

Workbook – complete

Here you find the complete Workbook according to the eBook „Discover And Fulfil Your Dream“. I recommend printing out and suggest you use a workbook on daily base.

Chapter 4: Entrance gate – discovering your dream

What would you allow yourself to do, who would you allow yourself to become, given the guarantee of unlimited success.

Imagine that you have met someone who guarantees you absolute success in an activity of your own choice. All the money, time, knowledge or contacts you need are available to you. Who would you become? What would you do? What would fulfil you the most? Don't analyse whether it is possible or not. Don't give any attention to your current situation. Relax into it. What would you do if you had unlimited possibilities? The answer is most likely revealing your life's purpose or one of the most important tasks of your existence, and you are naturally predisposed for it. Pay close attention to finding it. Describe it in detail. How does it look when you do it, when you become it? Daydream and write it down, right now:

Find a map of the journey toward your dream in the attachment. Fill in today's date, as the beginning of your journey, and a concrete description of your dream. Place the map somewhere visible so that you are constantly reminded of it.

Chapter 5: Anchoring

How can you anchor your dream?

Try to truly feel it out. Imagine yourself in the future, living in accordance with your best feelings. Is what you see in your imagination exactly what you have written down? If not, go back to Step 4 and do it again. This is very important.

Once you are finished and fully satisfied with the outcome, think about how it makes you feel.

It should fill you with energy.

Write down your feelings:

Chapter 6: What can slow you down?

Fear

Carefully consider all the risks. However, be wise and try to recognize when your fears tie you down and prevent you from following your dream.

It might be helpful to make a list of all the fears and concerns related to the change you are about to make. Write them down on a piece of paper and reflect on whether they are serving you well, or whether they are slowing you down:

You could also try a little exercise to practice communicating with your fear. Sit comfortably in a calm environment, close your eyes and focus on your breathing (as in Chapter 3). Relax and allow one of your fears to come to you. Don't try to change it or push it away. Imagine your fear has a human form and ask him: Why are you in my life? What important message do you carry? What do you represent in my life?

Don't search for the answer. Let it come to you. Your subconscious knows the answers to all your questions and problems. Learn to communicate with it and trust it.

The answer can come in various unexpected ways. It might come in words, symbols and a vision of a situation, or in an image or intuitive feeling. Don't try to push it. Be patient and open. Let yourself truly feel it. Then write your feelings or findings down:

Victim mentality

Try to investigate your situation. Close your eyes, relax and feel your breath. Then ask yourself: What are the areas of my life in which I feel like a victim?

Write down your findings.

Chapter 7: First steps on the journey to fulfil your dream

What is the first thing you could do to start realizing your dream? What could be the first step?

What could be the second step?

What might be the third step on the path to your dream?

I suggest you use a workbook, a practical tool which can help you stay on the right track to fulfil your dream.

You will find a workbook for this chapter in the attachment. Print it out as many times as you need to and use it regularly, every day if possible. This is a very important routine!

Chapter 8: Intensify the attraction toward your dream

Gratitude

Do the following exercise. Write a list of things you are grateful for:

How do you feel now?

I recommend doing this exercise often. I know people who do it every evening before bedtime. It is a great way to tune your subconscious mind before sleeping. There are studies which show that the states of your mind before falling asleep and after waking up are identical. The practise of expressing gratitude is a good way to programme your subconscious mind towards abundance.

Chapter 9: Two advanced techniques to tune in to a new reality

What would it be like, if....?

Write down simultaneously your version of the question “What would it be like if...” and the feelings you are experiencing:

„What is it like when I have/I am/I have achieved, am successful, etc.?”

„How does it feel when....?”

Write down your feelings:

Chapter 11: Subconscious beliefs

Write down what you have already achieved on the journey toward your dream. How do you feel about it?

Also, write down what you have not yet succeeded in. What would you like to improve?

Four steps that can help you to find and change these negative beliefs

1. What area of my life is not going according to my wishes? (e.g., money)

2. What is my key thought about it? (Money is bad, rich people are selfish)

3. Is the thought serving me well? (It causes me to lack money, because being rich equals being selfish)

4. What could be my new key thought? (Money could help to build a project that would help people I love)

Workbook – for daily use (Chapter 7)

Date:

Today’s evaluation: What have I done today/yesterday* to fulfil my dream?

What have I succeeded in?

What could be the next step? What can I do tomorrow to fulfil my dream?

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* If you decide to evaluate in the evening, keep “today”. If you evaluate in the morning, change it to “yesterday”.