



Prosperity and Empowerment In Creating the Life of Your Dreams

Welcome to the process of creating *Prosperity and Empowerment In Creating the Life of Your Dreams*. Every successful endeavor begins with a vision. To begin this process you are going to complete a vision exercise and establish goals. This exercise requires a bit of writing, and though it is simple, it will form a firm foundation for our subsequent work in your therapy sessions. This process will undoubtedly have a powerful and positive effect in your life.

This first step in our process together is borrowed from the work of Marc Allen in his book, The Millionaire Course. Marc Allen terms this first step the “ideal scene process”. The ideal scene process is another way to look at the second habit Stephen Covey gives in his book The Seven Habits of Highly Effective People:

“Begin with the end in mind.” – Stephen R. Covey

When we think of prosperity, we often think of money, but when imagining your ideal scene, the most important thing is not the money involved. Money is only one tool among many that helps you live the life of your dreams. The questions we will be exploring are: What kind of life do you want to create for yourself and what steps do you need to take in order to live the life of your dreams? Thus, as you complete this pre-workshop assignment the most important thing is to allow yourself to freely dream and clearly define what success is for *you*, exploring what it means to live your life in your own way and be the kind of person you want to be, ultimately.

To begin the exercises, take some time to quietly relax and allow your imagination to wander. Imagine that money is no object and you can do, be and have exactly what you want!! Take a piece of paper and write “Ideal Scene” at the top, then write whatever comes to mind. Use the following questions as a beginning point and let your dreaming be as far-fetched as you want. Avoid restricting yourself or editing as you write. Dream big since we are limited only by our own imagination!

1. IMAGINE YOUR IDEAL SCENE

**Imagine five years have passed,
And you are living your ideal life:**

**Doing what you want to do,
Being who you want to be,
Having what you want to have.**

WHAT ARE YOU DOING, IDEALLY?

- What kind of work and career do you have?
- What is a typical day for you?
- What do you do for relaxation and inspiration?
- What do you do to contribute to a better world?



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WHAT DO YOU HAVE?

- What have you accomplished?
- Where do you live?
- What does your home look like?
- What are your most intimate relationships like?
- What is your family life like?

WHAT KIND OF PERSON ARE YOU?

- What is the quality of your life?
- How would someone close to you describe you?
- What are your physical and emotional states?
- What are your mental and spiritual states?

Excerpted from Marc Allen, The Millionaire Course

2. NEXT LIST YOUR GOALS TO ACHIEVE YOUR IDEAL SCENE

Next take a clean sheet of paper and write "Goals" at the top and list your major goals on the page. State your goals simply at first.

For example:

- Succeeding by doing my art
- Home in the country
- \$_____ in liquid assets
- A happy, fulfilling family and personal life
- Building my business successfully

3. THEN AFFIRM YOUR GOALS

Take out another clean sheet of paper and write "Affirmations" at the top. Now, go back and rewrite each goal as an *affirmation*, restating your goals in words that affirm that these goals are now in the process of being realized. State your goals *in the present* in a believable way to you in order to stimulate your subconscious mind to work on them.

For example:

- I am now succeeding by doing my art.
- I am now finding a beautiful home in a quiet area I can easily afford.
- I am now building over \$_____ in liquid assets.
- I now have a happy and fulfilling family life and personal life.
- My business is now growing and building, profitably and successfully.



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Then, before or after each goal add some or all of these lines:

*In an easy and relaxed manner,
In a healthy and positive way,
In its own perfect time,
For the highest good of all,*

---Catherine Ponder
The Dynamic Laws of Prosperity

And, lastly, underline or highlight the two most important goals on your list.

4. WRITE ONE-PAGE PLANS FOR YOUR TWO GOALS

To build anything, you need a design, a blueprint. Lenedra J. Carroll calls this the *architecture of your abundance*. In her book, The Architecture of All Abundance, she provides this great pearl of wisdom:

“The universe is constantly saying yes to us, yes. It is our task to discover what within us it is saying yes to...We live in a vast and supremely responsive universe. Within this great being, we are infinitely prosperous.”

The single most important purpose of your one-page plan is to make your goals conscious and intentional reminding you that this is what you most desire. Simultaneously your plan sets your powerful sub-conscious mind in motion. When you make a plan on paper, you create an intention and as soon as you intend something, the universe says “yes” and possibilities and opportunities begin to materialize.

WHAT WE THINK ABOUT EXPANDS!

For each major goal write a short, simple plan summarizing it clearly and succinctly on one page.

The following is a simple outline for a one-page plan:

- MISSION: Your broadest, highest reasons for doing it in the first place.
- GOALS: The steps you will take to fulfill your mission.
- STRATEGIES: The steps you will take to reach your goals.

Take a sheet of paper and write something at the top like “Plan for _____.” Write your goal big and bold and follow that with your plan to reach your goal written in your own words. Because some of the very best plans are simply written, try to do it in one page!!