

# Creating Your Dream Life

## Module 2: Discovering Your Dream

### Exercises and Lifework

Exercise 1: List the 4 domains and how they would look in your life with no obstacles: Health, Relationships, Creative Expression and Financial Supply.

Exercise 2: Discontent and contrast can point the way to your next perfect step. Where is your discontent and where does it take you?

**“Restlessness is discontent and discontent is the first necessity of progress. Show me a thoroughly satisfied man and I will show you a failure.” Thomas A. Edison**

Exercise 1: List the 4 domains and how they would look in your life with no obstacles: Health, Relationships, Creative Expression and Financial Supply.

Exercise 2: Discontent and contrast can point the way to your next perfect step. Where is your biggest discontent and what is the opposite feeling, action or belief?

Lifework: Write down 5 things you would do if time, money, gender, education and experience were not factors.



#### 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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