

Creating Your Dream Life

Module 4: Exercises & Lifework

Increase Your Sense of Deserving

Exercise 1: Voice of Internal Judgement –

Limiting Belief vs Supporting Belief

Exercise 2: Make a list of your successes.

Exercise 3: Associate something you love with the new story.

Lifework: Write an abbreviated version of your dream.

“The grateful mind expects good things. The grateful mind is constantly fixed on the best, therefore it tends to become the best, it takes the form of the best and will receive the best.”

Wallace Wattles, Science of Getting Rich

Exercise 1: Make a list of limiting beliefs that are not in harmony with your dream then turn them around to something even more true but now support your dream rather than limit it.

I'm too old to change careers vs I have the knowledge and experience to be great in a new career.

Recognize and list at least one limiting belief you have held about yourself and **WRITE** the new story.

Exercise 2: Make a list of your successes. Remember the feeling of each success. Whenever you have feelings of underserving, put yourself back in the feeling tone of yourself as that successful person.

Exercise 3: Associate something you love with the new story.

Lifework: Write an abbreviated Version of your Dream



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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