

Mary Morrissey™
Life SOULutions

presents



*Dream*Builder™

WORKBOOK

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LifeSOULutions That Work®, LLC
2470 Stearns St., #186 • Simi Valley, CA 93063
(866) 405-6999
www.MaryMorrissey.com

Leading Thought

Sometimes when we dream, we are disconnected from our dreams and we treat our dreams more like fantasies that will never really come true. What if we shifted our thinking, connected with our dreams, and began to accept these new thoughts and ideas as viable possibilities? Consider how different our lives would become if we believed in and lived out our dreams.

Exercise One

Thoughts become things. When we focus on positives or negatives, that is what we attract more of in our life. Take a moment and think about what your ideal life would look like. Allow your imagination to take over your thoughts and write down whatever comes to your mind no matter how different or impossible it may appear.

Exercise Two

We all know people that are affected physically by toxic thoughts on a daily basis. We all know someone who is getting sick or always complaining of being tired and drained. We can relate these symptoms to their way of thinking. Write down 3 steps that a person who is stuck in this mindset can take, to transform their thinking, to create a happier and healthier life (ex. one tool that a person can use to move their thoughts to a place of gratitude).

1. _____
2. _____
3. _____

Exercise Three

Mary talks about how her life experiences lead to her awareness of the connection between her thoughts and her physical being. Can you identify times in your life when your thoughts affected your physical being?

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Four

We have seen some amazing accomplishments in the past 100 years. The Wright Brothers flew against all odds. Mother Theresa started charitable organizations in over 123 countries in just one lifetime. The first African-American President was inaugurated in 2009. People of all different socioeconomic areas have continued to achieve what many would see as impossible. They continue to raise the bar. There is no limit on how big an idea can become. What causes us to shelve our dreams and accept our circumstances and situations as the defining factor for our lives? Mary talked about the voice of internal judgment that creates a limiting defining factor for our lives. Identify 3 limiting beliefs that you are currently holding on to, that prevent you from manifesting your full potential (ex. I lack a formal education and because of that I cannot succeed). Then identify what would be the opposite that would support you in your dream (ex. because I didn't spend four years in college, I've gained many life experiences that have given me the knowledge to succeed).

Limiting Beliefs	Supporting Beliefs
1.	
2.	
3.	

Exercise Five

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

Sometimes we get so caught up in the very idea of thinking differently that we freeze and revert back to what we know is most comfortable, even if this is not where we truly want to be. Making the decision to dream big can be a daunting task for many and quickly becomes a prison for most. What if we gave ourselves permission to dream beyond our current reality? Where could these thoughts take us?

Exercise One

We are creatures of habit – we take the same route to the store, we shower in a certain order, we manage our daily activities in the same way every day. Did you relate to the story of the fisherman and his belief that he was limited to only catching a certain size of fish to fit in his pan? What are 5 habits you know you express each day that are not in harmony with the vision and goals you have for yourself?

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Two

Having five hundred and twenty five thousand of anything is a large number. Considering that regardless of who you are, if you live another 12 months, you will have the same amount of minutes as your neighbor, a homeless person and someone you look up to. How you choose to invest your minutes can be the saving grace to breaking you free from your current course. List 5 things you would like to invest your minutes in and list 5 outcomes you would like to receive from your new investments.

How I want to invest my time	Outcomes of my investment
1.	
2.	
3.	
4.	
5.	

Exercise Three

There are four domains in life: health, relationships, creative expression and financial supply. Take a moment to describe how you want each of these domains to be expressed or look like in your own life if there were no obstacles in your way to achieving them.

Health	
Relationships	
Creative Expression	
Financial Supply	

Exercise Four

Dreams speak to us in two ways; through longing and through discontent. Consider someone very close to you, a spouse, friend, relative or child. When we look at those close to us, it becomes very obvious what they long for and what they are discontent about. Write down the names of 5 people and list what they long for and what they are discontented about. Do you find those same longings and discontents in yourself?

Name	Why they are discontent/ What they long for	Are my longings/ discontents similar?

Exercise Five

Staying in our comfort zone holds us back from experiencing life and fulfilling our dreams. For example, we all have been given beliefs about having the right education, income and body image and engage to ensure the predefined labeled perception of success. Some of these conditioned beliefs are hard wired into us at a very early age and others are acquired throughout our formidable years by peers and media. What common behaviors, activities and thoughts have you experienced and seen in your community of peers and family that perhaps you now question as limiting, or not in harmony, with your passions? List 3.

1. _____
2. _____
3. _____

Exercise Six

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

It is important that the dream we put our energy into is one that is in alignment with our purpose and core values. Geoffrey Avert said that “The most important thing about having a goal is having one.” The same goes for your dream. You must first establish your dream, and establish that this dream is a good fit for you before it can be manifested into a reality.

Exercise One

In order to be able to go through the exercises in this section, you will need to be very clear on what is important to you. Take a minute and self inventory some of your core values. An example may be “my family is an important part of my life and my dream must align with maintaining strong relationships with my spouse and children.”

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Two

Write down the answers to the following questions to test your dream. Write down why you are giving each question a yes or no.

Is my dream worthy of me?	
Does my Dream make me feel alive?	
Does the dream fit with my core values?	
Is the dream going to require me to grow?	
Do I need help from a higher power to accomplish this dream?	
Is there some good in my dream for others?	

Exercise Three

After putting your dream to the test, is it exactly as you would like it to be? Are there aspects of your dream that need to be changed or expanded? How can you alter your dream to align with all of the tests listed above?

Exercise Four

In what ways would the world be a richer, happier and more fulfilled place if society had the awareness that starting today, their life can be something different than it was up until yesterday?

Exercise Five

Staying in our comfort zone holds us back from experiencing life and fulfilling our dreams of what we have always wanted to do. What is one thing in your life that you have always wanted to do (go skydiving, write a book, visit a new country, etc)? Now that you know your current conditions do not predict your future and that you can advance confidently in any direction you wish, how will you use this knowledge to do that one thing you have always wanted to do? List 5 action steps, big or small, that you can take this week that would advance you confidently in the direction of your goal. For example, if you wanted to learn a new language your action steps would be to look for class dates, times & prices. You could also send out an email to friends looking for a tutor or find a language program on the internet. These are all real action steps that lead you to your goal.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Six

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Two

There is not one thing you could think of that is beyond the capacity and possibility of the universe. The universal power is truly abundant and without limitation, and you are one with this universal power, presence and mind. With this understanding and belief, write out why all things are possible for your life.

Exercise Three

Too often in our lives we hold on to experiences that are connected to resentment, anger and guilt. Mary refers to this life baggage as a “Harry.” List out 5 “Harrys” (dead weights) that you have long since needed to discard (i.e. what your spouse/ex-spouse did, a childhood trauma, etc.).

1.

2.

3.

4.

5.

Exercise Four

Our thought patterns and behaviors may not always be in harmony with the life we want to live. Sometimes we are focused on lack and limitation yet yearn for abundance; we hold thoughts of resentment when we desire to have more love; or maybe we conduct ourselves in a mental, emotional, or physical way that is out of harmony with the picture of how we want our life to look. Identify 5 of your thought patterns or behaviors that are in direct conflict with the life you desire.

1. _____

2. _____

3. _____

4. _____

5. _____

Exercise Five

The journey of our life unfolds into a story that we tell ourselves and becomes our truth. This journey has defining moments that we could call “chapters” within our own story. As an example, in Mary’s life’s journey, in her story, there would be a chapter titled “teen mom.” For a long period of time, Mary’s chapter of “teen mom” told a story that was based in shame, regret and guilt. With the new understanding that we have been gifted with the ability to create not only our story, but the meaning and value that we give to it, we can now look at Mary’s story of “teen mom” and see how the story now has meaning of empowerment, courage, self-reliance, sacrifice and compassion. Mary still has a chapter in her life called “teen mom” but she’s changed the meaning of the story. What’s a chapter title in your life that would you like to give new meaning to? List the title and write your new meaning.

Exercise Six

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

Throughout our lives we have positive and enriching experiences that add meaning and value. Unfortunately we also have an inner voice of doubt and judgment that challenges our right and worthiness of such good fortunes. By learning to accept our “Self” and moving into a vibration of gratitude, we begin to attract the good our mind and heart desires.

Exercise One

By moving out of a vibration of gratitude, we move into a vibration of lack and limitation. We sabotage what is good in our life because deep down we really do not believe that this is what we deserve. List 5 things that you have sabotaged due to your lack of belief that you are deserving (ex. a relationship or great job).

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Two

Gratitude is an active, powerful, spiritual practice. Being grateful in even the most difficult situations shifts our perspective and allows us to see and experience things differently. Consider the story of Linda and her mentally ill mother and how she was able to see beyond her mother's illness and be grateful in the opportunity to care for her mother in whatever capacity her mother would allow. List 5 things that you are or would like to be grateful in.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Three

When we are building a dream we have to remember that our dream lives in the realm of possibilities. One of the key principles in manifesting our life's dream is the awareness that we are deserving of all the good life has to offer. List 5 reasons why you deserve to have this dream that you are in the process of creating.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Four

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

Up to this point you have identified your dream, tested it and shown yourself that you do deserve the dream, no matter what it is. The next step is to allow this dream to flourish by creating the environment necessary for its unfoldment. We all have fears and doubts in our life, but we also have infinite power and we are able to choose whether we focus on the fear or focus on this unlimited power.

Exercise One

We do not always fully succeed in our first attempt. Sometimes we must try over and over, and sometimes we must shift our course in order to reach our goal. Write down an instance where you started something and did not finish because of fear. Then write down how you could have tried again or changed your action steps to accomplish that goal.

Exercise Two

People who are successful in building dreams aren't successful in the absence of their fear; they are successful in the presence of their fear. Instead of putting energy into fighting your fears, acknowledge them and move forward. List 3 fears that you have in relationship to your dream (ex. fear of starting something new, fear of failure, etc.)

1. _____
2. _____
3. _____

Exercise Three

Allowing one bad experience to hinder us from enjoying the good experiences in life is a mistake often made out of fear. You identified some of your fears in Exercise 2. Now for each of those fears, write down one happiness you would miss out on should you choose to allow those fears to control your life. For example, if you have a fear of being hurt in a relationship, by blocking people from becoming close to you, you are missing out on the love that you could be receiving from the world.

1. _____
2. _____
3. _____

Exercise Four

Just like Mary had the power to reach the top of the sand dune, but was not “tapping” into it at first, you have the power to reach the top of your “sand dune.” Write about one strength you have that will allow you to climb your “sand dune” and reach the top regardless of any fears or doubts that exist in your life.

Exercise Five

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1.

2.

3.

4.

5.

Leading Thought

What we give our attention to, the universe hears as our intention. Learning to manage the energy that we give to fear, allows us to redirect that same energy towards creating our dreams.

Exercise One

In the story about Peter, he had faith that he too could walk on water. However, when he stepped out of the boat he sank. Every single one of us have been given creative capacities of mind. We have been gifted with imagination, intuition, reason, memory, will and perception. Many people use these capacities to shape their life in a safe and ordinary way. Peter's failure gave him the opportunity to learn. Don't be afraid of having a mistake or failure. Be more afraid of staying stuck in your boat! List 5 experiences you have had that you chose not to continue due to failure. Are you willing to retry any of these now?

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Two

Mary speaks about Bernie Segal who spent his life researching exceptional cancer patients, those who beat the odds. He was curious to find out if there was a common factor in what they were doing that kept them alive when the majority were succumbing to their disease. His findings showed that the people who overcame these difficult situations were people who did not deny the fact of the prognosis, they denied the power the prognosis had over their lives. List 5 people or situations that beat the odds and describe why you feel they beat the odds.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Three

Thoughts of fear shift the vibration that we are in, removing the ability for us to see our possibilities. This negative vibration holds us back from taking the necessary steps to move in the direction of our dream. If you were to make the shift from fear to faith, what would be the 5 action steps you would take in direction of your dream?

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Four

Your attention magnifies that which you focus on. By consciously choosing to direct your attention you either starve your fear or feed you faith. When you practice directing your attention towards the positive you build your awareness and feed your faith. List 3 areas of your life that you will make a conscious decision to focus your positive attention on.

1. _____
2. _____
3. _____

Exercise Five

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

Our experience is all about our perception. The way you see the world is not the way another will see it. The power to choose this perception lies within you and can only be altered by you. Because life happens through us, it is only able to occur in the way we allow it to. What we truly focus on, we create more of.

Exercise One

Life does not happen TO us; Life happens THROUGH us. We attract what we spend our energy focusing on. If we focus on hurt, we will see an abundance of hurt in our lives. If we focus on wealth, we will see an abundance of wealth in our lives. What are 5 things that you would like to choose to focus on in your life?

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Two

Circumstances are neutral. Have you ever noticed how two people can take the same set of conditions and circumstances and produce two completely different results? Identify a time in your life where all conditions and circumstances were “even,” yet you saw yourself and others getting completely different results.

1. _____
2. _____

Exercise Three

At one point, Mary was very giving of her time and her love, but not of her money. As a result, her life lacked a monetary abundance. Why do you think it is important to be giving in all areas of your life?

Exercise Four

List 3 things in your life that you would not normally see in a positive light. Bless these 3 things by writing down a possible good that each one may bring to your life.

1. _____
2. _____
3. _____

Exercise Five

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

We live in an abundant and generous universe and we discover this as we come in harmony with abundance. Through selfless giving, one will receive abundance.

Exercise One

If you are in harmony with what you desire, you will attract what is required to create your dream, or something even greater. Do you have a picture of who you want to be, or is there someone that lives a life that you want to live? Describe how this picture or person is. Include their prosperity beyond money (Ex. loving spouse, academic/athletic children, dream job, large circle of friends).

Exercise Two

You have more good than you realize. Take all of the good things you can see and bless them. List 10 things you can bless right now.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Exercise Three

Circulation is an activity of energy movement, and is required in order for life to exist. When you are designing your dream, think of the quality, depth, movement, excitement, wonder and beauty that you are creating. Adding this energy to the dream building process will begin to circulate even more ideas that are in harmony with what you want to attract to your life. List 5 things that you want to attract in your life and begin to pay attention to these 5 things which will start the circulation flow of energy.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Four

Mary discusses the 10% tithe principle and how it stretches you to live at a greater level of abundant thinking regardless of your income level. Commit to tithing or giving a percent from your income on a regular basis. Write down your plan here – include how much you will give, how often and to whom.

Amount	How Often	To Whom

Exercise Five

In creating our dream, we are moving towards living in a greater version of ourselves. Giving is more than financial – giving includes love, praise, believing, ideas, etc. Have you been withholding these? We all do from time to time. The practice is to become aware of when we are withholding and correct this so that we are giving. List 5 ways you can increase giving (Ex. praising your children, offering ideas...)

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Six

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

We have determined that in order to receive abundance, we must give. Forgiving is one way that we give to ourselves. When we forgive, we give one perception up for another. We must give up the negative perceptions of people and things that have hurt us in the past in order to allow ourselves to receive the positive.

Exercise One

Write down 1 thing that has happened in your life which seemed bad at the time, but ended up being part of a bigger and better picture. Then write down the overall good that came from that experience.

Exercise Two

Forgiveness allows us to be freed of the resentment that clouds our everyday lives. Think of someone who has wronged you, who you have not yet truly forgiven. List 3 benefits that you would see in letting go of this resentment.

1. _____
2. _____
3. _____

Exercise Three

Part of the process of forgiving a person is separating their being from their behavior. In the left box write down the name of the person you would like to forgive. Write down their behavior that hurt you in the separate box on the right. Underneath that person's name, list all of the qualities that are good about them.

<p>Name: _____</p> <p><i>What I like about this person...</i> _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

<p>Behavior: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Exercise Four

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

Forgiveness can be difficult and should not be expected to happen all at once but in increments over time. When we forgive, we change the way we look at things and this opens up an opportunity that brings the power of forgiveness to that circumstance. We develop compassion and are able to see beyond what is currently present.

Exercise One

In the story about Jack and his ex-brother-in-law, Jack took up the practice of thinking loving thoughts of his son when he was young and then would interject a picture in his mind of his ex-brother-in-law to help bridge the gap of anger to forgiveness. This practice takes a few minutes a day for a period of time. List 5 people you would like to forgive but have not been able to.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Two

Jack's image of his son at age 5 poured unconditional love into his heart. Describe an image that you can use in this practice that brings you joy and unconditional feelings of love.

Exercise Three

Mary shares a story of being in a grocery store and the cashier exhibited unfavorable behavior that triggered judgment statements from Mary to the bag clerk. In learning that the cashier was under duress about her child, Mary immediately felt compassion and was ashamed of how she so quickly judged the clerk. Sometimes, while driving, we may yell at the other driver to hurry up, slow down, use a turn signal, stay in their lane, get a clue... Never knowing the circumstances for why that driver is behaving that way. If we had the whole story, we may find out the driver is from out of town and not familiar with the roads, etc... Compassion requires practice. List 5 things you could have been more compassionate about this week.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Four

When we are in a state of rage or anger, we need triggers to bring us out, to be able to forgive, to become compassionate of the situation. Mary uses the idea of assuming that there is a whole story and to assume that this story gives the other person reason enough for being off, rude, etc. She forgives the other person in her mind through calmness and a warm smile. Describe how you will behave the next time you are in a situation where you feel unjustly treated. Give details to how you will feel, look, speak, and respond to it.

Exercise Five

Mary spoke about meeting the Dalai Lama and having the opportunity to ask him how he stays so happy in such times where his people are being hurt or murdered by a government that refuses to accept their culture. He explained that it is easy to forgive a friend but harder to forgive a sacred friend and described the Chinese Government as his sacred friend. The Dalai Lama used the Chinese Government's actions as a transformative agent to overcome the spirit of blame, regret and resentment. A sacred friend does not have to be an actual person; it could be a disease, a circumstance or anything that you blame. List 3 sacred friends.

1. _____
2. _____
3. _____

Exercise Six

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

Our intuition, or inner voice, is always existent in our lives but we do not always recognize it. We all have that inner voice. We all know that it guides us on the right path, but we do not always listen. Building a familiarity with this inner guide is going to allow us to find answers to our questions within ourselves.

Exercise One

The voice of truth speaks to all of us every day, as long as we are willing to listen. What does your voice of truth say to you about the dream that you are building? Write down a few recurring thoughts that come to mind when you allow yourself to listen to your voice of truth.

Exercise Two

Really listening to our intuition is a skill that has to be worked at and developed. Although we all have intuition, we do not always pay attention to it. Bring this inner voice into a higher level of your awareness by writing down 5 times in the past week that you recognized your inner voice speaking to you. If you cannot think of 5 instances, pay closer attention over the next 48 hours and come back and fill in specific times when your inner voice spoke to you, and what it said.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Three

Mary has an excellent method for starting her day. Instead of creating “to do” lists she creates “to be” lists. Write down 3 things that would go on your “to be” list for today. Continue this each day with the focus of your dream in mind. You will find that in completing these “to be” lists, you are moving closer to the manifestation of your dream.

1. _____
2. _____
3. _____

Exercise Four

Knowing that our inner abilities are far more powerful than outside circumstances takes a big leap of faith. Think of a time when all outside circumstances said something was not possible. This could be a personal example or one of somebody you know. On the left write down all of the reasons that this idea was said to be impossible. Then on the right, list the ways that you or someone else made it possible.

Impossible: _____ _____ _____ _____	Possible: _____ _____ _____ _____
---	---

Exercise Five

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

When we are unable to believe in ourselves, it is good practice to surround ourselves with others that believe in us. Creating a mastermind group of supporters who have your best interests at heart and have a strong belief in you even when you do not, will help propel you to achieve your dreams. Your purpose is to reciprocate this support, believe in and hold high your supporters.

Exercise One

Mastermind groups or as Mary calls them, Partners in Believing Group, is a positive and productive way to work on and build a support team for your dream building. The only criteria is that you decide to come together in a supportive mind to build your goals, dream your dreams and find your answers. List 10 people who you would like to be in this mastermind group.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Exercise Two

In the story about Ed and his bankruptcy, his partner in believing asked him what was his most pressing problem; what was causing him the most stress in his life. Describe what is your most pressing problem and what is causing you the most stress in your life.

Exercise Three

Consider one person you know that believes that you are a no limit person. Place this person at the top of your list for your mastermind group.

The person who believes I am a no limit person is: _____

Exercise Four

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

We are not expected to go through the process of building our dreams alone. Having a believing partner to encourage you along the way, and believing in the dreams of others is part of the process. The support of believing partners provides the much needed perspective of someone from the outside looking in. Taking the steps to identify our believing partners, and making the commitment to encourage each other on a regular basis leads to a new way of thinking that we are a part of the abundance which already exists in the universe.

Exercise One

List all of the characteristics that you would like to see in your believing partner on the left column. On the right column list the outcome that you would like to see from working with this believing partner.

Characteristics	Outcome
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Exercise Two

Look at your list of possible believing partners from Lesson 13. Look at your list of characteristics in a desirable believing partner. Of these people, write down 2 or 3 who are most in alignment with the characteristics you listed. Make a point to contact these people about working as believing partners by the end of the week.

1. _____
2. _____
3. _____

Exercise Three

It is important not only to have the support of others who believe in you, but also to be supportive in believing of others. List 5 people who you believe in, and one belief that you have about each of them. Write this statement as if you are speaking directly to that person. For example, "Mary I was just thinking about you and what I want you to know about you is that you are an inspiration to many people." Once you have these statements written, take time over the next week to call these people and share your belief in them.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise Four

The 5-step thinking process involves **Realization, Recognition, Discernment, Letting Go** and **Gratitude**. “God is one presence, one power, one life. I am part of that life, that power, that presence. It’s not far away; it’s right here. The truth is that the power is bigger than my problem. I am going to let go of the feeling tone that would keep that from me. I am going to empty my cup of what’s so full I can’t receive the new. I am going to let it go and I am going to fill my mind and my heart with gratitude.”

Write down 1 problem in your life that you are currently struggling with. Read over the thinking process and really allow yourself to move into this frequency of thinking. Read this as many times as you need to and then write down any possible solutions or ideas you come up with that would solve your current problem.

Problem: _____

Solution: _____

Exercise Five

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

Failure is not a step back or an obstacle, it is a learning opportunity that will help you determine your path to building your dream.

Exercise One

At some point in our lives, if we are going to understand who we really are and demonstrate from that level of capacity that is in us, not just our history, we have to go to higher levels of awareness. Take a moment now and recite this prayer:

Infinite presence, if this dream is for my higher good, increase my passion for it. I am open to an idea. Give me an idea. If this dream will not benefit myself and others, redirect me. This or something better.

Exercise Two

We all come across challenges in life. Some retreat and decide not to work through the challenge, others try but fail and then quit, and others try and succeed. Describe a challenge you are facing today.

Exercise Three

With the challenge that you listed in Exercise 2, apply the following questions to it and see if you are able to find a new viewpoint to approach your challenge.

- *How can I see this differently?*
- *What idea could I use here?*
- *What information might make a difference here?*
- *Who could I talk to?*

Exercise Four

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____
2. _____
3. _____
4. _____
5. _____

Leading Thought

The point of building a dream is not to get to the end and then start enjoying life. The journey in getting there is part of the gift. It is important to enjoy each day and celebrate who you are as you build the dream. It is also important to recognize that this life is not happening to you, or even by you. When living in perfect harmony with your purpose, life is happening through you and as you.

Exercise One

What seems to be a very small amount of growth is still growth. And this growth, no matter how small is required to reach the end result. Celebrate the growth you have seen in yourself and the building of your dreams from the beginning of this program until now. Write down 3 things that are different within you as a result of your new awareness.

1. _____

2. _____

3. _____

Exercise Two

When bad things happen, we often ask “why me?” Instead of asking why the bad things are happening, focus on why the good in your life is happening, and recognizing that you are connected to the universe and are part of it. Write down 3 great things that have happened through you and then write down affirmations for each that say why you are deserving of that great thing.

Example: I landed a great job last year and I am deserving of this because I know that I am worthy and capable of doing that job in such a way that will allow me to grow while benefiting others.

1. _____

2. _____

3. _____

Exercise Three

There are four stages of awakening – **Drowsiness, Response Ability, Through Me** and **As Me**. Write down which stage you were in when you began this program and which stage you are in now. If you are not at the stage where you want to be, list action steps that you will take to get there. If you are at the stage you would like to be, list action steps you will take to stay there.

The stage of awakening I was in when I began this program was: _____

The stage I am currently in is: _____

Action Steps: _____

Exercise Four

Now that you have worked through the process of dream building, you may notice that your dreams and beliefs have altered. You are probably not the same person living in the same level of awareness that you were when you started the program. Answer the following questions honestly and compare them to the way you answered these same questions in Lesson Three.

What is my dream? _____

Does it make me feel alive? _____

Does the dream fit with my core values? _____

Is it going to require me to grow? _____

Do I need a higher power to accomplish this dream? _____

Is there some good in it for others? _____

Exercise Five

Close this lesson today by listing 5 things you would do if age, gender, time, money, education and experience were not factors.

1. _____

2. _____

3. _____

4. _____

5. _____



LifeSOULutions That Work®, LLC
2470 Stearns St., #186 • Simi Valley, CA 93063
(866) 405-6999
www.MaryMorrissey.com