

# FOLLOW YOUR DREAMS



BY BERNIE CURD



# A NOTE FROM THE AUTHOR

Do you ever feel that you can't see the light for the trees  
- that everything around you feels so closed in and you have  
difficulty breathing life into your dreams.

That's how I felt until I turned my life around at 52 and started my  
own business in 2015. For years I had been putting everyone else's  
needs before my own and had no boundaries and was a 'YES'  
person to anyone that asked anything of me.

One day it just clicked - there is more to life than people pleasing  
and letting each day roll into the next. Firstly I needed to start with  
my own self-care and just knew that would be my turning point to  
find my unique gifts and soul purpose.

I strongly believe we all have a Unique Life Purpose . Sometimes  
we have difficulty identifying, acknowledging and then taking  
action on it.

That's where I come in!!!

I inspire and motivate people by giving them the tools they need to  
follow their dreams and create a life they love by empowering  
them emotionally, physically and spiritually and using natural  
products, mindfulness and meditation.

*Bernie Curd*

Bernie Curd  
Founder of Breatheandbloom.ie

# *Intention & Journaling*

# GETTING CLARITY

Asking the right questions helps you discover what you know already and what you need to know. The more specific the question the easier it will be to define your goals.

It is imperative to get crystal clear in your intentions.

Set your sights on a specific target so you know what you are working towards, and so you can work on being a frequency match for what you want for your future.

If you don't have a clear goal, the Universe doesn't know what to bring your way.

Align your intentions and goals to what you really want. Your main goals, your end results.

# CLARIFY WHAT YOU WANT!

- Do you want freedom?
- Do you want to experience great levels of success?
- Are you more interested in making a difference, and that's your main goal and intention?
- Do you want to earn money doing what you love, or being creative?
- Do you want more time at home with your children?

Once you know what your intention is, break that down even further to get in touch with the FEELINGS you wish to experience by having this dream and pursuing these intentions.

Once you set your intentions, it is time to also set your goals. These goals should feel good, and be aligned with your soul's desires and intentions. You can always revamp them at any time if they no longer feel good.

Don't play small here.

Those big scary goals are the ones that will lead you to the highest soul alignment!

# ARE YOU FEELING STUCK?

If you are feeling stuck, stagnant, or sad about the direction your life is going. It's time to look at where you have been playing small, and what blocks and fears you may still be holding on to.

I found one of the best ways to support me was journaling on where I am still feeling stuck. This gives you a great visual on what is still lingering. Once you see it, you can begin to clear it.

Your awareness of a pattern, belief or fear and the intention to clear it from your energy field will be a catalyst to begin the movement.

Keep that in mind if you begin to feel overwhelmed with where to start or how to clear these things out. Awareness will bring clarity, and clarity will bring healing, and healing will bring manifestation.

# JOURNAL PROMPTS

I have provided some journal prompts to assist you when you are feeling stuck, these journal prompts can help you to identify:

- Limiting Beliefs
- Old loops or patterns
- Fears
- Abundance Blocks
- How you want to show up going forward
- What soul alignment means to you
- What you are ready to release and forgive

# JOURNAL PROMPTS

## DISCOVERY

If fear, lack, or low confidence was not an issue, what would it look like to follow your BIGGEST dream?

What does it feel like?

What does it do for you?

If you were your most aligned self,  
what would you be doing in your business everyday?

How would your days look?

Are you seeing clients?

How do you want your clients to feel working with or buying from you?

Are you creating products?

What is your business known for?

# JOURNAL PROMPTS

## FEARS AND LIMITATIONS

Now, let's begin to identify what fears, blocks, or limitations are currently keeping you stuck.

The best way to answer these questions would be stream of consciousness writing.

Read the questions, put your pen to paper, and just keep writing what comes up.

Don't judge it. Don't analyse it.

Whatever comes to mind just write until you have no more thoughts.

# WHAT DO YOU WORRY MOST ABOUT

Be fully honest with yourself here. The sooner we can identify blocks, the sooner we can start clearing and releasing them so you can align with your unique self!

What is one of your biggest fears about starting or up levelling your business?

What do you worry most about?

- Do you have fears of being seen?
- Fears of failure?
- Fears around finances?
- Fears around your skill level?
- Worry about imposter syndrome?
- Worry about what your family, friends, or partner would say?

Now, looking at some of these fears, start thinking about where they came from.

# WHEN DID THIS FEAR/LIMITING BELIEF START?

Pick one to start with. Thinking back as far as you can, when did this fear/limiting belief first start?

- Did it come from an experience you had as an adult?
- Was it from your childhood? upbringing? church? school?

Tapping in intuitively, is this a past life loop you are repeating? Is this even your fear? Could this belong to an ancestral pattern re-playing out again?

As mentioned earlier, once you identify a fear, limiting belief, or abundance block, you already begin the journey of healing and clearing it from your energy field.

# YOU CAN DO THIS!!!

The awareness, and willingness to look at it will open the door to healing. Setting the intention that you no longer align or wish to identify with your fear or limitations is a key ingredient to being your Unique Self.

When you set the intention that you wish to align to new beliefs, synchronicity and deeper awareness will begin to present itself. You can keep asking your higher self to show you what's next.

Once you identify the fear and where it came from, and don't know what to do with it, just keep asking what's next in order to begin clearing from your energy field.

Even baby steps are better than nothing at all. You will get to where you need to be in your own time. Just trust and believe and look for like-minded people to support you on your journey.

# *Creating Goals*

# VALUES V TIME

WHAT IS MOST IMPORTANT TO ME

Without goals you have no plan, and without a plan you will be stuck in your current routine and doing the same old things. But you need to be clear on what your goals are.

You need to think about all areas of your life when defining your desires. Think about the effect that achieving what you want will have on all areas of your life, so you don't create conflicting intentions.

If you want more money, this could mean working longer hours and therefore would reduce the time you spend with your family. But if you also want to spend more time with your family then you need to look carefully at all areas of your life.

Perhaps you could resolve this by giving up a hobby?

Try writing down your values with how you actually live. On one side of a piece of paper write ten things you think are most important in your life. This may be relationships, career or a hobby. On the other side of the paper, write down ten things you spend most time doing.

How do these lists compare? If they are very different, you will need to think of ways of allocating more resources to those issues on the first list.



# BE HONEST WITH YOURSELF

**QUESTION #1:** What challenges are you struggling with at the moment?

A large, empty rectangular box with a light gray background, intended for the user to write their response to Question #1.

**QUESTION #2:** Where will you be in five years from now if you change nothing at all?

A large, empty rectangular box with a light gray background, intended for the user to write their response to Question #2.



# GIVING YOU FOOD FOR THOUGHT

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**INSTRUCTIONS:** These are questions you need to think about seriously and look deep within yourself for the answers.

**QUESTION #1:** WHAT DOES SUCCESS LOOK LIKE?

**QUESTION #2:** WHAT'S STANDING IN YOUR WAY?

**QUESTION #3:** WHAT HAVE YOU DONE TO TRY TO SOLVE THE PROBLEM?

**QUESTION #4:** WHAT WILL HAPPEN IF YOU DON'T TAKE THIS STEP?

**QUESTION #5:** WHAT ARE YOUR NEXT STEPS MOVING FORWARD?

# *Self-care*



## PERFECT WAY TO UNWIND



### EXERCISE #1: RELAXING MEDITATION

BEFORE I FELT...

AFTER I FELT...



### EXERCISE #2: MINDFULNESS MEDITATION

BEFORE I FELT...

AFTER I FELT...



### EXERCISE #3: WALK IN NATURE

BEFORE I FELT...

AFTER I FELT...





**HABITS TO CHANGE**

**SKILLS TO  
LEARN**

**VALUES TO  
ENHANCE**

# SELF-CARE

LIVE YOUR BEST LIFE





## MEET THE AUTHOR

BERNIE CURD

Bernie Curd Founder and CEO of Breathe and Bloom is an Intuitive Healer, Coach, Reiki Master and Mindfulness Teacher. Her mission? To empower women to fulfil their goals, Discover their Unique gifts & live the life they want. She believes that every woman deserves to feel connected to her emotions, radiate with confidence and live the life of her dreams.

Her current home is in Co. Leitrim, Ireland where she lives with her husband Mark. Read her story on her website at [Breatheandbloom.ie/about](http://Breatheandbloom.ie/about).

*“If there's a book that you want to read, but it hasn't been written yet, then you must write it.”*

## HAVE QUESTIONS?

Bernie Curd

Drumdoo

Mohill

Co Leitrim

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**THE FUTURE  
BELONGS TO  
THOSE WHO  
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**ELEANOR ROOSEVELT**