

**What’s your dream? What would you really like to achieve (not what you think you can achieve, but rather, what do you really want)?**

Write your dream below, as best you can. Examples: “I want to lose 50 pounds.”, “I want to earn \$100K a month”, “I want to attract my dream partner.” It doesn’t matter what it is or whether you think you will ever get it, just write it down below as best you can.

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Now write it down in the present tense, which means, write it out as “I am \_\_\_\_\_” and then fill in the blank for what you stated you wanted to do above. Examples: “I am 50 pounds lighter”, “I’m earning \$100K a month”, “I’m with my dream partner”.

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**Constructing your Dream Scene:**

Your Dream Scene is a short scene you create with your imagination. It’s a moment that could only happen if you had already achieved your dream. This can be a hug, a smile, a pat on the back, the receiving of an award or any action that would only happen *after* you have achieved your goal. Many athletes like to think of themselves holding up the trophy or medal or standing on the podium. The idea is to keep it simple.

**If you feel that you already know what your Dream Scene is, skip to “Your Dream Scene is...” below and write it down.**

**If you need some help discovering your Dream Scene, you can use the exercises and questions below.**

**Discovering the Actions:**

1. What do you get to experience when you have achieved this goal that you did not experience before? What things do you get to have or do that you did not get to have or do before? This could be wearing certain clothes or attending certain events or performing certain activities. List all that comes to mind below.

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2. Do you get an award or reward for this success? If so, what is it?

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3. What do your spouse and loved ones say and or do when you have succeeded at this?

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4. What positive ways do you interact with friends and people in your social circle now that you have succeeded? What do you say to them?

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5. What positive ways do friends and people in your social circle interact with you now that you have succeeded? What do they say to you?

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6. In this moment, do you do something like smile, laugh, pump your fist or even cry with joy? If so, describe what you do below?

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7. From all the actions you've listed above, which one feels the most natural and likely for you to do after you have succeeded?

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**Discovering the Feelings:**

8. What are some feelings you notice yourself having as you see yourself performing this action? Examples: I feel confident, at ease, excited, joyful, happy, energetic, thankful, proud. Write these feelings below:

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9. Which 1-2 feelings are most natural and or, do you want to experience during this action?

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**Put the action and feelings together:**

10. Take the action you just listed above in question #7 and combine it with the feeling(s) you listed above in question #9. It doesn't matter whether you write the action first or the feeling. Just write it out. Examples: I'm hugging my wife as I say "We did it!", or I feel so proud as I receive my trophy, or I see myself in the mirror smiling as I say to myself "I did it!". Write this out in the space below.

**Your Dream Scene is...**

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### **Practicing your Dream Scene:**

If you are already able to see yourself performing the action while experiencing the feelings in your Dream Scene, you may make this your daily practice. Skip to **What to notice while you practice your Dream Scene** below.

If you need help getting into the feeling as you see yourself performing the action in your Dream Scene, use the exercises below.

11. Recall some wins and or times when you were succeeding in your life from your past. It doesn't matter if these are big or small wins. The only thing that matters is that these were times you felt successful and felt good. Jot these moments down here.

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12. Re-read the moments you jotted down above and write some of the positive feelings you experienced during these winning times below. Examples: I felt confident, at ease, excited, joyful, happy, energetic, thankful, proud. Write these positive feelings below.

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13. Now think of the feelings that you want to experience and or would be most natural for you to experience when you have achieved your goal and look back to the wins from your past that you listed in question #1 above. Do any of your past wins cause you to feel the same way? If so, write them down below. Otherwise, just write choose one of the wins/times when you were succeeding that made you feel great below.

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14. Relive the good feelings of that previous win or those wins right now for 1-2 minutes.

15. Now feel those same winning feelings from your previous win(s) as you see yourself performing the action in your Dream Scene. If you lose the feeling, go back to reliving your previous win and practice seeing and feeling it until you get the feeling again. Then, begin to bring that feeling to the action in your Dream Scene. Keep practicing this until it becomes more natural for you to feel that winning, successful feeling while performing this action in your Dreams Scene.

### **What to notice while you practice your Dream Scene**

When practicing, pay particular attention to the moments when you notice your winning/successful feeling tuning in and getting in harmony with the action in your Dream Scene. You will know these moments because they feel really good. These may be small

moments in the beginning, but your awareness for them will grow the more you practice and train yourself to look for them.

### **Your goals for your Dream Scene:**

**Goal 1:** Your goal is to learn to be able to have the same feeling(s) you experience in your Dream Scene anytime and anywhere and then begin to do it as often as you can. The more you can do this, the faster you will create the habit of feeling successful with your dream.

Start by setting aside two quiet times a day to practice your Dream Scene. Practice for at least 15 minutes each time. Do this every day, without fail.

Learning to feel the feelings associated with your Dream Scene is your main practice in this coaching module. This will play a big part in shifting your belief into the belief that makes your dream happen, so don't skip doing this or underestimate the power it has.

As you get better at practicing your Dream Scene and it begins to take on the tones of reality/feels natural, start becoming aware of the times you can practice this feeling in your daily life.

These could be times when you are standing in line at the grocery store or you are taking out the trash or doing the dishes or laundry at home. Start incorporating the same feeling of your Dream Scene into these times.

It may help you to think of it like this: When you have succeeded at achieving your dream, this is the way you will feel all the time, even while doing what you're doing right now. And then just begin to practice that feeling right there.

*Never treat practicing your Dream Scene like dreadful homework. That's the quickest way to get yourself to stop doing it. Your Dream Scene will only become natural for you and thus, change your belief, if you practice it regularly. If you look at it as dreadful work you have to do, you will not want to do it and eventually, you will quit. Instead, have fun with it and learn to make it a moment you really love, enjoy and look forward to.*

Belief is just a habit of thinking and feeling a certain way. Once it's become your natural habit to feel successful every time you think of your dream, you will have changed your belief and you will be succeeding.

**Goal 2:** Notice how practicing your Dream changes your life by inspiring you to take new actions.

You can and should capture and take these actions. You can do this most effectively by answering the questions below immediately after practicing your Dream Scene. If you are not in a position to answer these questions when you feel inspired to take an action, either take that action immediately or take a note and take it as soon as possible.

1. What actions are you inspired to take?

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*Remember to not get caught up in thinking whether the results of your inspired actions will be good or bad and don't judge the results you get from taking an inspired action as good or bad either. Instead, let the results, and how you feel about them go, and begin thinking in terms of learning to trust your internal guidance system.*

*Right now you are just in the mode of discovering the actions that will be the best fit for you. We will address how to start creating more of the results you want and less of the results you don't want in your future lessons.*

If you notice any fearful or limiting thoughts about taking these actions, deal with them now by answering the questions and doing the exercises below.

2. What fearful or limiting thoughts are you experiencing about taking these actions?  
Examples: "I'm not smart enough", "I can't do this", "I don't deserve it", "I don't have the money", "I don't have the time", "I've never done anything like this", "No one I know has ever done anything like this", "I don't know how". Write them below.

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3. Are these thoughts helping you to live the life you want? Yes or No?
4. Would changing these thoughts help you achieve your dream? Yes or No?
5. Will you be proud of yourself for finding the courage to take these actions? Yes or No?
6. What empowering thoughts can you have that will help you take these actions?  
Examples: "I can do this", "I will figure it out", "I have to start somewhere", "I will find the money", "I will find the time", "this is how I achieve my dream".

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These are the new, empowering thoughts you will practice replacing fearful or limiting thoughts with until you get yourself to take your new, inspired actions. You are committed to this practice because getting yourself to take these new actions is the only way to truly live the life you want, achieve your dreams and be proud of yourself.

**Read aloud:** I am committed to practicing my Dream Scene until I have successfully changed my belief and thus, achieved my goal. “How” my goal will be achieved will always be a result of the new thoughts, feelings and actions that come from this daily practice because it is in harmony with Universal Law. I am committed to replacing any fearful and or limiting thoughts with new, empowering thoughts until I get myself to take my new, inspired actions. I am thankful for this process and all the new and wonderful things I am receiving and experiencing on this journey.

I have scheduled two, non negotiable, 15 minute sessions to practice my Dream Scene every day and will do this, without fail, every day.

Sign \_\_\_\_\_ Date: \_\_\_\_\_  
My accountability partner is \_\_\_\_\_ and they will hold me accountable every day by \_\_\_\_\_