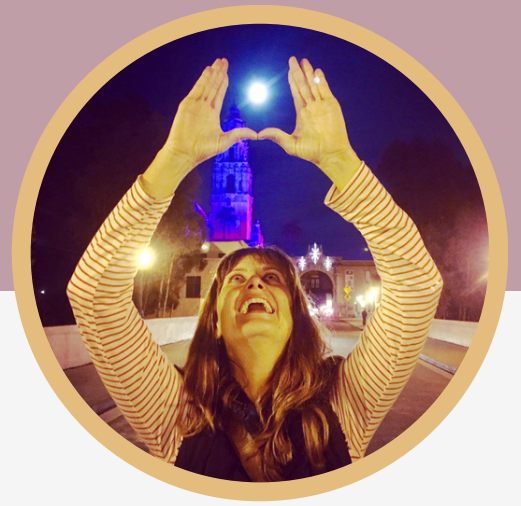




# *Dare to Dream*

A GUIDED MEDITATION FOR CHILDFREE WOMEN  
READY TO EMBARK ON A  
DELIGHTFULLY FREE JOURNEY

# Welcome, Dreamer



Get out your travel journal, we're going on a soul vision journey...

If you're here, you're a childfree woman wondering where you belong and what's next for you in a world that doesn't celebrate your inherent worth and desires.

## **You are in the right place if as a childfree woman:**

- You don't quite fit in with those around you on the parenting journey
- You are feeling a bit lost or even alone without a clear sense of what's possible for your life, where to find it, how to get there, or who to share the journey with
- You have dreams and desires you haven't allowed yourself to acknowledge or live fully yet, because they don't look like what everyone else is doing in life

I also know that **you're ready to take time out for yourself to cultivate a vision for your life** that will support you in the journey to find your purpose and place in the world you want to live in!

## **Whether you are childfree by choice or circumstance, the Delightfully Free Journey provides a path to:**

- You knowing you matter just the way you are
- You feeling worthy of nurturance, celebration, connection and belonging
- You having a vibrant, soulful life, full of what lights you up
- You connecting to other childfree women to share the journey and inspiration

By downloading the **Dare to Dream Meditation**, you've already taken the first step in your *Delightfully Free Journey* to a fulfilling life that is authentically YOU!

I hope you enjoy getting to know your soul's dreams and desires in the exercise below, and allow them to illuminate the next steps on your journey. I would love to hear all about it and what unfolds for YOU!

With love and solidarity,  
Annie

# Hi, I'm Annie



My path to a delightfully free life... and the first step to yours...

When I realized I was going to be a childfree woman in my late 20s, there was no one around me to look to for guidance, inspiration, and support for how to navigate or thrive along a childfree journey. So many of the dreams I had were gone, and **I felt lost in the wilderness without a compass.**

**In the beginning, I struggled to dream again.** I had to quiet the voices and messages that told me what life was supposed to look like and go within myself to find my own voice. I had to rebuild a relationship *with myself* and my soul's desires apart from the expectations of others.

I went on a journey to discover what brought me authentic joy, who I loved spending time with, when I felt most alive, and where I was most inspired and at peace.

As I gathered this insight, I was able to start dreaming of a childfree life and cultivating a vision for my future I was deeply passionate about.

**The Dare To Dream Meditation was born. This meditation is my go-to tool for creating a compelling, embodied vision of a delightful future you will be excited to journey toward.**

I've used the following exercise with great success **throughout my life and with countless clients in my psychotherapy practice as a Certified EMDR Therapist.**

I come back to the Dare to Dream Meditation again and again as I grow and evolve and ready myself for new journeys. Each time, I learn something new about myself and the magic life has to offer.

# Step 1: Prepare for the Dare to Dream Meditation

**Before you start the Dare to Dream Meditation, journal your responses to the following prompts to explore your experiences and insights. This will provide a foundational warm-up for you to uncover your soul's desires. Take all the time you need! All thoughts, insights and memories provide possible clues.**

01. Write down, in vivid detail, one of your favorite memories or best experiences. How did it feel?

02. What is one place, that you have lived, visited or experienced, that you felt your best? How did you feel?

03. With whom in your life have you felt most alive and inspired? What was it about your experience with them that made you feel that way?

04. When do you feel most alive and energized? What are you doing? Who are you with?

# Step 2: Dare to Dream Meditation

## How to do this exercise:

In the video below, I will walk you through the Dare to Dream meditation. You can start by listening to it all the way through, noticing what comes up for you as you listen. Once you've finished, take all the time you need to respond to the meditation prompts in your journal.

There is no right or wrong way to do this, and each time you try it, you may do it a little differently. Some people choose to pause the meditation with each prompt and journal as thoughts emerge. Feel free to experiment with how to make the Dare to Dream meditation work for you.

## **Let's get started with the Dare to Dream meditation:**

1. Find a cozy space with your journal and a pen
2. Take a few deep breaths, really focusing on a long, slow exhale
3. Start the video below now (click play, and youtube will launch)



# If you're feeling blocked...

At any point in the meditation, you might find yourself feeling blocked or stuck.

It's OK, you can **use your insight into what you don't want to find your way to what you do want!**

Try this instead: what would you like to be different in your life right now? If it were different, what would have to change? (See if you can flip to the opposite, even if it doesn't feel possible right now)

- Ex: I hate that I am commuting 2 hours a day for my job, but this is a great job that I am not prepared to leave and I can't afford to move closer.
  - A possible flip to this challenge could be: My commute to work is less than 10 minutes, I love my work, and I am on the path to financial independence which gives me a sense of freedom and options in my life.
- Ex: It hurts me that my family constantly asks me about whether I am going to have children, while they treat my siblings who do have kids like royalty. I feel alienated and like I don't matter as much.
  - A possible flip to this could be: I feel confident in my worth and honor my journey and experiences as a childfree woman. I maintain healthy boundaries and have intimate relationships with people who love and support me, just the way I am.

I invite you to keep going with this process and let your knowledge of what you don't want be clues on the path to learning what you do want.

# You did it, dreamer!



**The power of this exercise grows over time and with *each time you do it*.**

Every experience is an opportunity to discover more about what lights you up or dims your spirit. This insight will help you carve out your authentic journey.

Keep coming back to the vision or knowings you connected with today.

Notice if new ideas, insights or dreams start to emerge in the coming days or weeks. Insights may arise through dreams, quiet time with your thoughts, journaling, or during everyday life. I invite you to be a detective into your own delight and desires and use this vision to cultivate your roadmap to a Delightfully Free life.



What have you  
discovered?  
*Share it with me*

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