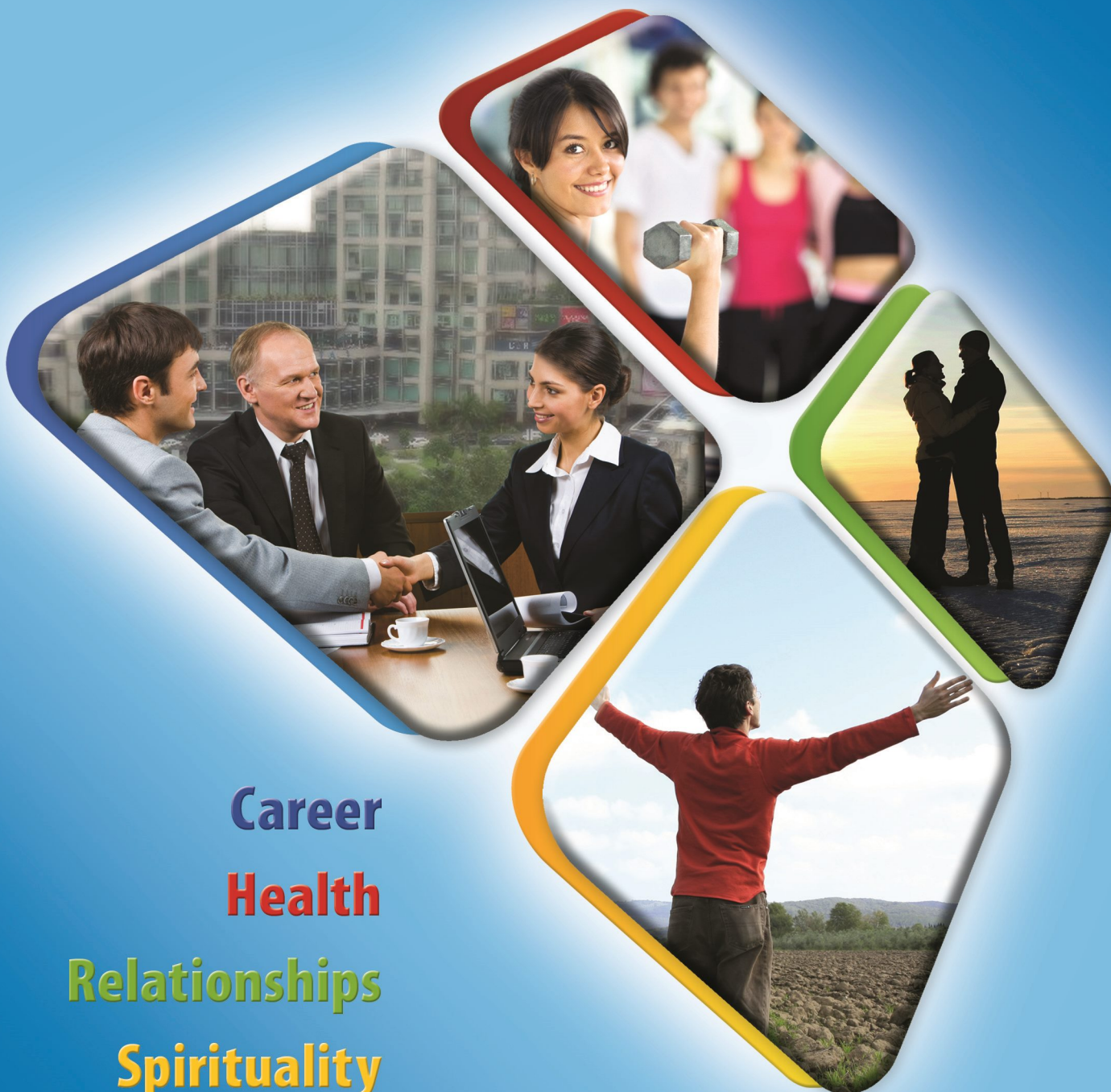




Liz Hester's *Dream* Builder Toolkit



Career

Health

Relationships

Spirituality

DreamBuilder Toolkit

It's tough to get to where you want to go unless you know where you're starting. Below is a great tool for accessing your starting point, which we will call your Point A.

Treat this tool as a litmus test to assess your current life as you view it today. Place a check mark on the line where you would rank your life on a scale of 1 to 10 in each of the four domains below. The score 1 means you are ineffective in that domain of life, and a score of 10 means you are fully living your dreams in that particular domain of life.

Be honest and thorough with your assessment, as no one will see this but you. The more energy you put in to this exercise, the more value you will gain.

Once you have assessed your Point A, proceed to the questions below.

Career

1-----10

Health

1-----10

Relationships

1-----10

Spirituality

1-----10



STEP 1:

Finding Point A

Consider these questions, and journal in the space below:

1. By what criteria in each domain did you use to score yourself? _____

2. How do you feel about your current state in each domain of your life? List those feelings below. List at least one feeling for each domain. _____

3. Replace any negative emotions you wrote in question two with the emotions you would prefer to experience in each area of your life and list them below: _____



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“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

— Albert Einstein

Writing clarifies thinking.

Thinking causes feeling.

Feelings express through actions.

Actions determine results.

Designing The Dream

All great results are rooted in clear thinking and a deep understanding of that which you truly desire. The challenge for most people is that they have stifled their ability to imagine what they truly want. It's the “adult” inside of each of us that systematically measures the thing we want and immediately asks the question, “Is this possible?” This type of question is like poison that eats away at our budding dreams.



STEP 2:

Designing The Dream, or Painting Point B

It's easy to get caught up in thinking whether or not what we desire is possible, reasonable, or attainable. Especially when our bank account is screaming that there is no way on God's green earth that what we want is possible. *"Is this dream reasonable and achievable?"* is a perfectly good adult like question to consider. However, there is also a perfect time to consider these types of questions, and it is NOT during the imagining phase. Asking attainability questions during the dream-designing phase is like trying to blow up a balloon wearing tack-covered gloves. It destroys the very space holding your fragile idea.

How to Harness Your Imagination

Locked inside each one of us is a child like part that knows that all things are possible, that loves to dream, that revels in big thinking, and is unconcerned with how to make the dream come true. All things are possible to this aspect of us, and it is in this place that the power of our imagination is rooted. As you let the child like side of yourself begin to dream and get emotionally involved with ideas that enliven you, you enter a new realm of possibilities. This new realm of possibilities comes with new solutions that were previously unavailable to you. Remember, we live in an abundant Universe, and by Law you cannot ask a question without the answer being available. As Napoleon Hill once said, "What the mind of man can conceive, it can achieve."

As you begin designing your dream, make yourself a deal: lock the adult side of you out of the room. Don't worry. The adult in you will definitely get its chance. But for now, let the child side of you – the part of you that loves to imagine and dream big – run, play, and have full reign of this exercise.

Deal?

Let's begin...

Imagine in your hand is a magic wand. This magic wand gives you the power to create anything you want simply by wishing for it.

Now, think about the exercise in Step 1. Use the full power of your imagination and answer this question. In each of the four domains, what would my life look like as a perfect 10?

Describe in the journal space below what your life would look like ranked as a perfect 10.

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Key Exercise: Visioneering

1. Fill in the domains on the vision board on the next page with short bullet points that describe your life imagined as a perfect 10.
2. Print out two copies of this vision board and place one near your bed and tape the other copy on your bathroom mirror.
3. Read your vision board everyday and allow yourself to get emotionally involved with your #10 life.

Bright Idea! Be keenly aware of opportunities and resources that begin to make themselves available to you. When these new opportunities cross your path, say, “Yes.”



I'm so happy and grateful now that...

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What is your **WHY**?

Too often, when people become intuitively aware of something they deeply want in their life, they quickly jump to the question . . . “**How** can I make this happen?” When you set out on your dream-building path, the first question you should ask is not **How**, but rather, “**Why** do I want this?”

When you get in touch with your “**Why**”, which is your passion and the deep driving desire for what you want, something magical happens. Getting clear on your **Why** puts you on the same feeling tone, aka vibration, as your dream. By connecting to the vibration of your dream, you begin to access what Thomas Edison called, “The Land of the Solution”. As you get emotionally involved with your “**Why**”, by Universal Law, you will begin to see the “**Hows**” show up in your life. You’ll begin to receive ideas, resources, and connections that will transform your dream into a reality. Remember, you cannot get to your dream; you must come **from** it. How do you come **from** your dream? That’s easy – get a clear on your **Why**.

STEP 3:

Welding Your Why

the *Why* is big enough, the *How* will appear.

When the *Why* is big enough, the *How* will appear.

My **Why** is...

Cut out this box and put it up in a place you're sure to see it everyday.



Congratulations!

You have just laid a strong foundation for the manifestation of your dreams. From this point forward, read your vision board and your Why everyday. For 15 minutes in the morning, imagine your life as though your dream has already come true. Put yourself in the feeling tone of living your dream as a reality and hold that image as best as you can.

Don't be surprised if you notice strange coincidences beginning to happen. Resources, opportunities, and people will move into your life that will help your dream become a reality. Our job is not only to make our dreams happen, but more importantly to make them welcome.

As you reduce your resistance to your dream you accelerate the speed at which it takes root, takes form, and blossoms into the magnificent experience we call – your life.

Liz Hester