Mary Morrissey

LifeSOULutions

presents

The DreamBuilder

WORKBOOK

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Leading Thought

Sometimes when we dream, we are disconnected from our dreams and we treat our dreams more like fantasies that will never really come true. What if we shifted our thinking, connected with our dreams, and began to accept these new thoughts and ideas as viable possibilities? Consider how different our lives would become if we believed in and lived out our dreams.

Exercise One

Thoughts become things. When we focus on positives or negatives, that is what we attract more of in our life. Take a moment and think about what your ideal life would look like. Allow your imagination to take over your thoughts and write down whatever comes to your mind no matter how different or impossible it may appear.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Exercise Two

We all know people that are affected physically by toxic thoughts on a daily basis. We all know someone who is getting sick or always complaining of being tired and drained. We can relate these symptoms to their way of thinking. Write down 3 steps that a person who is stuck in this mindset can take to transform their thinking to create a happier and healthier life (ex. one tool that a person can use is to move their thoughts to a place of gratitude).

1. _____

2. _____

3. _____

Exercise Three

Mary talks about how her life experiences lead to her awareness of the connection between her thoughts and her physical being. Can you identify times in your life when your thoughts affected your physical being?

1. _____

2. _____

3. _____

4. _____

5. _____

Exercise Four

We have seen some amazing accomplishments in the past 100 years. The Wright Brothers flew against all odds. Mother Theresa started charitable organizations in over 123 countries in just one lifetime. The first African American President was inaugurated in 2009. People of all different socioeconomic areas have continued to achieve what many would see as impossible. They continue to raise the bar. There is no limit on how big an idea can become. What causes us to shelve our dreams and accept our circumstances and situations as the defining factor for our lives? Mary talked about the voice of internal judgment that creates a limiting defining factor for our lives. Identify 3 limiting beliefs that you are currently holding on to that prevent you from manifesting your full potential (ex. I lack a formal education and because of that I cannot succeed). Then identify what would be the opposite that would support you in your dream (ex. because I didn't spend 4 years in college, I've gained many life experiences that have given me the knowledge to succeed).

Limiting Beliefs	Supporting Beliefs
1.	
2.	
3.	

Exercise Five

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____

2. _____

3. _____

4. _____

5. _____

Leading Thought

Sometimes we get so caught up in the very idea of thinking differently that we freeze and revert back to what we know is most comfortable, even if this is not where we truly want to be. Making the decision to dream big can be a daunting task for many and quickly becomes a prison for most. What if we gave ourselves permission to dream beyond our current reality? Where could these thoughts take us?

Exercise One

We are creatures of habit – we take the same route to the store, we shower in a certain order, we manage our daily activities in the same way every day. Did you relate to the story of the fisherman and his belief that he was limited to only catching a certain size of fish to fit in his pan? What are 5 habits you know you express each day that are not in harmony with the vision and goals you have for yourself?

1. _____

2. _____

3. _____

4. _____

5. _____

Exercise Two

Having five hundred and twenty five thousand of anything is a large number. Considering that regardless of who you are, if you live another 12 months, you will have the same amount of minutes as your neighbor, a homeless person and someone you look up to. How you choose to invest your minutes can be the saving grace to breaking you free from your current course. List five things you would like to invest your minutes in and list five outcomes you would like to receive from your new investments.

How I want to invest my time	Outcomes of my investment
1.	
2.	
3.	
4.	
5.	

Exercise Three

There are four domains in life: health, relationships, creative expression and financial supply. Take a moment to describe how you want each of these domains to be expressed or look like in your own life if there were no obstacles in your way to achieving them.

Health	
Relationships	
Creative Expression	
Financial Supply	

Exercise Four

Dreams speak to us in two ways; through longing and through discontent. Consider someone very close to you, a spouse, friend, relative or child. When we look at those close to us, it becomes very obvious what they long for and what they are discontent about. Write down the names of 5 people and list what they long for and what they are discontented about. Do you find those same longings and discontents in yourself?

Name	Why they are discontent/ What they long for	Are my longings/ discontents similar?

Exercise Five

Staying in our comfort zone holds us back from experiencing life and fulfilling our dreams. For example, we all have been given beliefs about having the right education, income and body image and engage to ensure the predefined labeled perception of success. Some of these conditioned beliefs are hard wired into us at a very early age and others are acquired throughout our formidable years by peers and media. What common behaviors, activities and thoughts have you experienced and seen in your community of peers and family that perhaps you now question as limiting or not in harmony with your passions? List three.

1. _____

2. _____

3. _____

Exercise Six

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____

2. _____

3. _____

4. _____

5. _____