

HOW TO CREATE YOUR BE-DO-HAVE DREAMSCAPE

This is designed to open your mind to your desires. It's designed to awaken you to the awareness that there really are possibilities for your life - and that you can actually create your world exactly the way you want to be. There are no right or wrong answers.

1

SET ASIDE A CHUNK (OR SMALL CHUNKS OF TIME WHEN YOU WON'T BE DISTRACTED)

It doesn't matter if you do this all at once, or if you like to do it in pieces so that you don't feel so much pressure. The biggest thing is to just write.

2

BEFORE YOU BEGIN – SIT QUIETLY FOR ABOUT FIVE MINUTES.

Just sit quietly and relax for several minutes. Intend that this be a fun and expansive activity!

3

CREATE YOUR DREAMSCAPE

Write - in no particular order - on the corresponding page:

* WHO OR WHAT YOU WANT TO BE

This includes - how you feel each day, your purpose or mission, how you show up in life, your strongest traits, the kind of parent or partner you are, etc. If there are traits that you already love about you, include those as well! *Write them as "I am" statements and the more detailed the better.*

* WHAT YOU WANT TO DO

This includes travel, starting a business, offering a new program in your current business, learning a language, marriage, kids, playing the piano, etc. *Write these in descriptive sentences or as a list. Really explore the options. Don't limit yourself in any way!*

* WHAT YOU WANT TO HAVE

This can be anything from a house on the beach, to free time, to a yoga studio, to a great wardrobe, to three kids, etc. Let yourself dream big here. Lots of people get a little freaked out and feel greedy if they admit to wanting. It doesn't feel "noble". But, just open up to those "have" desires. Knowing what they are can guide you to the places where you resist or block your own success.



EXAMPLE:

I am encouraging _____

I am confident



EXAMPLE:

I travel to France and spend two weeks exploring the city _____

I develop a new program for my clients that assists them in creating abundance



EXAMPLE:

I have all the time in the world for travel _____

I have a wonderful spouse who adores me