

Dreams and Blocks - Instructions

Module 1

This activity is intended to allow you the time and space to reflect on your dreams and explore what may be the obstacles to manifesting them. This exercise is just an introduction to exploring your blocks to manifesting. We will explore this section deeper later on in Module Two.



In this activity you will create two lists – one of your dreams and one of your blocks. Write down everything that comes to mind, no matter how big or small. It may also be helpful to organize your dreams into categories if that feels right for you. For example, health, finances, career, abundance, relationships, family, home, travel, and so on. Be sure to keep your lists as you will need them again throughout the course. This activity will take approximately an hour to complete. It can be done all at once or spread out over a few days.

As this is a reflective activity, having an open mind and heart is very important. Also, be gentle and honest with yourself.

After completing this exercise, you may expect to feel:

- + excited about your dreams
- + hopeful for the future
- + clarity
- + focus
- + relief
- + deeper connection to your dreams
- + a renewed sense of inspiration and commitment to your dreams

Lastly, as you make your way through this exercise, remember that your imagination is your most important tool.



Dreams and Blocks - Reflection Exercise

The Dreams and Blocks Exercise will help you take manifesting to the next level. Over the years I have found that the people who do not take the time to do this exercise are the ones who struggle the most with manifesting. It is very difficult to manifest when we are wishy-washy. Unless we define to life what it is we want, life can't show up for us. Being scattered and unclear is a form of self-sabotage that can easily be remedied. Take the time to get clear on your dreams now.

This exercise is important for three reasons:

1. It helps you tap into any dreams that may have been lost or forgotten.
2. As you focus on your dreams, any subconscious blocks you have will begin to surface as resistance. This is important information for future modules in the course.
3. Completing this exercise helps put an end to some of the struggles you may have experienced with manifesting.

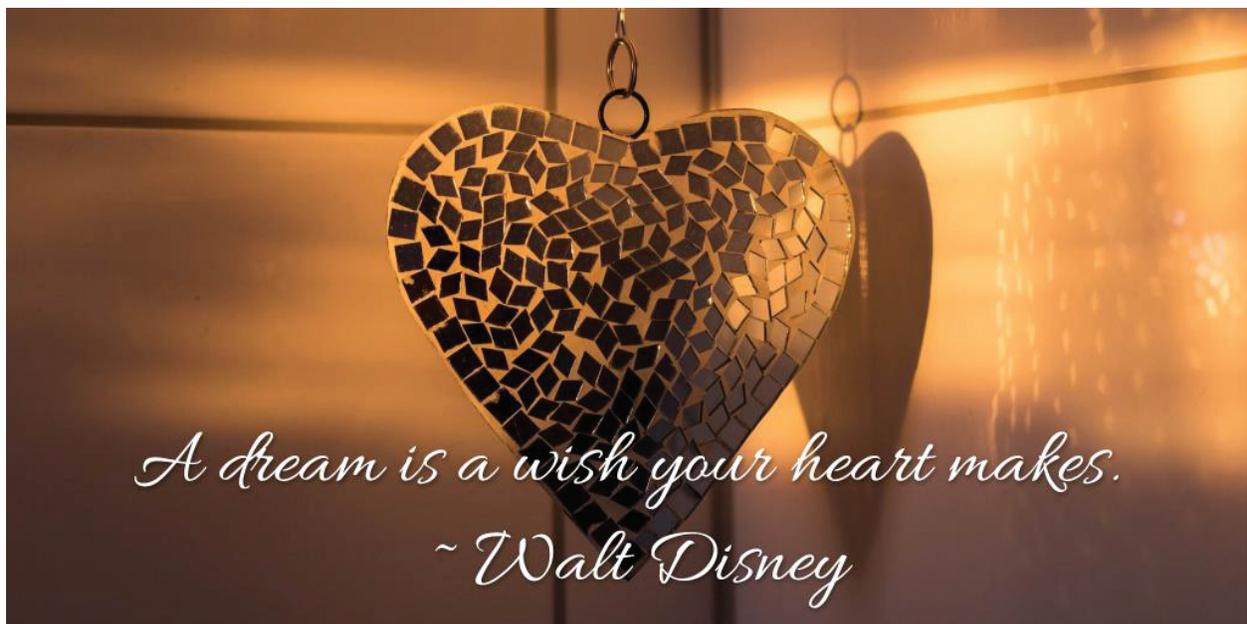
We invite you to make a list of your dreams, no matter how big or small and write them down in this workbook. Your dreams are those unlived desires that are waiting to be awakened. They are always there with you, behind the scenes, nudging you to bring them to life. Do not confuse dreams with a to-do list or things that need to be achieved. They are the desires that come from the heart, not the mind.

During this process please pay special attention to any blocks, limiting beliefs or resistance that may arise as you think about your dreams. I invite you to write down any thoughts, ideas or beliefs you hold that may be getting in your way. These blockages are the resistance which slows down the manifesting process.

Imagine your life is like a river. When you are in the flow of life your energy moves downstream and things manifest in your life with ease. Now imagine a river that is clogged with debris from the riverbank – this is like your resistance.

Constantly having to move your way through the debris slows down your ability to manifest. Some examples of resistance may be old beliefs such as I am too old or young, I do not have enough money, I do not have any education, my family won't support me, and so on.

By making a list you will be better equipped to identify your resistance, which will making the clearing process in future modules more effective. In doing so, you will be in a better position to reclaim those dreams closest to your heart and awaken your dream life.



*A dream is a wish your heart makes.
~ Walt Disney*

Reflection Exercise – Self-Assessment

1. What dreams did you hold for yourself when you were a child? Are those dreams still with you?

2. What makes your heart sing? What lights you up?

3. When's the last time you allowed yourself to dream a big dream?

4. Can you remember a time when you realized a dream? How did it feel?

5. Can you remember a time when you had a dream but didn't have the courage to follow it? How did that feel?

6. Do you know what your life purpose is? What unique gifts do you have that can be of service to others?

7. Have you put others' dreams before your own?

8. If you had six months to live, what would you do with that precious time?

9. What are your interests and do you have time to honor them?

10. Are all areas of your life fulfilling? If not, what area needs your attention?

11. Do you give of yourself more than you receive?



