



THE DREAM BOWL

Turn your dreams into a playful game
of aligned steps.

BY LA CASITA

WELCOME TO THE DREAM BOWL

Let me tell you a little story...

For as long as I can remember, I've loved playing and inventing games.

I don't know why, but whenever I'm with friends or family, I almost always find myself adding a playful twist to the moment. A simple drink around the fire, a walk, a shared meal... to me, almost any occasion is a good excuse to play.

For years, whenever I got together with friends, I'd bring along a little game. Everyone would write down a question or a small challenge on a piece of paper, we'd mix them together in a bowl, and each person would pick one at random.

We laughed a lot, of course. But more than anything, this simple game made our gatherings more intentional. We got to know each other in a completely different way, while having fun!

Then one day, I asked myself a question...

Why keep this game just for evenings with friends?

At that point in my life, I was going through a big transition. I had so many dreams, but I also felt overwhelmed and wasn't always sure where to start. So I began playing the same game... with myself.

I wrote down all the small actions that could bring me closer to my dreams, folded them into little pieces of paper and placed them in a bowl. Whenever I needed a little clarity, I picked one and **let my intuition guide me.**

Since then, this little ritual has never left me.



'ai longtemps cru qu'il fallait être sérieuse pour réaliser mes rêves.

Aujourd'hui, je crois exactement l'inverse. Je crois qu'on avance beaucoup plus loin quand on choisit le jeu plutôt que la pression...

— Sarah

**YOU DON'T NEED TO SEE THE
WHOLE PATH.
YOU SIMPLY NEED TO TRUST
YOUR NEXT STEP.**



**THIS RITUAL ISN'T HERE
TO HELP YOU
BECOME MORE PRODUCTIVE.**

It's here to help you
rediscover the joy of the journey.

**Turn your
dreams**

into small, aligned steps.

**Rediscover
joy**

in taking action.

**Build
trust**

in your intuition.

**Invite
others**

to become allies of your
dreams.

TAKE A BOWL.
A FEW PIECES OF PAPER.
A PEN.
SHALL WE PLAY?

YOUR RITUAL

There is no right or wrong way to play.

These are simply a few guiding principles that support me in my daily life. Feel free to adapt them, create your own, and **make this ritual *truly yours*.**



1

TRUST YOUR INTUITION

Before picking a piece of paper, take a moment to ground yourself. Take a deep breath, connect with your heart and ask yourself: *"What action would help me expand while bringing me one step closer to my dream today?"* Then pick a paper without overthinking. The first one is often the right one.

2

SMALL STEPS MATTER

Big dreams are built through countless small actions. Break every step down as much as possible. The simpler an action is, the more likely you are to take it.

3

FOLLOW YOUR INSPIRATION

The paper you pick is an invitation, not an obligation. If another idea naturally comes up and feels more aligned today, follow that spark. Inspiration is often how your intuition speaks to you.

4

LET YOUR BOWL EVOLVE WITH YOU

The more you move forward, the more ideas, people and opportunities will naturally appear. Your vision will evolve. So will you. And so will your dream. Whenever inspiration strikes, write it down and add it to your bowl.

5

DARE A FEW BOLD MOVES

Alongside your small steps, add a few bold moves. The ones that push you outside your comfort zone... The ones that make you think, *"It's scary... but exciting!"* and still feel deeply aligned. Those are often the ones that lead to the biggest transformations.

CREATE YOUR DREAM BOWL

1. Choose your container

I started this ritual with a simple wooden bowl. Since I'm a digital nomad and travel a lot, I wanted to take it wherever I went. So I transferred all my little notes into this small wooden box (the one you see in the photo).

It could just as well be a jar, a beautiful box or any container that inspires you. What matters isn't the container itself, but the place it will take in your daily life.

2. Write down your dreams

Start by writing down all the dreams, desires or projects you would love to bring to life. If one dream already feels clear, begin there.

If not, imagine the lifestyle you aspire to create. What does that life look like? What do you want to create, experience or feel? You can also group your dreams into categories: *health, creativity, relationships, career, ...*

Write down everything that comes to mind. **Trust what inspires you.**

3. Turn your dreams into aligned actions

For each dream, simply ask yourself:

"What is one aligned action I could take today to move one step closer to this dream?"

Write each action on a separate piece of paper, fold it and place it in your Dream Bowl.

Don't wait until your bowl is full to begin. A few pieces of paper are enough to get started.

aligned clients for
me a dream
are a client to
publish a book
offer
Reach out for
collaboration
create a plan
helps people
closer to their
Create more space for
creativity & joy
try a new watercolor technique
draw / sketch for 15 min
joy of it.
your book for 30 min
writing place

Read 10 pages
of my book

Publish
testimonies
about

be a p
that the
people take
closer
dream

WHEN YOUR RITUAL COMES TO LIFE

The Bowl of Dreams isn't a game with strict rules. It's a ritual that grows and evolves with you. Here are a few situations I've personally experienced... and that taught me to trust the process even more.



YOU DON'T HAVE TO DRAW A PAPER EVERY DAY.

I quickly realised I didn't need to draw a paper every day. Some actions take just a few minutes, others take several days. Since then, I've simply let my own rhythm guide me.

SOMETIMES, YOU'LL COMPLETE AN ACTION... BEFORE YOU EVEN DRAW IT.

More than once, I've found myself acting on an idea, a challenge that was still in my bowl... before I'd even picked it.

YOUR BOWL WILL EVOLVE WITH YOU.

At first, I had written:

"Draw every day, just for the joy of it."

I quickly realised that this felt more like pressure than play. So I rewrote it as: *"Draw today, just for the joy of it."* Once it's done, I simply place the paper back in the bowl. The **ritual stays light... and guilt-free.**

THERE ARE NO COINCIDENCES.

One day, I drew 2 papers at the same time:

"Free up space on my phone." Then:

"Launch this game on Instagram."

Only afterwards did I understand why.

I first needed to create space... before I could create something new.

LIFE WILL SOMETIMES DRAW A PAPER FOR YOU.

Sometimes, you won't even need to draw a paper. Life will present your next challenge for you. An unexpected situation., a fear, a decision to make, ... I like to see these moments as little tests from life. If your heart is nudging you to take the leap... trust it.

THE DREAM BOWL COLLABORATIVE VERSION

THEN OTHERS JOINED THE GAME...

In October 2024, just before starting my third Camino de Santiago, this time from Porto, I decided to give myself a new challenge.

For two weeks, I was going on a digital detox. I deleted all social media from my phone. Just my backpack, the Camino... and the present moment.

At that point, I still had no idea where life was taking me.

I had left my job in Brussels a few months earlier to build a life more aligned with my dreams.

The vision of La Casita was slowly becoming clearer, but there were still many unknowns.

So before leaving, I asked my family and close friends to write a few small challenges on little pieces of paper, which I folded into a simple envelope.

Throughout the Camino, I let my intuition guide me and tell me when it was the right time to open one.

Very quickly, I realised these challenges weren't just about my dreams.

They were about the person I wanted to become.

Some invited me to slow down, others pushed me outside my comfort zone.

I'll never forget the one my sister wrote:
« Today, observe five men with curiosity and start a conversation with them. »

As someone who had been single for years and lacked self-confidence, that challenge felt almost impossible (And yet... a few weeks after returning from the Camino, while staying at a coliving in Spain, I met the man I'm still sharing my life with today).

As I kept walking, I started telling other pilgrims about this little game. Then I invited them to contribute and write a little challenge of their own and add it to my envelope.



THE DREAM BOWL COLLABORATIVE VERSION

Little by little, my envelope filled up, not only with ideas from the people I loved, but also from complete strangers I met along the Camino.

The people around us may not know our path... but they can help us see possibilities we would never have imagined on our own.

The ideas from my loved ones, together with those from these beautiful encounters, helped me broaden my perspective, question some of my limiting beliefs and slowly become a calmer, more grounded and more confident version of myself.

Even today, I deeply believe in the power of collective wisdom. It's probably why it has become the common thread running through everything I create.



"At first, I thought I was asking for help to move closer to my dreams. In reality, those little challenges helped me become the person capable of welcoming them."



YOUR TURN...

1

CHOOSE YOUR ALLIES.

Invite a few kind-hearted people to join the game: family, friends... or even a beautiful encounter life places along your path.

2

INVITE THEM TO CONTRIBUTE.

Ask them to write one or several small challenges that could help you grow, step outside your comfort zone or move towards the life you want to create.

3

FOLD THE PAPERS, ADD THEM TO YOUR DREAM BOWL... AND LET THE MAGIC UNFOLD.



YOUR TURN

The hardest part isn't dreaming.
It's daring to take the first step.

THE ADVENTURE CONTINUES...

Thank you for sharing a little piece of this journey with me.
I hope this Dream Bowl becomes a ritual you'll return to for a long time, reminding you that
sometimes, one small step is all it takes to set a dream in motion.

WELCOME TO LA CASITA

In 2024, I left my life in Brussels behind, with only one compass: my own dreams.

I dreamed of a life in motion, closer to nature, filled with creativity, meaningful connections, community living, and experiences that truly matter.

Today, I alternate between van life and international coliving communities. It is along this journey that La Casita de la Magia was born.

I believe personal growth doesn't have to be serious to be meaningful.
And above all... it doesn't have to be a lonely journey.
I love creating playful, creative and deeply human experiences that invite us to slow down, reconnect with ourselves... and with the dreams we carry within us.

I deeply believe in the power of positive emotions, shared inspiration, and the ripple effect that begins when one person dares to move towards their dreams.



THE EXPERIENCES

DRAW ME A DREAM

A guided walk, a meaningful conversation, and a personalised illustration to help you reconnect with the emotions you want to feel and visualise the life you dream of creating.

THE JOURNEY OF A DREAM

Immersive retreats where creativity, play, introspection and collective intelligence come together to dream, create and move forward, *together*.

**I HOPE OUR PATHS CROSS AGAIN SOMEDAY...
SOMEWHERE ALONG THE WAY.**

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