

Mark Twain once said he could teach anyone how to get what they want; he just couldn’t find anyone who truly knew what they wanted.

Most people don’t know what it is they really want to achieve. They often know what they don’t want, but then that’s where their focus and energy goes — to what they don’t want.

Maybe you’re at a point in your life where you’ve accomplished certain things — a college degree, a certain job, marriage and

family, or a nice home in a town you like — but you sense that more is possible...

You have been feeling a call to something greater than what you’ve experienced so far in your life...

You’d like to live a more purposeful life and wake up every morning with a bounce in your step and a smile on your face as soon as you open your eyes, because you have the conviction that you absolutely LOVE your life. You want to have more energy and focus and the freedom that comes with living a life that’s perfectly suited to who you really are.

You’re tired of settling in life or going through the motions.

You want more because you know you’re capable of more. But you’re not exactly sure what that looks like.

Maybe you’ve explored different ideas in your mind.

“You want more because you know you’re capable of more”



**What is it that you’d truly love?**

This is where you get stuck, and it’s usually for one of three reasons:

***1. You don’t feel particularly passionate about any one thing*.**

You’ve often heard that you should do what you’re passionate about. The problem is that you’re not particularly excited about anything. Sure, you have interests and hobbies, but they’re not something you necessarily want to engage in full-time.

You may even like your job well enough, but you don’t want to do it for the rest of your life. You’d like to be doing something that’s a lot more gratifying for you, you just don’t know what that is.

One thing is for sure, you don’t want to live the same life, doing the same things a decade or two from now. You know something must change and you know the first step is figuring out what you want and your dream is.

***2. You have too many dreams and don’t know which one to focus on first.***

You’re a person who has a lot of interests and passions. The problem is, you don’t know which one you should focus on first. You know you can’t possibly pursue all the dreams you have, since they’re so different. Success comes easiest to those who maintain focus on one goal at a time, to the exclusion of all other distractions.

You need help narrowing down what it is you should pursue, and you want to feel confident that you made the right choice.

***3. You’re scared to have a dream because you don’t want to be let down.***

You’d love to live a different kind of life and wake up each morning with excitement and clarity of purpose. Who wouldn’t? The problem is that every time you allow yourself a moment to imagine a dream, you get nervous. What if you don’t have what it takes to accomplish it? The idea of investing so much of yourself in a dream, but not having what it takes to make it a reality, paralyzes you.

You’d almost rather spend your life not hoping for more, and living a life that’s “OK,” than putting all your time, energy and investment into a dream just to see your efforts fail. To you, failure would be crushing. So you go along, trying to be happy with what you have, because fear stops you from going after what you really want.

The other challenge is that you may be stifling your imagination before it even gets the chance to develop a dream. The “adult” inside of each of us systematically measures the thing we want and immediately asks the question, “Is this possible?” and inevitably, we find many reasons to answer, “no.” Asking, “What’s possible?”, before we even allow

ourselves to dream, is an acid that eats•

The Pull of Becoming

Longing for more, but not knowing your dream, is like going to a builder and saying, “I’d like a happy home. Build me a really nice house.” The builder would look at you and say, “You’ve got to tell me what you mean by a ‘happy house’ or a ‘nice house.’ You’ve got to describe it. You’ve got to decide. You’ve got to give me a picture, or a blueprint, that I can build from.”

This is what this DreamBuilder Toolkit will help you do. You’ll get the 3-step process to discover, refine and decide what your dream is.

As you go through this 3-step process, you will see that there’s something at work in you; this ever-upward pull of becoming. In the Talmud, it says, “Every blade of grass has an angel leaning over it, whispering, ‘Grow, grow, grow.’” That blade of grass will actually break through cement seeking the light.

away at our happiness.

 



There is that same pull of becoming in you. It will give you ideas and images and possibilities, but it is up to you to allow those things to begin to be shaped in your mind as dreams. These ideas will form into pictures and the pictures can become your reality.

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What Keeps Us From Our Dream?

The reason why most of us don’t have a dream, or don’t allow ourselves to go after our dream, is because... we have been trained from an early age to look at our current conditions to determine what our opportunities are.

Let me tell you a story about how they train elephants in India in order to illustrate what I mean.

In India the elephant is the farm animal, unlike cattle for much of the rest of the world, therefore they have to domesticate it and train it from a young age. When the elephant is still a baby, they put a big rope around one of its legs, and tie it to a big strong stake in the ground. That baby elephant pulls and tugs and fights to try to get away. Ultimately the rope and the stake are stronger and the elephant finally gives in to the tug of the rope. He gives up. He knows he can’t get away, and the tug on his leg reminds him of that every day.

As the elephant gets older and bigger, instead of increasing the size of the rope and stake they decrease it because the elephant by then has given over to the tug. It leans toward the tug instead of away from it because they figure, what’s the use in fighting anyway? They have been trained to think that a rope around their leg means they can’t escape, and that tugging and struggling are futile.

When the elephant grows to adulthood, they remove the rope and just weave river reeds together and tie it around their leg. The slightest little tug from the reed will tell the elephant which way to go. Now, it isn’t that the elephant doesn’t have the capacity to break free from that river reed. It does, but it doesn’t know it does, so it is disconnected from its capacity and ability. It has learned to give over to the tug.

You and I have some of that same “river reed” thinking. We have been trained to look to conditions to determine what our opportunities and possibilities are, and it’s completely backwards. When we look to past conditions in order to create our life, we get stuck in repatterning the conditions we’ve already had. We might change a little color and form, but basically it’s the same life lived over and over again.

Ionce heard somebody say, “Some people live ninety-nine years and other people live one year, ninety-nine times.”

In this Toolkit you’re going to do some re-patterning, some paradigm busting, some opening up and some exploring of what it is that you really want.

Don’t Focus on What You Don’t Want

The other thing that keeps us from our dream is focusing too much on what we don’t

want instead of what we’d like to have.

Let’s say I told you to not think about the Statue of Liberty.

Don’t think about that woman on Liberty Island outside of New York City. Don’t think about the woman with her arm stretched up in the air. Don’t think about the torch at the end of her hand. Don’t think about the ferries going to and from the island back to the city. Don’t think about the Statue of Liberty.

Now—what are you seeing in your mind’s eye?

You are seeing the Statue of Liberty! Your mind has no sense of humor. So, if you start thinking, “Oh, I don’t want this to happen” or “I don’t want that to happen,” your mind begins to go to work on those pictures, the pictures of what you don’t want, instead of the pictures of what you do want.

Say, for example, that instead of focusing your thoughts on what it would be like to have financial freedom, you worry about being broke. You imagine what it would feel like to have no money in your checking account to pay your bills. You picture yourself dealing with creditors, getting late notices, losing your house and having to live in your car.

Have you ever heard of the term, “self-fulfilling prophecy”? If you fill your mind with thoughts of financial ruin and homelessness, there is no space in your imagination for strategies or ideas on how to actually achieve wealth.

The way the Laws of the Universe work is that everything is created twice. It is created as a thought before it becomes a thing. This is why you want to focus on what you really want, not what you want to avoid. You don’t want to accidentally create the very thing you don’t want.

As you explore the possibilities, allow images of possible futures, of lives, of ways of being to enter your mind. Explore in your imagination what you would love to be and do and create and give.

I’m encouraging you now to consider any possibility, just open yourself up to the possibility that in this great gift of your life you have an imagination; that there is a place inside of you that is un- muted by circumstance. It’s not controlled by your history. It’s not defined by anything you’ve ever known about yourself. There are no river reeds around your ankle.

You are being asked to consider unlimited possibilities for who you’d like to be and what kind of life you’d love to live.

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Why Should You Discover Your Dream?

The universe is a spiral universe. Your very DNA is a spiral. In the spiral universe there is an ever-present upward pull of possibility seeking to express itself. Everywhere the universe is seeking a freer, fuller, more expanded expression of itself. Your own search for the more expanded version of yourself is as unique as your thumbprint.

Your dream — what it is that you are here to be and do and express and experience — is unique to you. It will not be a chore. It will be something that gives you life. It will be something that expands, opens and thrills you.

When you are in harmony with your soul’s purpose and what you are here to be and do, things get easier. The flow expands. You become more alive. You are energized. This is how the universe works. This is one reason you should discover your dream.

But there’s another reason, and it has to do with a research study done by a famous psychologist many years ago.

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The Key to Happiness

I became particularly interested in the work of Abraham Maslow. As a psychologist, he got interested in what the factors were that made a person really happy. What happens in a person’s life when they report that they love life or love waking up in the morning? The happy people are those whose relationships work well. They are creative in some way. They do work that matters to them. They live a life that has meaning and purpose.

He wanted to determine the consistencies and determining factors that led to a person experiencing this sort of happiness.

He looked at the kind of things we might look at. He looked at the family of origin to see if it was the key to happiness. Did happy people have some kind of advantage based on having a good upbringing compared to a horrific one? The answer was, “No. There was no correlation." Then he thought maybe happy people had a degree of financial success others didn’t have that gave them the ability to experience life the way they wanted to experience it. It turned out that that wasn’t true either. Happy people came from all different economic backgrounds.

Health wasn’t even a factor. Some of these happy people lived with chronic pain, difficult illnesses and all kinds of things.

Maslow determined two things as he studied these happy people. One was that they all had what he called highly potentiated lives. They could enjoy the smell of coffee being brewed first thing in the morning if that’s what was in the room, or the sound of toast being buttered. When their child took their hand it wasn’t just a sensation, it filled up their whole being. Happy people had a “high porosity to aliveness”. You think of something porous like a sponge, it soaks everything up. These people soaked up life.

Imagine having a high porosity to aliveness, that you aren’t just trudging through the day muted by worry or by patterns that keep you out of the real depths of your own life energy. The second factor Maslow discovered was that happy people were sensitive to, and pay attention to, the longings of their heart. They hadn’t given up the kind of childhood optimism that allowed them to believe that they could create and do whatever their heart wanted to.

This is the most passionate, wondrous, alive-making way to live life.

I invite you now to pay attention to the longing of your own heart. What would you love? Where and when do you feel most alive? What are the secret desires you haven’t even allowed yourself to fully express?

Why should you discover your dream? Simply put, discovering your dream can make you a happier person living a happier life.Let’s begin. •

Discovering Your Dream Step 1:

***Notice the SOURCE of your longing and discontent.***

Dreams speak to us in two ways: through our longing and through our discontent.

In our day-to-day lives, we might not consciously notice our longing and discontent. We pay attention to what’s in front of us in the moment, such as the road if we’re driving, or the spreadsheet we’re programming at work, or our child when she asks for something.

Underneath all of that, there is hidden longing and discontent and it’s the source of a wealth of information about your dream. Let’s tap into that.

***Exercise A: Your Point “A”***

Rank Your Satisfaction in the Four Key Areas of Life

It’s tough to get to where you want to go unless you know where you’re starting.

Below is a great tool for accessing your starting point, which we will call your “Point A.”

Treat this tool as a litmus test to assess your current life as you view it today. Place a check mark on the line where you would rank your life on a scale of 1 to 10 in each of the four domains below.

*The score 1 means you feel discontent or unhappy, and you’re not seeing the results you desire in that domain of life.*

*A score of 10 means you feel content, happy and like you’re fully living your dreams in that particular domain of life.*

Be honest and thorough with your assessment, as no one will see this but you. The more energy you put in to this exercise, the more value you will gain.

*Once you have assessed your Point A, proceed to Exercise B.*

***Health***

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***Relationships***

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***Creative Expression***

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***Financial Supply***

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***Exercise B: Notice Discontent***

If there was a domain of your life which didn’t rate a “10”, list the reasons why you’re not perfectly content and happy in that domain of life. Be as specific as possible. Name at least one feeling associated with your discontent (anger, sadness, boredom, disgust, etc.)

***Health:***

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***Relationships:***

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***Creative Expression:***

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***Financial Supply:***

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Replace any negative emotion you wrote above with an emotion you’d prefer to experience in each area of your life below:

***Health:***

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***Relationships:***

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***Creative Expression:***

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***Financial Supply:***

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***Exercise C: Notice Longing***

Locked inside each one of us is a child- like part that knows that all things are possible, that loves to dream, that revels in big thinking, and is unconcerned with how to make the dream come true. All things are possible to this aspect of us, and it is in this place that the power of our imagination is rooted.

Deep inside our hearts, we already know what makes us happy. We just need to allow ourselves to imagine and dream big.

So now, imagine in your hand is a magic wand. This magic wand gives you the power to create anything you want simply by wishing for it. There are no limitations.

In each of the four domains, describe vividly your dream scenario, for each of the categories, or what you would love if money, time, experience, education, your gender or background were not a factor.

***Health:***

Dream Scenario : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Relationships:***

Dream Scenario : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



***Creative Expression:***

Dream Scenario : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Financial Supply:***

Dream Scenario : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Begin to shape a possiblity. Imagine a life you’d like to live; physically, relationally, expressively. Imagine your work, your money, how you spend your leisure time. What do you do for your community?

Your opportunity is to begin to let those images emerge.

Writing these images down in this exercise is an important aspect to dream-building. There’s new research that validates what great goal achievers have known for many, many years, and that is the amplified power towards a dream when you actually write it down.

Discovering Your Dream Step 2:

***SORT your dreams and find the right one for you.***

How will you know if the dream you choose is the right dream to pursue? This is a very important question, and one to you should give serious consideration.

Just because a dream feels exciting at first doesn’t mean you should invest yourself into making that particular dream a reality.

Your dream needs to be worthy of you. It needs to pass a series of tests. It needs to align with your values and it needs to make you feel more alive.

The people who hesitate to discover their dream hesitate because they’ve been burned before. They’ve invested time and money into a dream or goal and it didn’t turn out like they had hoped. There was some stumbling block or

challenge, their motivation fizzled out, they lost interest, or found out that it wasn’t all they had imagined. There were unforeseen complications. You don’t want to go down that road.

That’s why you’ll want to go through the process of SORTING your dream scenarios before picking out the one you want to focus on.

***Exercise D: Core Values Assessment***

It is important that the dream you put your energy into is one that is in alignment with your core values.

Core values help us understand what truly matters to us. If we choose a dream that isn’t in alignment with our core values, we won’t feel satisfied. There will always be an internal conflict between what we think we want and what our gut tells us is right. For example, if what we want is a higher paying job, but one of our core values is time with family, and getting promoted means more travel time and longer hours spent away from home, then a higher paying job (at least one that required more time away from home) would be a conflict with our core value.

Examples of core values might be family, health, security, autonomy, creativity, time spent in nature. One way to think of core values is to ask yourself, “What would matter if I knew I only had a year left to live?”

Knowing your core values will help you be more clear about your dream.

Below, write down five of your core values, or things that are most important to you and that you need in order to feel at ease with life.

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***Exercise E: The 6 Qualifying Questions to Test Your Dream***

Select one dream from the four life categories. It doesn’t matter if you can’t decide which one to choose first, because you can do this exercise as many times as you wish with as many dream scenarios as you wish.

Just pick one to start. Then ask yourself the following 6 questions in regards to the dream scenario you selected.

***Question #1: Is the dream worthy of me?***

When most people think of a dream, they ask the wrong question.

They ask, “Am I worthy of the dream?” In other words, are you rich enough, smart enough, savvy enough to make your dream a reality? Those are the wrong questions. Instead, you should be asking if the dream is worthy of you.



Is it grand enough to reflect your talents, your experience, your wisdom and your passion? You only have one precious life. Is your dream worthy of that life?

Is your dream worthy of you? YES NO

***Question #2: Does my dream make me feel alive?***

When you step inside that dream, do you feel an amplified aliveness? You want a, “Yes!” to this question. Your life force will never lie to you. If you imagine stepping into your dream and feel a constriction or a containment, it’s not your dream.

You may have a worthy goal, like cleaning out your garage. But that’s not really your dream. Your dream is for a more expansive, expressive life and the forms of that will be unique to each one of us. The creativity and the lens through which that is expressed is as unique as our thumbprint. But that it gives us more life, is universal.

So when you imagine putting yourself inside the dream, do you feel more alive? YES NO

Do you feel more expansive? YES NO

***Question #3: Does it fit with my core values?***

When it’s all said and done, what will have mattered most to you? Those are your core values and you listed them in a previous exercise.

And here’s the truth: your real dream will never ask you to be out of alignment or to mute or to mitigate your authentic true values.

So here’s an example. There was a young woman in her early 30s who took my dream- building workshop some years ago. When the time came to explore her longing, she revealed that she had never traveled. She told me that whenever she thought about adventure and exotic places, she would just light up. She hadn’t gone to college. Instead, she went to beauty school straight out of high school and had been working full-time cutting and styling hair ever since.

She started thinking that maybe she could get a job in a salon on a cruise ship. I could just see her light up when she talked about the possibilities of visiting foreign countries.

But when it came time to align this with her values, there was a part of her that wasn’t happy with the answer. Her husband was in support of her and her dream, but the thought of leaving her husband alone to care for their 3-year old toddler during the three month-long stints that she’d be traveling didn’t sit right with her. She worried about the long-term affects her absences would have on her marriage and on her son. Her family’s wellbeing was one of her core values.

When something doesn’t sit right with you, it’s a good sign that it’s not in alignment with your core values. When it’s in alignment, all parts of you will agree about your dream. You won’t have internal struggles. You’ll know you’re on the right path and you won’t have to compromise about the things that matter most.

Does your dream fit with your core values? YES NO

***Question #4: Does the dream require that I grow?***

Your dream should require that you step into a larger dimension of yourself. Does that mean you should know how to do that? No. Does it mean that you know all that is required? No. But can you see that to live a larger life you are going to have to grow. Grow in understanding, grow in awareness, grow in action, grow in

the many different things that will be required to anchor and secure and make stable a larger experience of aliveness and life-demonstration.

Your dream should require that you grow in some way, whether it’s learning a new skill, overcoming fear, or stepping into a better version of yourself.

So does the dream require that you grow? YES NO

***Question #5: Will I need help from a higher power to accomplish this dream?***

Another way to ask this question is to ask yourself if you know every single thing that needs to be done to bring about this dream. If you do, then the dream isn’t big enough. It’s just a worthy goal.

Your dream should actually pull you into you into a larger dimension of who you’re meant to be. That dream is the future pull of the discovery of the authentic self. Part of that is exploring the unknown aspects of really who you are. You have to allow the dream to build you, not just have you building the dream.

One way to know whether or not your dream will require help from a higher power is to ask yourself if you know absolutely all the steps it’s going to take to accomplish your dream. Take the example I mentioned earlier about cleaning out the garage. You probably know all the steps it’ll take to accomplish that goal. You’ll have to hire a dump truck,you may need to sell some things on Craigslist, and you’ll probably have to spend at least a few days sorting, cleaning and organizing. There’s nothing about cleaning out the garage that will require help from a higher power.

In contrast, take the dream of opening up a fly fishing outfitting business in the mountains of Colorado. You love to fly fish, but your current profession has nothing to do with fishing. You work in a corporate office and you live in Indiana. You’ve never owned your own business before, let alone an outfitting business in a part of the country you may have only visited while on vacation once or twice. Do you know all that’s required and everything you’ll need to do in order to have a successful outfitting business in a location you know very little about? Most likely you’ll need help from a higher power to be successful.

Does your dream require help from a higher power? YES NO

***Question #6: Is there some good in my dream for others?***

The universe cares very much about experiencing a freer, fuller and more expressive version of itself through you. And not just you, but everyone, because we are all connected. So your dream, in order to have the full weight and support of the universe, must in some way make a difference for good.

If your dream is meeting your soulmate, will your dream have some good in it for others? Here’s the truth. Any two people who absolutely anchor and demonstrate what real love looks like in the world are a blessing to every person who knows them. If your dream is about growing a garden, you are either going to produce food or beauty. There is a blessing in that. So your idea of good for others does not have to have some peak merit to it. It’s not like that. Look at your dream and ask if there’s a blessing in it for others, if there is good that will come *from* this *to* others.

Is there some good in your dream for others? YES NO

Scoring: Now add up your “yes” answers in this exercise. If you wrote 6 “Yes” answers, congratulations! That means this dream is likely the right dream for you. If you answered “Yes” on 1-5 questions, you may wish to refine your dream or consider a different dream.

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Discovering Your Dream Step 3:

***SELECT the right dream from all the possibilities.***

You’re almost there! Now that you’ve made a list of dreams related to the four main life categories of health, relationships, creative expression and financial supply, you’ll want to select the dream you want to pursue the most.

The exercises below will help you make your selection.

***Exercise F: Does This Dream Make You Feel Contracted or Expansive?***

In this exercise, you’ll use your intuition and a mind-body approach.

Close your eyes and think about your dream scenario. Really get into how it would feel if you were already living the life you would love. What does the environment look like? What are the sounds associated with your dream? How does it smell? What are you doing throughout the day in your dream scenario? Who is with you?

***Dream you choosed***

As you are getting into this dream, what do you feel in your body? Any tension or tightness? Note it below.

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Do you feel a sense of expansiveness or contraction when you imagine your dream scenario? YES NO

Describe the positive feelings in your body here. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Exercise H: Are There Aspects of Your Dream That Need Refinement?***

After putting your dream to the test, is it exactly as you would like it to be? YES NO

Are there aspects of your dream that need to be changed or expanded? How can you alter your dream to align with all of the tests listed above?

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Now write out your final dream, with all the refinements and revisions here:

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***Exercise I: Getting Clear on Your “Why”***

Have you discovered the dream you’d like to pursue? If so, way to go! That’s great! But be careful. Too often, when people become intuitively aware of something they deeply want in their life, they quickly jump to the question . . . “How can I make this happen?”

When you set out on your dream-building path, the first question you should ask is not “How,” but rather, “Why do I want this?” When you get in touch with your “Why”, which is your passion and the deep, driving desire for what you want, something magical happens. Getting clear on your “Why” puts you on the same feeling tone, or vibration, as your dream. By connecting to the vibration of your dream, you begin to access what Thomas Edison called, “The Land of the Solution.”

As you get emotionally involved with your “Why,” by Universal Law, you will begin to see the “Hows” show up in your life. You’ll begin to receive ideas, resources, and connections that will transform your dream into a reality. Remember, you cannot get to your dream; you must come from it. How do you come from your dream? That’s easy – get clear on your “Why.”

Write down at least 5 reasons WHY you want to create your chosen dream. 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



Whenever you start to get stuck on the “How,” be sure to refer to this list of “Whys”. Stay open to solutions and opportunities. Listen for the answers that may appear, in the form of a conversation, an article, or a piece of advice you hear from a friend or colleague. You’ll be amazed at what shows up! •



Congratulations! &Next Step

You have completed the 3-step process for discovering your dream! You’ve gone from not knowing what you’re passionate about, to having too many interests filling up your time, to narrowing it and choosing one, big, wonderful dream that’s worthy of you.

Knowing the details of your selected dream is an important first step, but it’s not enough. You must take action in order to make it a reality.

Ready to do that?

***Here’s what you’ll discover if you would like a session with me:***

* Simple thought-strategies that will guard you from fear, doubt and worry (the 3 types of thinking that can stop your dream in its tracks)
* The 3 steps most people miss when building a dream (miss any of these and you may never see your dream come true)
* The #1 factor that causes people to lose steam when going after a dream, and how to stay motivated and override it
* A proven vision technique for building the lasting faith, self-love and confidence that will guide you to your dream
* An easy way to keep mentally and spiritually motivated each day
* And so much more!
* See you soon
* Cristiana

If you have any question please contact me I would be more than happy to support you.

dreambuilderitalia@gmail.com