Dream Building WORKBOOK

A step-by-step guide to knowing and clarifying what you want.

BONI LONNSBURRY
Life is but a dream. And you can dream (and create) anything in the world you want. **You do create your own reality.** Whether you fully believe it or not, whether you like it or not, it is the way the universe works.

Quantum physics has scientifically proven this fact. But obviously this planet is filled with late adapters, or this knowledge would be more widespread.

You, however, do know this information. You, my friend, are one of the lucky ones. Once you know that your thoughts, feelings and beliefs are very literally forming your world, your experiences, the people in your world and your success, health and happiness or lack thereof, then you can change those thoughts, feelings and beliefs and your world will change.

I proved it in my own life. I had days, weeks and years even, feeling frustrated, depressed and angry that I didn’t have the kind of life that made me happy—not knowing what I wanted or how to make it happen.

I focused so much on what I didn’t have that I ended up creating a pretty desperate life. For every step forward it seemed I took ten back. But eventually I realized what I was doing wrong (pretty much everything) and took it apart piece by piece. When I focused on one area at a time and created my life bit by bit, unhurriedly and focusing on enjoying each and every moment, things began to shift. Then they began to shift big time. Then quantum shifts.

Today I live a life most think of as a fairytale—lots of love, money, freedom, joy, adventures, creativity and fun. But it’s true. My life has become better every single year.

And it can happen for you, too. Oh your life won’t look exactly like mine—each manifestation is individual to each person, but you can feel like I feel—excited for each and every day, delighted that every piece of your life reflects your true desires and empowered, fulfilled and grateful.
So how do you create your ideal life?

First, you must know what you want. You must build your dream.

There are steps that follow knowing what you want, of course, and it can be complex to shift your energy on every level in order to shift your world. But it can be done.

And again, it begins with a dream. It begins with knowing not just what you don’t want, but what you do want. And this workbook will guide you through the steps of exactly how to do that.
Step One – Prepare to Dream:

“All our dreams can come true, if we have the courage to pursue them.” - Walt Disney

Creating a brand new life isn’t something you do over a weekend and then resume your “normal” life. It requires changing the way you are in life. It requires changing who you are in life. And it’s something you will refine for the rest of your life.

So to begin your epic journey, it helps to get a brand new energetic start. You’ve heard the expression, “If you do what you’ve always done you’ll get what you’ve always gotten.” Well, it’s also true that “If you feel as you’ve always felt you’ll create what you’ve always created.”

Before you begin thinking about building your dream, free your heart and mind of the past, and align yourself with the dream you had in mind before you began this life.

How do you do that?

Listen to the guided meditation, “Dreaming the Life You Were Born to Live” included in this kit.

Write about your experience of the mediation here:
Step Two – Describe Your Desires:

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” - Harriet Tubman

This step is simply to get you thinking about the major areas of your life. Write a few words or sentences about the major areas of your life in the circle below.

If you don’t really know what you want, it’s always appropriate to state how you want to feel in these areas of your life. It’s the feelings that actually create your world. So if you know no more than how you want to feel, you know plenty.
Step Three – Write 1-5 Intentions for Each of the Major Categories:

“Dream and give yourself permission to envision a You that you choose to be.” - Joy Page

For this step, take what you wrote in Step Two and take a look at the Sample Intentions in this kit, and formulate your intentions for the major categories of your life.

It’s important to realize, that intentions are more than a dream—they are a commitment to create this in your life. You are powerful. You can create anything.

An intention says, “I WILL create THIS!”

Write your overall life intention:
Write your intentions for work:
Write your intentions for your love life:
Write your intentions for other relationships:
Write your intentions for your body (health, vitality & appearance):
Write your intentions for your finances:
Step Four – Write 1-5 Intentions for Additional Categories:

“The future belongs to those who believe in the beauty of their dreams.” - Eleanor Roosevelt

Your dream will never end. The minute you manifest one dream, another (ideally) takes its place. Human beings were meant to dream and to create those dreams. We were given this gift of the ability to create and there is no end to the gift or to the ability. There is more to your dream, my friend.

Now that you have the hang of writing intentions, write your intentions for these additional categories now.

Write your intentions for your physical surroundings:
Write your spiritual intentions:
Write your mental & emotional intentions:
Write your intentions for having fun, play and adventure:
Write your intentions for your creativity:
Write your intentions for earth & humanity:
Write your cosmic intentions:
Step Five – Choose the Dream You Want to Focus On First:

“Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it!” - Goethe

The idea of writing intentions for all the areas of your life (before you focus on one dream specifically) is that the core intentions can begin to manifest even if you don’t pay them much attention. (Assuming you do not hold beliefs that oppose this idea.)

Then you can focus on learning to manifest one or two parts of your life primarily, and when that starts moving, move on to focus on other areas.

For this step, decide what area of your life you want to focus on creating first. How do you do this? Well, it depends on where you are in the process of building your dream. For someone who is well on their way, you would begin by looking at the area of your life that you feel the most constricted in.

But for someone just beginning to build his or her dream, the most constricted part of your life is likely to be too challenging in the beginning. I recommend that beginners start with an area that isn’t critical.

I suggest you start in an area of your life that you are excited about, and that you’d like to see change in, but not that you are desperate to change. Start in an area of your life that you can have fun at playing with creating.

Although eventually you will build a dream for every area of your life, I suggest beginning with areas that you can measure. Spirituality, happiness and peace of mind are all wonderful dreams and fully within your ability to create, however in the beginning measurable results build your belief and knowing in your power and ability to create your world.

Here are some possibilities:

- Money
- Romantic partnership
- Work/job
- Body/health
- Physical surroundings

Choose an area of life to begin building your dream. You will expand into the rest of the areas of your life later.
The area of my life that I want to focus on first in building my dream is:
Step Six – Write Immediate Intentions for Your Top Priority Dream:

“If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.” - Henry David Thoreau

Immediate intentions are intentions that you want to manifest right away. They could be for specific things, in an area or they could be for clarity, ideas or assistance. Again, take a look at the Sample Intentions if you want some examples for these intentions.

My immediate intentions are:
Step Seven – Request Assistance and Intend to Receive It:

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.” - Anatole France

Here you will call upon your unseen friends to help you with every aspect of conscious creation. They are real and they are powerful. But they can’t step in to help you in this free will universe without your permission.

P.S.—it’s perfectly fine to steal my intention in the Sample Intentions for this part (or any part) of your dream!

My request to my unseen friends is:
Your Next Steps:

“You are never given a wish without also being given the power to make it true. You may have to work for it however.” ~ Richard Bach

Writing your intentions is a powerful part of building your dream, as is imagining the life you desire. And you may very well see your life shift as a result of simply doing this workbook. But it is important to remember that building your dream is just one step of The Map to creating a life you love.

It is an important step—a critical step—but what happens after you clarify your dream is just as important.

Here’s what to do after you’ve built your dream:

1. **Flow positive energy**
   Your thoughts and feelings create everything in your world. Did you let that in? EVERYTHING. So flowing some juicy, great feeling thoughts about having your new life will go a long way towards its creation.

   And even more important, pay attention to whether you are flowing any negative energy in the form of beliefs (that you can’t get what you want), thoughts (focusing on what’s not right in your life) or feelings (letting yourself sink into self-pity, martyr, doubt, etc.)

2. **Take action**
   Your dream is created inside of you but you still need to do what it takes in the physical world. Take little action steps towards your dream to ensure it manifests, to get ready for it manifesting and to be certain it’s really what you want to manifest.

   If you want more clarity on what “taking action” is about, read Don’t Just Sit There, Do Something.

3. **Look for the response**
   One of the most exciting things about the way our universe works, is that you don’t have to wait long to see changes in your world when you change how you think and feel. Once you do a powerful technique like the One Minute Manifestor, you should see a sign in your reality that something is shifting with hours or days!

   Learn to recognize the signs and respond with excitement and expectation.

4. **Stay happy**
   You are creating your reality 24/7. So how you think and feel outside of
your “dream manifesting time” counts too.

But you don’t have to monitor every thought you have. You can be sure you are helping to create your dream all day long by staying as happy as possible. And for that extra kick, feel as if you already have your dream—all day long.

5. Ask for help
   You don’t have to do this alone. There is an ocean of assistance available to you, simply for the asking. But you do have to ask. You are living in a free will universe, and even though there is a huge amount of help available to you, they can’t do anything without your invitation.

That’s it! Creating your dream isn’t difficult. But it can be complex. If you would like additional direction on creating your dream visit my website, www.livealifeyoulove.com or read The Map.

It has been a joy to help you build your dream. I am excited to see what you create. Please keep me posted by adding your successes and signs to our Success Page.

With love and light,
Reader feedback on The Map:

“I don’t remember how I found Boni’s blog, but I’ve been following her with excitement through Facebook, emails, and unseen friend messages. I knew immediately it could change the world. I wanted everyone to know about and to use ‘The Map’, so I started telling all my friends about it and decided to give it to as many people as I can. THANK YOU SO VERY MUCH!”

SD via Email

“I've only had it less than a month and already changing my life for the better!! Thank you!! This book has become my new best friend!!!”

MEB via LALYL Facebook page

“I’m a great fan of this type of book... creating one's own reality... affirming... manifesting and the like,... and this is definitely one of the better ones I've ever read. Definitely give it a try, you’ll like it and gain a lot of useful information from it.”

Jane Maccarter via Amazon.com

“Thank you for writing ‘The Map’. A friend bought a copy for me as a gift, and such a gift it has been in my life! Thank you for offering your wisdom, insight, and experience. You have made a difference.”

SWB via Email

“Working through the steps of this book during a break up, a move, and finding new love. It has been so very helpful in guiding me back to finding myself, discovering who I am on my own, and in building MY future MY way.”

Erin via Amazon.com

“I would recommend this book to anyone that wants to REALLY change their beliefs, for those that have known about the Law of Attraction for some time that are stuck in manifesting the big stuff (wealth, true love, and big dreams). I believe Boni has gone deeply into why so many of us don't manifest and how to really look at our beliefs in detail and change them, really change them. One of the best books I have ever read. I am so grateful you wrote this Boni, especially for those of us who want to really look at ourselves.”

Agnes Vivarelli via Amazon.com

“Awesome book. This book was a great find and a more interesting read. One of my intentions is happening as we speak.”

Karly via Amazon.com

Purchase The Map on the Live a Life You Love website or on Amazon.