

Your Next Steps

Chapter One

- Purchase a journal to use as your Creation Journal or start a new document on your computer and name it Creation Journal. You will use this journal to document your intentions, techniques, actions, beliefs and successes as you do this work.

I suggest that you revisit this journal often as a way to regain a sense of power, confidence and expectation. It is very effective to bring these energies to *new* dreams and visions. You accomplish this by simply reading about your past successes and feeling a sense of accomplishment and power before you do any techniques for your new dreams.

- Ponder what creating your own reality means to you. On a scale of one to ten, one *being*, “*I don’t believe it is possible to create one’s own reality at all,*” and ten *being*, “*I am certain every human on this planet is creating their own reality, and I have the absolute ability to consciously create everything in my own life,*” where are you? Where would you like to be in one year? In five years?
- Intend to get there. Suggested intention: “*I intend to know and fully believe—beyond a shadow of a doubt—that I create everything in my reality and that I can create a life of my dreams.*”

Chapter Two

- Answer these questions in your journal:
 - How important is creating the life of your dreams to you?
 - How much effort are you willing to put forth to create it?

- What hesitations, fears and doubts do you have? Write about these, and release them. Simply say, *“I hereby release my hesitations, fears and doubts about creating a life I love.”*

- ☐ In the space you have created, feel the excitement, the joy, the pure delight because you will (finally) be living the life of your dreams.

Chapter Three

- ☐ Sit with the knowing that you are a “God-being.” Don’t just say the words. *Feel it.* What if it is true? (It is.) You have been bestowed with this gift. Can you think of anything *more* insulting than to ignore it? Honor it, and yourself, by allowing time to contemplate it. Let it be real. Own who you (really) are.

- ☐ Say the **Pre-sleep Request** nightly for seven days. In your journal, write down any meaningful dreams or insights during this time period.

- ☐ Try the **Blending with Your Higher Self** technique or **Your Nurturing Universe** or both if time permits, at least once during the seven-day period.

Chapter Four

- ☐ Spend some time contemplating your dream life. Are there any dreams you need to let die? If so, write them out, and let them go. Burn your list in a safe place (such as over the kitchen sink).

- ☐ Write your overall intention in your journal. Next write your core intentions. Then write your immediate intentions. And finally, write your request/intent to receive help.

- ☐ Read your intentions upon awakening and before retiring. Allow yourself to feel the excitement...you have just committed to creating your dream life.

Chapter Five

- What flow-stoppers can you identify? What triggers them? Become comfortable with the antidote and intend to use it the next time one of these emotions comes up for you.

- Work with your child, adolescent and young adult. Ask them how they feel about your becoming proficient at creating your reality. Do they have any objections? Fears? Questions? Write them down in your journal. We will come back to these fears in the next chapter.

- Work with your negative self. Let it know you are becoming a masterful magician in your world. Let it rant and rave and tell you how you will fail. Leave it with your higher self for healing.

Chapter Six

- Do you have any old emotional baggage from a disappointment, a betrayal or a hurt that you need to let go of? Write a “hate” letter to yourself, God or another person. Then forgive both yourself and others.

- Consider your work with your child, adolescent and young adult selves in the previous chapter. Do you have any beliefs you need to change about your ability to successfully create a life you love? These are likely level two beliefs. Change them now.

- Think about the core (level three) beliefs listed below:

“I don’t deserve.”
“I am not good enough.”
“I don’t matter.”
“I am not worthy.”
“I am flawed.”
“I’m not enough.”

Do you hold any of these beliefs? If so, change them.

Chapter Seven

- Pick an area of your life that you would like to see change. Journal about your past in that area (career, money, relationships, etc.), listing the major happenings (jobs, financial history, partners, etc.) and write about what was good about them and what you learned. Then let them go with love.
- Choose one of these techniques:
 - A Day in the Day of the Dream**
 - Make the Movie Real**
 - Grateful for “Now and Then”**Do it right now. *Practice makes realities.*

Chapter Eight

- Make a list of twenty-five things you love to do. Do one of them.
- Sit quietly and get in touch with the essence of one of your desires. Feel the joy and excitement. Imagine you could not fail. What would be the most exciting and joyful next steps?
- Prepare a plan of action for at least one of your dreams.
- Intend to implement that plan by a certain date and write down that promise in your journal.

Chapter Nine

- If you have done a technique in the past few days, write down the signs that have manifested in your world as a result.
- Check out the conscious creation success stories of others (and also post your own) at <http://www.livealifyoulove.com/inspire/>
- If you have not done a technique in the past few days, review chapter seven and do one of the following:
 - A Day in the Day of the Dream**
 - Make the Movie Real**
 - Grateful for “Now and Then”**Over the next three days, make a note in your journal of any signs that show up.

Chapter Ten

- Practice the **Narrowing Your Focus** technique. For one full day take stock every hour and ask yourself if you are focused on one and only one thing. If not, do so. Notice how much more joy you can feel if you are not overwhelmed with a hundred things in your head at one time.
- Spend an entire day feeling “as if you have the dream.” How do you go about your day differently? Who is the “you” who has the dream? Write the answers to these questions in your journal and keep note of any changes in your world.
- Make a list of the things that make you feel happy. Turn to this list when you need to shift your emotions back to happiness.

Chapter Eleven

- Think about the times in your life when you knew you were guided, assisted and loved by your unseen friends. Thank them for this.
- Ask. In your own words. Ask your higher self and other unseen friends to help you, guide you and show themselves to you, in gentle and loving ways.
- Use meditation as a way to meet and begin to know your higher self. Talk with your higher self about your dreams, your passions and your joys. Let your higher self talk to you about its dreams for *you*.