

Appendix A

Building a Dream From the Ashes

Sometimes we are so mired in a life we *dislike*, we have a hard time imagining a life we *love*. When that happens, we must use what we don't like as a starting point to build a dream. This checklist will guide you in that process.

Make a list of what you dislike in your life

Such as:

- I don't have enough money to live the way I want to live
- I don't like my job
- My partner and I fight a lot
- The dog next door barks all night long
- I don't like my house

Make a list of what you dislike about yourself

Such as:

- I am not very patient
- I am depressed that my life isn't going well
- I am fat
- I zone out and spend my time on the computer or watching TV
- I can't seem to find my passion

Combine the two lists into one list

Such as:

- I don't have enough money to live the way I want to live
- I don't like my job

- My partner and I fight a lot
- The dog next door barks all night long
- I don't like my house
- I am not very patient
- I am depressed that my life isn't going well
- I am fat
- I zone out and spend my time on the computer or watching TV
- I can't seem to find my passion

□ **Go back and elaborate** on the things that are vague

Such as:

- I don't have enough money to live the way I want to live
 - I want to buy a nicer car
 - My furniture is old and ragged
 - I would like to travel to foreign countries
 - I would like to eat in a nice restaurant once a week
 - I would like help cleaning my house once a month
 - I would like some new clothes
- I don't like my job
 - It is monotonous
 - It doesn't pay well
 - My boss is not fun to work for
 - It is not very creative
- My partner and I fight a lot
 - Mostly about money
 - Sometimes about his mother
- The dog next door barks all night long
(Not much to elaborate on here)
- I don't love my home
 - See raggedy furniture (above)

- See dog barking (above)
- It is cramped—we need more space
- It is not in a great neighborhood
- I am not very patient
(Yes, I would like my life changed NOW.)
- I am depressed that my life isn't going well (See above—
all of above!)
- I am fat
 - Well, maybe fat is exaggerating, but I could lose
five or ten
 - I could definitely tone up
- I zone out and spend my time on the computer or watching
TV
(Who would blame me, right? See above—sigh.)
- I can't seem to find my passion
(No surprise, eh?)

□ **Copy that list and turn the dislikes into “wants”** and make them positive (for example, instead of “I want to stop fighting with my partner” write, “I want to get along well with my partner”).

Such as:

- I want enough money to live the way I want to live
- I want to have a nicer car
- I want new furniture
- I want to travel to foreign countries
- I want to eat in a nice restaurant once a week
- I want help cleaning my house once a month
- I want some new clothes
- I want to like my job
- I want a job that is exciting
- I want a job that pays well

- I want a job with a boss who is fun to work for
- I want a job that is very creative
- I want to get along well with my partner
- I want to make peace around my partner's mother
- I want to have quiet and peaceful nights
- I want to love my home
- I want a home that is spacious
- I want a home in a great neighborhood
- I want to be patient
- I want to be happy that my life is going better
- I want to be thin
- I want to be toned
- I want to be conscious, awake and clear about how I spend my time
- I want to feel passionate about my life

□ **Change the word “want” to “intend”** and read through the intentions, tweaking them here and there. Work with them to make them feel expansive, exciting and in alignment with what you really desire.

Such as:

- I intend to have enough money to live the way I want to live
- I intend to have a nicer car
- I intend to have new furniture
- I intend to travel to foreign countries
- I intend to eat in a nice restaurant once a week
- I intend to have help cleaning my house once a month
- I intend to have new clothes
- I intend to like my job
- I intend to have a job that is exciting

- I intend to have a job that pays well
- I intend to have a job with a boss who is fun to work for
- I intend to work at a job that is very creative
- I intend to get along well with my partner
- I intend to make peace around my partner's mother
- I intend to have quiet and peaceful nights
- I intend to love my home
- I intend to live in a home that is spacious
- I intend to live in a home in a great neighborhood
- I intend to be patient
- I intend to be happy
- I intend to be thin
- I intend to be toned
- I intend to be conscious and awake and intentional about how I spend my time
- I intend to feel passionate about my life

Categorize your list of intentions and add headings

Such as:

Life Partnership Intentions:

- I intend to get along well with my partner

Other Relationships Intentions:

- I intend to make peace around my partner's mother

Work Intentions:

- I intend to like my job
- I intend to have a job that is exciting
- I intend to have a job that pays well

- I intend to have a job with a boss who is fun to work for
- I intend to have a job that is very creative

Physical Body Intentions:

- I intend to be thin
- I intend to be toned

Physical Surroundings Intentions:

- I intend to have quiet and peaceful nights
- I intend to love my home
- I intend to live in a home that is spacious
- I intend to live in a home in a great neighborhood

Mental and Emotional Intentions:

- I intend to be patient
- I intend to be happy
- I intend to be conscious and awake and clear about how I spend my time
- I intend to feel passionate about my life

Financial Intentions:

- I intend to have enough money to live the way I want to live

Lifestyle Intentions:

- I intend to have a nice car
- I intend to have new furniture
- I intend to travel to foreign countries
- I intend to eat in a nice restaurant once a week
- I intend to have help cleaning my house once a month

- I intend to create the ability to buy new clothes whenever I want

Go back to the list of intentions. Add other headings that you haven't yet included

Such as:

- Spiritual intentions
- Intentions for play
- Creative intentions
- Intentions for the Earth and Humanity
- Cosmic Intentions
- Intentions for my children
- Intentions for my pets
- Intentions for my country
- Intentions for my community
- Intentions for a particular project (creative project, work project, home project, training for something...)

Add additional intentions to the list (revisit the sample intentions in chapter four for more inspiration)

Add an “Overall Intention” category and write that intention

Such as:

- **Overall Intention:** I intend to experience greater and greater levels of empowerment, joy, fun, love, compassion, creativity and connectedness to “All That Is.”

Add a category of “Immediate Intentions” and put the intentions that are the most important to you right now on that list.

Such as:

Immediate Intentions:

- I intend to buy a new car that is cute, sporty, affordable, dependable and fun to drive, in perfect timing with harm to none.
- I intend to find a new job that pays well, is exciting and close to home with flexible hours. I intend to work with people who are fun and team players.

□ **Expand your intentions past how they will look when they will manifest, to how they will feel when they manifest** (for all but immediate intentions). For instance you may want money but the feeling or essence of what you want is freedom, security, safety, etc.

Such as:

Life Partnership Intentions:

- I intend to feel loved and loving in my relationship with _____
- I intend for us to both feel respected, honored and supported by each other
- I intend for us to have fun together
- I intend for us to always remember the love, no matter what challenges or opportunities we face

Other Relationships Intentions:

- I intend to feel grateful for all the relationships in my life
- I intend to love unconditionally as much as I am capable
- I intend to have compassion for others in my life
- I intend to create opportunities for connectedness to all who enter my life
- I intend to have fun with other people in every way possible

Work Intentions:

- I intend to love my job
- I intend to work at a job where I feel excited, prosperous, joyful and creative!

Physical Body Intentions:

- I intend to feel healthy, vibrant, beautiful and toned
- I intend to allow my body to move gracefully and naturally to the ideal weight for my body
- I intend to love my body

Physical Surroundings Intentions:

- I intend to have a home in which I feel at peace, safe and secure, both day and night
- I intend to love my home
- I intend to live in a home that feels spacious, loving, joyous, beautiful, nurturing, creative and supportive
- I intend to live in a home surrounded by homes, people and businesses of similar energies

Mental and Emotional Intentions:

- I intend to feel patient
- I intend to feel happy
- I intend to be conscious and awake and intentional about how I spend my time and mental, emotional, physical and spiritual resources
- I intend to feel passionate about my life

Financial Intentions:

- I intend to feel absolutely abundant

- I intend to always feel secure in knowing I will have more than enough money to do all I dream of doing

Lifestyle Intentions:

- I intend to feel excited and passionate about my life, my hobbies and my lifestyle including but not limited to travel to foreign countries

- **Ask for help** in manifesting your intentions, and open to the possibility that your unseen friends may have an even grander dream for you.

You may want to add:

“I request and intend to receive help from all of my unseen friends to manifest all of my intentions even greater than stated, with harm to none.”

Congratulations! You are on your way to a life you love!