



Dream Creative Solutions

Training, teaching and practical guides
for creatives, problem solvers and life improvers

Personal Training Log – Dream Create Breakthrough

Your Focus

My main objective for this training is:

Why this matters to me:

Week Plan (Plan to succeed)

When I will do the training (days/times):

Mon: _____

Tue: _____

Wed: _____

Thu: _____

Fri: _____

Weekend (circle):

Fri / Sat / Sun



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DAILY LOG

◇ Day 1 - Foundation & Intention

What I did:

What I noticed:

Ideas / thoughts:

◇ Day 2 - Dream / Relaxed Thinking

What I did:

What I noticed:

Ideas / thoughts:

◇ Day 3 - Creative Expansion

What I did:



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What I noticed:

Ideas / thoughts:

◇ Day 4 - Mindset / NLP

What I did:

What I noticed:

Ideas / thoughts:

◇ Day 5 - Weekend Preparation

My focus for the weekend:

WEEKEND LOG

◇ Practice Nights

What happened (dreams, thoughts, ideas):



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Patterns / repeated ideas:

FINAL REFLECTION

What changed for me:

What I gained from this training:

What I want to do next:
