



Design Your Dream Day As A Dharma Coach

BY SAHARA ROSE



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Our life is the reflection of the quality of our days.

Our days become our weeks, months, years, and eventually our lifetime.

If we want to live the lives of our dreams, it begins with our days.



Becoming a Dharma Coach means living in alignment with YOUR energetic frequency.

It means knowing who you are and how your energy is best meant to be shared and cared for.

For some of us this may mean starting our days with vigorous exercise; for others with meditation; and for others with a dance party. This energetic frequency can also change throughout different phases in our lives as we move through the Dharma Evolution.



The type of work we do also greatly affects our energy.

When we do work that is in alignment with our soul's purpose, we are creative, energized and vibrant.

We are oozing with ideas, and the passion to bring them to life.

We want to be there, fully immersed in the experience.

We are moving from a space of devotion.

This is living your dharma.

When we do work that is out of alignment with our soul's purpose, we are anxious, overwhelmed and depleted.

We keep hitting walls and want to give up.

We feel exhausted, lethargic and resistant.

We don't want to be there and are day-dreaming about what else is out there.

We are moving from a space of obligation.

This is not living your dharma.. And unfortunately, it's where most people spend a majority of their lives.



Let's take a little quiz to see where you are in the present moment.

Quiz: Are You Living Your Dharma? (In alignment with your soul's purpose)

1. In the morning I wake up...

- a. Excited about the day and inspired by my work.
- b. Anxious about the day, already wishing it were over.
- c. Somewhere in between - depends on the day.

2. Does this statement feel true to you? "I feel like I am living my purpose."

- a. Absolutely. I am fully living out my gifts while exploring more.
- b. Not at all. I don't even know if I have a purpose, let alone what it is.
- c. Could be.. Sometimes I feel it, sometimes not.

3. Do you feel like you are contributing to raising the vibration of the planet?

- a. Yes absolutely. Every day I can feel I am making an impact, whether it's big or small.
- b. No, I feel like my work is meaningless and not really helping anyone.
- c. Sometimes I do things that help, but my career isn't really raising the vibration of the planet.. I'd like it to be though.

4. Do you feel like you are replaceable in what you do?

- a. Not at all - no one else shares my same essence! It's not about the tasks I do but how I do them.
- b. Yup. It's a sad truth but I'm just doing what I've learned and not adding my unique flair to it. Someone could easily replace what I'm doing.
- c. I feel like in my career yes, but I contribute in different ways with friends + family.

5. How often do you feel like you are in flow, letting your creativity move through you?

- a. Often- I feel like I am channeling something greater than me! Inspiration flows through me and I get into these states where I am completely at one with my highest self and create more in a few hours than would take most weeks!
- b. Hardly ever. I feel a lot of resistance towards my work and everything feels hard. It's like I'm hitting wall after wall,
- c. I've definitely experienced it before, but not in relation to my work.

Quiz: Are You Living Your Dharma? (In alignment with your soul's purpose)

6. How do you feel after your work?

- a. Lit up, inspired, energized. Of course there are harder days and aspects that challenge me, but I thoroughly love what I do.
- b. Like I just got hit by a bus. It takes me hours to decompress and I'm already anxious about going back the next day.
- c. Pretty tired and relieved the day is over, though it's not the worst thing ever. I do often wonder what else is out there.

7. Do you feel you are using your unique gifts in your career?

- a. Yes! I am in my zone of genius for the most part, feel that my work is valued and that I'm doing what I was made to do.
- b. No, to be honest I don't even like the skillset I use in my work but I got into it because of the money.
- c. In some ways yes but not directly. I try to make the best of it but know there are more profound ways I could be using my gifts.

Now, let's take a tally...

This many A's:

This many B's:

This many C's:

Mostly A's: Dharma Queen/King



You are living your dharma! You are living in alignment with your soul's purpose, inspired by your work and energized to bring your ideas into reality.

This is RARE in today's society so I want to take a moment to honor you for listening to the whispers of your soul and making it your life's work.

Have you ever considered building a career helping others to do the same?

You would be an incredible Dharma Coach to support others to align with their soul's purpose!

So many others would be deeply inspired by hearing your story and nuggets of wisdom you've learned along the way! It's time to lead by example and use this energy to light up the world!

Learn more about the possibilities that await you in Dharma Coaching Institute here.

Have questions about enrolling in the program that you would like to speak to someone directly about? **Click here** to book a no-pressure, no-commitment call with Emily or Nata on our enrollment team!

Mostly B's: Dharma Realization



You can already feel it and I'm sure answering those questions was a bit confronting. You are not living your dharma.. Just yet.

But the very fact that you are here and diving into this work shows that you are ready to dive in.

You are here for a reason.

You can feel that there is soul much more to you that you've yet to experience. You just haven't really had a chance to dive into who you are, and now is the time.

Your realization is the invitation to start diving into this work.

Living your dharma doesn't have to be a lifetime away. It begins with diving into your Dharma Discovery Journey and this is the very first step you'll take in the Dharma Coaching Institute. You will go through the journey of understanding your own soul's purpose and then spend the next six months learning all the tools and frameworks to make it your reality, with live practice coaching sessions every week that will transform your life and help you feel supported during this period of transformation.

Mostly B's: Dharma Realization



Even if you don't want to coach others, the best way to learn something is to learn how to teach it. It's like if you want to excel in yoga, you sign up for yoga teacher training. If you want to dive into your dharma (soul's purpose) and align your life with what you want, the Dharma Coaching Institute is for you.

[Learn more about the Dharma Coaching Institute Experience here.](#)

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Mostly C's: Dharma Dip-In



You've dipped your toes into dharma waters but still haven't fully dove in head first. But now is the time.

You know what it's like to feel alive, to feel purposeful, to share your gifts. But it's just not your everyday reality.. yet.

You're likely the friend everyone comes to whenever they need advice, words of wisdom or support. It all comes naturally and flows through you.

You have an innate ability to see people's higher potential. And your friends have told you how helpful your wisdom was – but you have no idea how to turn that into your career.

In fact, you feel a lot of imposter syndrome because although you help friends, you still feel like you have a long way to go and you aren't "certified" to help people. This might have left you feeling stuck and confused about what to do next.

Part of you wonders if you ever can create a career doing this work or whether now is the time for you to focus on yourself and your spiritual path.

What if I told you that you can do both, at the same time?

Mostly C's: Dharma Dip-In



In the Dharma Coaching Institute, you go through all the frameworks first for yourself. You receive over 25+ hours of one-on-one coaching with your peers, while also learning the skills to become a masterful coach to others.

You dive into the Dharma Discovery Journey™ and move through somatics, embodiment and nervous system healing. You learn about your Human Design, Dharma Archetypes™ and North Node astrology.

You apply the Dharma Blueprint™ to yourself first.

You become the living example of living your dharma (soul's purpose) and that naturally gives you the confidence to share with others.

Your soul is obviously nudging you to explore your truth in a deeper why – this is why you're here. And now it's time to honor that.

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Have questions about enrolling in the program that you would like to speak to someone directly about? **[Click here](#)** to book a no-pressure, no-commitment call with Emily or Nata on our enrollment team!

So now that you've taken account of where you're at and know whether you are living your dharma, let's dive into designing your dream day!

To call in what it is you want, first, you have to figure out what that is. Let's start with your morning routine.

1. Write out your current morning routine here.

2. What is serving you? What isn't? For example, maybe you love your morning breathwork practice, but you don't love that you wake up and check your phone first thing.

I love:

I don't love:

3. Now what can you swap it with?

Examples:

- Checking phone in morning → Morning gratitude + journaling
- Drinking iced tea → Drinking hot tea
- Rushing to work → Waking up slowly a little earlier and taking a moment to pause before starting day

Quick tip: Sometimes it's just about making these things easier for us! For example, I've always known breathwork was incredible for me, but I would never practice it. It wasn't until I began following Youtube videos, then eventually an app that I made a regular practice. Now it's a non-negotiable!

In just 10 minutes a day, I change the entire state of my nervous system. I highly recommend looking online for meditations + breathwork practices you can just follow along with so there is as little work for you to do as possible- you just tune in and receive! And as a special gift for you, here is my **15 Minute Dharma Daily Meditation!**

4. To do that, what do you need to change?

One of the biggest reasons why we don't have the morning practice we want is because we don't have the night-time practice that sets us up for it. If we are scrolling through TikTok until midnight with blue light blasting in our eyes and stimulating video content, of course we aren't going to sleep well and end up feeling exhausted in the morning! (Plus replaying those annoying AF sounds in our heads!)

This is why I recommend a tech-free wind-down time for at least one hour before bed-time so you can adjust your eyes. I also highly recommend swapping out your light bulbs for adjustable ones that can turn red at night, wearing blue blocker glasses and using candle light whenever possible. (Plus it's so cozy!)

Reading books also helps your mind calm down since they're not flashing quickly and gives space for your mind to rest. If you're curious to dive deeper into your purpose, I highly recommend my book **Discover Your Dharma!**

I also recommend nightly practices such as stretching, yin yoga, foam rolling, abhyanga self-oil massage, journaling, taking an evening walk and spending time with loved ones.

5. What is your movement practice?

6. What would you like your movement practice to be? How often?
Where?

7. What is your current night time practice?

8. What do you love about it? What do you not?

9. What swaps can you make? Ex: taking a bath or stretching instead of sitting on the couch)

Now let's dive into your work.

10. What do you love about your current work?

11. How did you end up here?

12. What lessons has it taught you?

13. What would you love to change?

14. What is your most common cause of stress?

15. What is one thing you can do to improve your experience now?

16. If you were still working here 3 years from now, how would you feel about that?

17. What gifts that you have would you love to include more in your work? (Ex: working directly with people, writing, coming up with ideas, project managing)

18. How can you include that more in your life, even outside of your work? (Ex: Courses, volunteer work, changing roles in job)

19. What are some hobbies/ interests you have?

20. What are some hobbies you'd love to have or interests you'd love to dive deeper into?

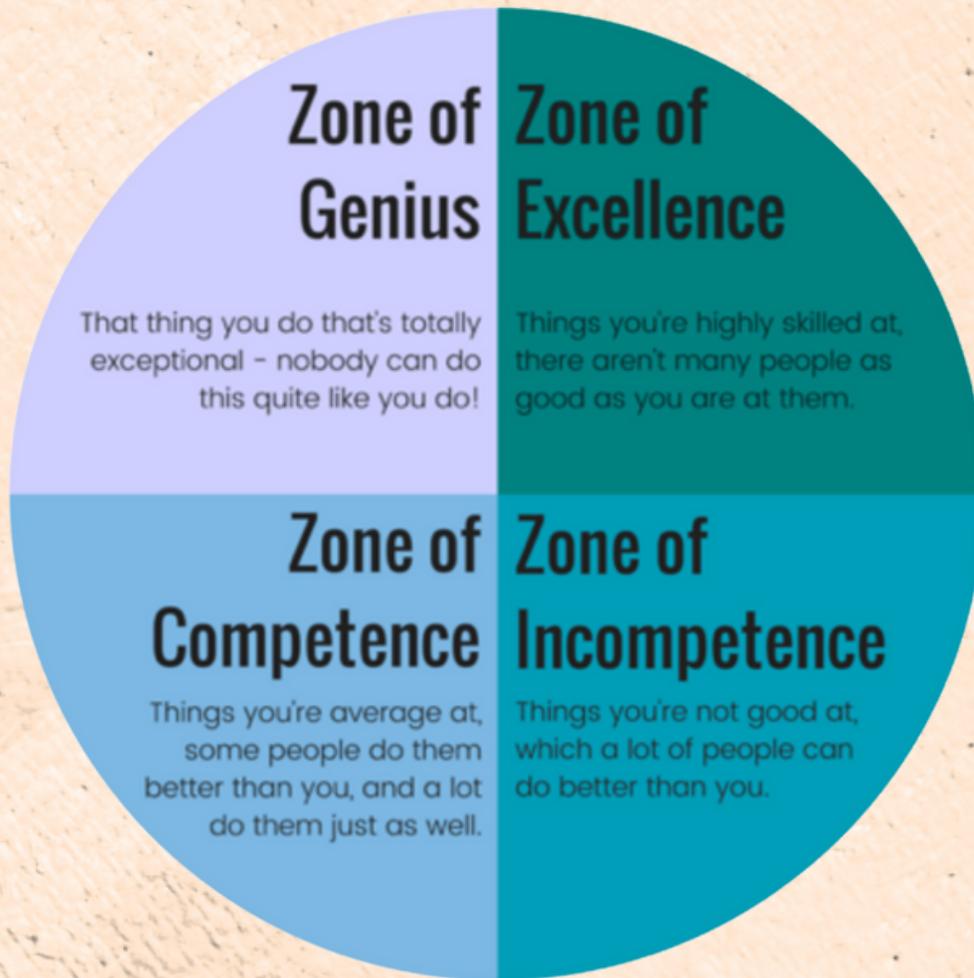
21. How can you start doing them ASAP?

22. If you could wave a magic wand and have any career, what would it be and why?

23. How can you integrate more of that energy into your life (ex: signing up for a class, etc)

Finding your zone of “Genius”

I want to share with you a concept called Zone of Genius, Excellence, Competence and Incompetence.



24. When have you felt like you were in your zone of genius, where you are at your absolute best and doing the work you're here to do? Ex: coaching, working directly with people, speaking, writing, painting, throwing events, etc

25. When do you feel you're in your zone of excellence, where you are great at what you do, though it's not necessarily your absolute life's work?

26. When do you feel like you're in your zone of competence, where you are doing things you're okay at but someone else could easily replace?

27. When do you not feel like you're in your zone of incompetence where you feel you're just not good at this thing, nor do you really want to be, but you're stuck doing it right now anyway?

28. How can you begin shifting out of the zone of incompetence work? What would be the first things you take off your plate? How can you make that happen?

29. How can you spend more time in your zone of genius? Do you know what it is? How can you develop your skillset in it so you can spend more time doing it and have that be the thing that supports you?

30. What would your ideal salary be from your work?

31. What limiting beliefs show up around that? (Ex: I could never make that much doing what I love, etc)

Practice: Have some Expanders. See people who are making an income doing what they genuinely love. This will create evidence in your mind that it is possible for you, too. It just takes surrounding yourself with the right people, support and environments that are conducive to your growth.

Now let's bring it all together. *Your dream day.*

My dream morning routine:

My daily practices:

My movement:

My morning beverage:

My dream evening routine:

My dream work:

My Zone of Genius:

My Zone of Excellence:

My Zone of Competence

My Zone of Incompetence

My dream hobbies/ creative outlets:

My dream schedule:

My dream community:

Now let's dive into actions,
*because your dreams can only happen
when you take **action** on them.*

Immediate shifts I'm going to make in my morning routine:

Immediate shifts I'm going to make in my night-time routine:

Immediate shifts I'm going to make to be more in alignment in my work:

Long term shifts I'm going to make to be more in alignment in my work and when you're going to make them:

Hobbies/classes I'm going to sign up for:

Ways I can align with more aligned community:

Daily Joy Practice I can commit to:

Incredible! You are already on your path of living your dream day simply by doing this practice.

Now it's just a matter of taking action on what you shared.



Commit to living your soul's purpose for the next 6 months inside Dharma Coaching Institute



One of the biggest misconceptions in the spiritual space is if it doesn't feel good in the moment, don't do it.

How often have you heard people say "Yeah I can't commit to those plans because I don't know how I'll feel that day?"

And be honest.. How many times have you said that yourself?

But the truth is, to live a LIFE that feels good, sometimes you have to do the things that feel scary for you in the moment.

Think: taking a risk, speaking your truth, putting yourself out there, breaking up with the person, leaving your soul-sucking job, having the tough conversation..

Because expansion is on the other side.



If we only do the things that "feel good" in the short term, we will have a life that feels like shit.

We will have traded short term comfort and immediate gratification for living in alignment with our purpose.

To design your dream life and live your dharma, you have to devote yourself to it.

It's not just going to happen without you setting an intention for it, and then taking the daily action to make it your reality,

This is why there is still such a scarcity mindset in the spiritual community. People are waiting for life to happen to them, rather than setting the direction of their lives.

Then wonder why they aren't successful, abundant or living in alignment.

Because they never cast the direction of their ship.

We talk a lot about being like water and having more flow, but water only flows when it has a direction.

If it remains stagnant, it becomes dead, filled with bacteria.

For your creativity to flow, you need to give it a container to dance in.

And this is why being in containers is so important. It allows you to commit to what truly matters to you.

When you give your creativity time, it flourishes

When you give your spiritual practice devotion, it blossoms

When you give your highest self attention, it starts speaking to you more

We need to have the masculine + feminine
the yin and yang
the soul and strategy.

We can't fly, if we don't ground.

And this is the thing most people don't want to talk about. That making your purpose happen takes work. Commitment. Effort. Devotion.

And it's soul worth it.

I would not be where I am today, as a 3x best-selling author, host of the #1 spirituality podcast, 7-figure CEO of multiple businesses, DJ, dancer and embodiment guide, if I didn't work hard and commit to it, day in and day out. Now I get to play, travel, explore, enjoy and have fun, because I set up the container for me to do so.

The truth is, if you don't cast the sail of your life, someone else will. And that person probably doesn't have your highest good in mind. They don't even know it. Only you do.

You get to decide how this life is going to be lived, while opening yourself up to surprises along the way.

And this comes through committing to something greater than you—your purpose.



If you are feeling the soul call to step into a portal of transformation, where growth, expansion and fulfillment are on the other side, then I invite you to join me in Dharma Coaching Institute.

This isn't your typical generic school but rather the first and only school that focuses on training you to become a Soul Purpose (Dharma) + Spiritual Life Coach.

You move through the Dharma Discovery Method and learn how to apply it to your own life and the lives of others.

Workshops include Dharma Blueprint, Coaching Fundamentals, Nervous System Healing, Human Design, Intuitive Spiritual Coaching, Dharma Chakra System and beyond..

..Plus two full months of comprehensive business training to bring your Dharma Coaching business into life, including specifics on pricing, setting up coaching packages, sharing your offers, sales and beyond.. I also train you in everything you need to build your social media presence AND become a podcast superstar.

Check out the curriculum here!

We are recognized by the ICF (International Coaching Federation), so you can trust you are receiving the gold standard of coaching institutes, plus you're given 89 continuing education credits upon graduation showing the caliber of your education there.

Whether you are desiring to step into a new career as a Soul Purpose Coach (like hundreds of our students have), or just looking for the next step in your spiritual growth journey, Dharma Coaching Institute has soul much to offer you.

Check out our curriculum, read our transformation stories and book a no-pressure call with our enrollment team here.

We can't wait to welcome you inside, sun-being.

I just want to thank you from the bottom of my heart for even committing to this e-book. In this busy social media world, follow-through is more needed than ever before so I want to recognize you for even getting this far and hope to continue to build with you over the next six months together. It's going to be magical.

With gratitude,

Sahara Rose