



The Dream Reclamation Guide

A Clarity Workbook for
Vision-Driven Women



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Welcome! This guide is for the woman who is ready to stop abandoning her own dreams. If you've been the glue for everyone else but feel a quiet ache for something more, this workbook is your starting point.

Use it to reconnect with your vision, unpack limiting beliefs, and take one bold step toward the life you know you're meant to lead.

Let's begin.

Step 1: Clarity Exercise – Articulating the Dream

Find a quiet moment and answer the questions below from your heart, not your head. There are no wrong answers here—only truths waiting to be acknowledged.

If I could wave a magic wand and create a life that feels aligned, free, and fulfilling... what would I be doing?

- Career:
- Relationships:
- Health + Well-being:
- Purpose + Impact:
- Fun + Freedom:

The version of me who's already living this dream believes that...

- Belief #1:
- Belief #2:
- Belief #3:

What has held me back from pursuing this vision until now?

What am I no longer willing to tolerate?

One small, courageous action I can take this week is...

Step 2: Belief Unpacking – From Limiting to Liberating

Our beliefs shape our lives. Let's shine a light on what's no longer serving you.

Write down one belief you have that might be holding you back:

Where did this belief come from? (A person, moment, story?)

Is it objectively true? What evidence supports or disproves it?

How does this belief impact your decisions and behaviors?

What would you rather believe instead?

Now write your new empowering belief below:

“I believe...”

Step 3: Future Pacing – Embodying Your Dream Self

Close your eyes. Imagine it's one year from now, and you're living your dream life. Let the details come alive.

- What do you see around you?
- How do you feel in your body?
- What are you proud of?
- What did you let go of to get here?
- What bold step did you take that changed everything?

Write a message from your future self to your present self:

Step 4: The Big 5 Visioning Preview

These five core areas shape your fulfillment and success. Define a vision in each category:

1. Career & Contribution:
2. Relationships:
3. Health & Energy:
4. Personal Growth:
5. Joy & Lifestyle Freedom:

Bonus: What would success look and feel like if you were thriving in all five?

You've taken the first step. Keep this guide nearby and revisit it often. Clarity creates momentum. Your dream matters, and it's not too late.

You've got this.

With belief in you,

Lee Hays, Master Coach & Founder of Optimal U