

*January Jumpstart Playwork  
Session 3*

1. Pick one Big Juicy Dream from your Identify Your Dreams Worksheet that you would MOST love to EXPERIENCE this year. List it at the top of your “Creating Dreams on the Playground of the Universe” Worksheet. Complete your worksheet down to “possible actions”. Use the *Possible Actions* section to jot down actions you MIGHT take toward accomplishing your goal. Share what you wrote with your buddy during your buddy call this week. Bring your worksheet to Session 4
2. Download and bring the following documents to Session 4:
  - a. “Removing Obstacles” worksheet.
  - b. “Transforming a Limiting Belief” worksheet

There is no need for you to do anything with these documents before our next call. Have them available to refer to when we discuss Session 4 “Success-ercises”.

3. Continue doing body work you started doing in Session 2. You may continue with the same work or you may switch or add another practice. Do at least one practice each day.
4. Practice feeling GRATITUDE this week, especially during your body work. FEEL gratitude for your toes and each of your body parts as you move or walk or scan your body and consciously relax. Be PRESENT to the incredible work your body does to support you and keep you in the game of LIFE! Consider that your body is uniquely designed and suited to support the purpose and dreams you came here to fulfill. Be present to and grateful for the incredibly miraculous BE-ing who is YOU!
5. Practice ENERGIZING your dream for a minimum of FIFTEEN seconds twice a day – preferably first thing in the morning and last thing at night. FEEL the energy of your desire and the EXPERIENCE you want to manifest flow into you and through you and out into the Universe. FEEL your dream coming to life RIGHT NOW.
6. Notice the difference in your ENERGY level before and after doing your body work exercises, before and after you practice ENERGIZING your dream and after any JOY experience you generate. **DO NOT JUDGE** what you see (or don’t see) – just NOTICE and take measurements. Jot down AHAs or insights. Share with your buddy during your buddy calls.
7. Email or text Coach Sue no later than 24 hours prior to our next call to let her know you have completed your Success-ercises and copy your Buddy with one of the following short messages:
  - a. YES! I am complete
  - b. I will be complete by \_\_\_\_\_

**Bonus Success-ercises:**

1. Stand or sit in front of a mirror. Practice gazing deeply into your own eyes for a minimum of 30 seconds at least once daily (more often for more gold). How much are your eyes shining? Measure your ENERGY level (without judgment) using the baby photo in your Dream Page instructions as a “10” measurement. Notice (without judgment) how much joy, curiosity, and excitement are present. Notice what thoughts come up. Are they critical or loving? How long can you maintain direct eye contact with yourself? After 30 seconds, jot down any AHAs or insights you have.
2. Continue making a list of incompletions. Include people, circumstances, places where you are withholding love. Pick one item from your list and complete it. Share AHAs or insights with your buddy.

**HINT:** How do you know where you are withholding love?

- What or who do you resent?
- What or who are you upset with?
- Where do you hold back saying what’s so?
- What are you holding onto from the past about someone or some circumstance?
- Anywhere you are withholding love in your life is an incomplection. Include areas where you withhold love from yourself.

To get complete, start by forgiving yourself and others for any perceived offense or wrongdoing. If you aren’t ready to have a forgiveness conversation to complete with someone you resent or have an upset with, journal about it. Write a letter (you don’t have to send it).