

INNERLIGHTENED

Workshop

DreamPower

A three-step process for turning your vision into a real, lived plan — vision, goal setting, and taking action.

Innerlightened

A FREE GUIDE TO GET STARTED

Welcome to DreamPower

DreamPower is where everything you've built in the earlier workshops gets pointed forward. This is the workshop that teaches you how to dream on purpose, and then how to actually build toward that dream, one small, doable step at a time.

I'm Inna Neal — a certified Wisdom & Intuitive-Transformational Life Coach, and founder of Innerlightened. I've worked with individuals, couples and families worldwide, and this guide is built from exactly what we cover together in the DreamPower workshop, so you can see the real value before you book a single session.

“There is not one extra person on this planet. You have gifts to share with the world — this is where you start finding out what that looks like.”

INNA NEAL

What's inside this guide: the DreamPower skills, what's included, and how to book.

Is this the right fit for you?

Most of us are natural dreamers, but rarely taught how to carry a dream from imagination into action. DreamPower closes that gap — giving you a repeatable process for vision, goal-setting, visualization, affirmations and gratitude, so the life you want starts to feel like something you're already building toward.

This workshop may be a fit if:

- You have big ideas about the future but no sense of how to get there
- You give up on goals quickly once the initial excitement fades
- You rarely name what you want, only what you don't want
- You could use a boost of gratitude and forward momentum

Not sure yet?

That's exactly what a discovery session is for. We'll talk it through together — no pressure, just clarity.

The DreamPower Skills

Vision

“How to create a vision for your life”

Practice imagining your future in vivid, specific detail — the essential first step before any goal feels real.

TRY THIS TODAY · Ask: “If everything went really well, what would next year look like for me?”

Goal Setting

“How to turn your vision into action”

A simple framework for breaking a big dream into small, achievable steps.

TRY THIS TODAY · Pick one goal and write down just the very next step — nothing more.

Law of Attraction

“Using attraction and action to manifest your goal”

Learn that focus and consistent action work together — that a goal needs both belief and doing.

TRY THIS TODAY · Pair any wish with a question: “What's one action that goes with that?”

The DreamPower Skills

Visualization

“How winning in your mind creates winning in your life”

A guided practice for mentally rehearsing success, building the confidence and clarity to actually go for it.

TRY THIS TODAY · Try a 60-second “imagine it going well” moment before something that makes you nervous.

Affirmations

“How to program your mind to reach your goals”

Build your own affirmations — short, believable statements that quietly shift self-talk over time.

TRY THIS TODAY · Write one affirmation and put it somewhere you'll see it daily.

Gratitude

“How an attitude of gratitude prepares you for your dreams”

The capstone DreamPower skill — using gratitude as fuel for forward motion, not just a nice-to-have habit.

TRY THIS TODAY · Start a simple nightly ritual: name one thing you're grateful for today.

Every skill includes its own reflection pages and a hands-on practice exercise.

Private coaching, or group workshops

Every skill in DreamPower can be taught one of two ways, depending on what you need right now.

Private Coaching

We explore your specific beliefs and tailor tools to your needs, one-to-one. Can include Emotional Freedom Technique and guided meditation.

Group Workshops

Facilitated by Inna Neal. You'll often discover you're not alone in what you feel — sharing with others becomes part of the process.

What's included, every time:

- A powerful, story-based lesson for every skill — never a lecture
- Group or private-coaching format, matched to your needs
- A full workbook and worksheets to keep practicing between sessions
- A reflection sheet so you can keep the conversation going with yourself
- A hands-on practice exercise for every single skill

All materials provided — you just need a journal of any kind.

IN THEIR WORDS

“This has been an incredibly powerful journey and I'm excited at how aware I am in my own actions and the ability to create the life I deserve and want. I learned where my energy goes, my energy flows.”

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100+

Individuals & families guided

28

Life skills across 5 workshops

2016

Innerlightened founded

ABOUT YOUR GUIDE

Inna Neal

Inna Neal is a certified Wisdom & Intuitive-Transformational Life Coach and Mentor, and the founder of Innerlightened. She has worked with individuals, couples and families worldwide, teaching a system of empowerment through workshops, speaking engagements, one-on-one coaching and mentoring.

Inna holds a Diploma in Mental Health and Holistic Well-being. Her work is built on trust, honesty and respect, and on the belief that every person already has what they need inside them — they just need the tools to access it.

“My younger self wishes there had been someone to teach me these lessons. I understand how much these tools can change what's possible for you, starting today.”

Certified Wisdom & Intuitive-Transformational Life Coach · Founder, Innerlightened

Here's how to get started

- 01 Book a discovery conversation**
Tell us a little about yourself using the booking form on our website, or call/email directly.
- 02 We find the right fit together**
We'll talk through what you're navigating and recommend private coaching, a group workshop, or another DreamPower pathway.
- 03 Your journey begins**
Sessions begin, materials are provided, and you'll have a reflection sheet after every single skill.

One more page — everything you need to book is on the next page.

BOOK A DISCOVERY SESSION

Let's find out if DreamPower is right for you.

There's no pressure and no obligation — just a genuine conversation about what you need, and how we can help.



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innerlightened.com/contact.html#booking