

Creating Your Dream Life

Module 7: Exercises & Lifework

Change Your Paradigm, Change Your Life

Exercise 1: Write 3 excuses not to reach your dream.

Exercise 2: Love what is in your life right now for the entire day.

Lifework: Write an aligned affirmation about your dream.

“Once you replace negative thoughts with positive ones, you'll start having positive results. Willie Nelson

Exercise 1: Write down 3 excuses not to get to your dream. I would like to _____ but _____.

Exercise 2 Spend a day “Loving what is” – not just the good but the bad as well. Go to <http://thework.com/en> and do a worksheet.

Exercise 3: What is one thing you can do this week to rewire your brain to “Act as if...” you are living your dream?

Lifework: Write an aligned affirmation about your dream. Five step thinking process for alignment:

God is (realization)

I am (recognition)

The truth is (affirmation)

I release (let go)

I am grateful (gratitude)



Phase 1 Planting the Seed

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

Phase 2 Bridging the Gap

Step 4: Facing Your Fear
Step 5: The Law of Attraction
Step 6: Changing Your Paradigm

Phase 3 Acceleration

Step 7: Listen to Your Intuition
Step 8: Power of Forgiveness
Step 9: Creating a Circle of Power

Step 10: Enjoy Your Dream



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