

Session 2 Success-exercises

Working with Your Dream Pages

Welcome to your personal Playground of the Universe! The wonderful and fun-derful thing about THIS playground is that it is 100% yours to play on. There are no rules or boundaries. No one will tell you the “right” game to play.

In fact, there is only ONE delightful imperative for playing games on this particular playground – and that is for you to be completely and totally LIT UP. Make your EYES SHINE! And if you want to know what that looks like, then take a look at the baby picture on the next page. Look at the light shining from the eyes. Take a few minutes to just gaze at this baby picture. What do you see? More important, what do you FEEL?

Suggestion: You may want to jot down any feelings you experience.
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Do you think this brand new human has issues with self esteem? Not being good enough? Being unlovable? Is this little person worried about what others think or about being rejected? These seem like silly questions, don’t they?

The essence – the *light* shining from this baby’s eyes still lives within you – despite your circumstances, despite what life has thrown at you, and despite what you believe about yourself or your life. Consider that you came to the planet to PLAY! You came equipped with everything you need to become the person you were meant to become. And the most important gift you brought with you is the gift of DESIRE!

Let’s assume that our young friend below represents a “10” in the experience of living life as joyful, peaceful, exciting, relaxed, loving, accepting, fun, adventurous and playful! Where do you think you fall on the scale? Check in and take a measurement. If you FEEL like you’re experience is less than a “10”, then ask yourself the following questions:

- What would give me the highest experience of myself and of LIFE for the time I am on the planet?
- Who do I want to be?
- What do I want to do that’s fun and exciting?
- What do I want to have?
- What would it take for MY life to become a “10”?
- If today were my last day, what didn’t I get to do that I always wanted to do?

On this Playground of the Universe, the game you are PRIVILEGED to play is called “**What Do I Want?**”? We are seldom asked this question by people who care most about us. Or if we are asked and we tell

them, we are often given a multitude of “reasons” for why what we want is selfish, impractical, or doomed to fail. We give up on our most treasured dreams at a pretty young age.

On THIS playground, you have permission from the Universe to GO FOR IT. You will find NO judgments or opinions about your dreams.

Are you ready to get started? Great!

The next page contains an example of a dream created on the Playground of the Universe. Following that is a blank page for your use to start creating your own exhilarating, exciting, fun-tastic games!

Here are your Dream “Instructions from the Universe”:

1. No dream is too big or too small. Add it to your Passion Possibilities
2. No dream is too over the top. Add it to your Passion Possibilities
3. Every dream has value if it FEELS good when you dream it. Give it a voice!
4. As you review your Passion Possibilities, you may find one or two hot or red-hot possibilities you want to expand on. You can use the Creating Dreams template to begin that process.
5. When you are present to your dreams, actions will start to occur to you. Jot them down as they come, even if they don’t make sense or don’t seem do-able.
6. You will return to your Dream Pages often, so don’t worry if something feels incomplete.
7. If no actions occur to you, then just NOTICE. Don’t force it. Check in to see what measurement this dream has for you on your joy scale. Maybe a juicier dream awaits your exploration. Or maybe something is in the way. Don’t try to figure it out for now, just NOTICE and take ENERGY MEASUREMENTS.



*Creating Dreams on the
Playground of the Universe Example*

Arena I Want to Play In: Business Growth

Dream: Complete TriMetrix Certification in 2006

Intention: Joyful Abundance

Purpose: Expand my Coaching Qualifications and Open Up New Opportunities

How Will That Make Me Feel? Excited, Confident, Happy, Successful!

Duration:

___X___ Short Term (This Year)

_____ Mid-Term (1-3 Years)

_____ Long Term (5+ Years)

Possible Actions:

Buy and read DISC Text

Listen to Accompanying CDs

Enroll 5 friends for practice

Take the DISC exam and pass

CELEBRATE!

Buy and read PIAV Text

Study for PIAV Exam

Enroll 5 friends for practice

Take PIAV Exam and Pass

CELEBRATE!

Register for and complete TriMetrix Training

CELEBRATE BIG!