

Creating Your Dream Life

Module 11: Exercises & Lifework

10 Step Review

Lifework: You have everything you need to live your life by design.

Read the abbreviated version of your dream daily. Be in gratitude. Meditate. Love the life you are living. Keep dreaming!

“Put on” being the person living the life you imagine a few times a day and get to know that frequency.” – Mary Morrissey

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Have a clear picture of your dream and imagine the person living the life you imagined.

What do they think?

How do they act?

What do they do?

Take a step everyday toward the life you dream of living.

You don't have to be content with improving things gradually; you are capable of exponential improvement in your performance. Have your dream now.

“No one who has ever lived or will ever live has your combination of abilities, talents, appearance, friends, acquaintances, burdens, sorrows or opportunities” –Dorothy Williams



Phase 1 Planting the Seed

Step 1: Discovering
Step 2: Designing
Step 3: Deserving

Phase 2 Bridging the Gap

Step 4: Befriending Fear
Step 5: Getting into the Flow
Step 6: Changing Perspective

Phase 3 Acceleration

Step 7: Listen to Your Intuition
Step 8: Harness Your Belief
Step 9: Stepping Stones

Step 10: Harvest Your Dream



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