

UPLLEVELING

MADE
SIMPLE



CONNIE BOUCHER

YOUR LIFE IS NOW!

PLAY FULL OUT!

1

GET A DREAM

2

HAVE A CLEAR PLAN

3

LET GO OF THE REST

4

LIVE IN YOUR DREAM WORLD

5

MAKE IT HAPPEN

WHAT'S YOUR DREAM



1. GET CLEAR ABOUT WHAT YOU WANT

- Make a list of things you truly want to do, experience, or achieve
- Listen to your heart and choose things that light you up—the ones that make you feel super happy and excited just thinking about them.
- Don't limit yourself to what seems possible or reasonable—dream big!
- Ask yourself, "What would I do if I knew I could not fail?"
- Write down the things that make your heart sing—the dreams that stir passion within you.
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Now, pick one thing—one dream you want to focus on manifesting first.

This is the starting point. When you choose one dream and give it your energy and attention, you set powerful forces in motion to bring it into reality!

Dream Big

CAN DO

verses

LET GO

- At the top of a piece of paper write down your dream, then make two columns under it:
- CAN DO
- LET GO
- Under CAN DO write everything you can do to help you get closer to your dream.

- Under LET GO write down all the things you can't do anything about.

*Focus on what
you can do*

*Take action steps every
day and soon you'll
have it done*



3. LET GO OF HEAVY ENERGY

Release it



- Write It All Down
 - On a piece of paper, dump all your feelings onto the page —everything that feels heavy, frustrating, or beyond your control.
 - Keep writing until you feel like you've fully expressed the emotion.
- Cut the Cord
 - Close your eyes and visualize yourself cutting a cord between you and all the heavy emotions.
 - Feel yourself fully letting go so you're no longer attached to them.
- Destroy the Paper
 - Shred it or burn it as a physical symbol of releasing that energy from your life.

Why This Works:

- Negative energy is toxic—it weighs you down, blocks clarity, and limits progress.
- Releasing it frees you to move forward without unnecessary emotional burdens.
- Negative energy can return—often by overthinking, dwelling, or worrying.
- If it resurfaces, repeat the process—write it out, release it, and let it go again.

You Must Fill the Void with Positive Energy:

- After releasing, consciously fill the space with something good.
- Think about what you want—focus on your dream and imagine the joy of having it.
- Shift your mind toward possibility, gratitude, and excitement for what's coming next.

Letting go is a practice, but every time you release negative energy, you make room for positive creation and movement toward your dreams.





**CLEARLY SEE
IT IN YOUR
MIND'S EYE!**

4.
FEEL SO
EXCITED!!

To bring your dream to life, you need to keep it at the forefront of your mind. The more you see it, feel it, and believe in it, the more real it becomes.

- Create a Vision Board – Find a picture of your dream and place it where you'll see it often.
- Look at it several times a day and engage all of your senses.
- Imagine it as your reality—feel the excitement of already having it.

Activate Your Dream with Journaling & Visualization

- Envision your dream in your mind and get excited about it!
- Think about how GOOD it feels to experience it.
- Write about it in present tense, as if it's already yours.
- Describe every detail vividly, using beautiful and happy language.
- Let journaling inspire more details—as you write, your mind will generate even more clarity.

Meditate & Uplevel as You Go

- Meditate on your dream, allowing yourself to fully embody the experience.
- If your mind expands the vision or conjures up something even grander, embrace it!
- It's okay to uplevel your dream as you go along—dreams evolve, and so do you.

The more you immerse yourself in your vision, the more natural and inevitable it becomes.

5. TAKE ACTION!

Take Action on Your Dream:

- Look at your CAN DO list and pick something you can immediately start on.
- Get it done and cross it off—this builds momentum and reinforces progress.
- Move on to the next thing on your list and keep taking action.

GO CONFIDENTLY TOWARDS THE LIFE OF YOUR DREAMS. LIVE THE LIFE YOU HAVE IMAGINED.

HENRY DAVID THOREAU

Action creates

Attraction





There you go—five simple yet powerful steps to help you get clear on what you want and move you toward manifesting it!

YOU have the power to create anything you desire. When you pair faithful determination with positive action, the word impossible transforms into I'M POSSIBLE!

As you actively work toward your dream, you'll likely discover even more possibilities—things you hadn't considered before will start to appear.

- Whenever a new action step comes to mind, add it to your list.
- Keep building on what's possible, and keep taking action.

The more you focus on what you CAN do, the faster you'll move toward your dream.

Celebrate Every Success:

- Big or small, every step forward matters.
- Acknowledge your progress—every completed task, every breakthrough, and every unexpected blessing that moves you closer to your dream.
- Document your wins in your journal and celebrate them!
- The more you celebrate, the more momentum you build!

Change is much easier when you have support, and I'd love to guide you through the process of upgrading your life!

Check out my Upgrade Your Life & Health Wellness Program to help you:

- Get clear on what you truly want
- Stay accountable to your goals
- Create lasting, meaningful change

Let's Stay Connected!

I believe in you, and I want to hear about your successes! Follow me on Facebook and Instagram and join my tribe of dreamers and doers.

Let's support each other, grow together, and celebrate the journey!

Hugs, Connie



Big Whoop!

Connie
Boucher

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