

Creating Your Dream Life

Module 3: Exercises & Homework

Is Your Dream Worthy of You?

1. I'm so happy and grateful now that...DETAILS
2. 5 Point Test
3. 5 Sensorize (Taste, Smell, Feel, Look, Sound)
4. Try it on!

"We limit our creative capacity with our thinking, understanding, and actions but once we change our thinking, we hold the power to create whatever we want."

Mary Morrissey

Exercise 1: Detail your dream. If you said you want a house, give it details. If you say you want a man what kind of man do you want?

Exercise 2: 5 Point Test

1. Does it give me more LIFE?
2. Does it align with my CORE VALUES?
3. Does it make me GROW?
4. Does it require help from a HIGHER POWER?
5. Does it have GOOD in it FOR OTHERS?

Exercise 3: 5 Sensorize Your Dream How does it: Smell, Taste, Feel, Sound, Look)

Homework: Try on your dream. Make sure it's for you. Imagine yourself living the life. Keep up your gratitudes!



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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