

# The Essential Dream Builder

*Discover, Define and Create Your Best Life*

## What is The Dream Builder?

A simple, highly effective system that:

- accelerates the results you want
- helps you transform the life you have into one that you *love* with ease and joy

In this course you'll follow a step by step process to define your ideal life vision, clarify it, and then build the skills and confidence to reach your goals.

## Course Overview

Phase 1 –

### Blueprinting - clarifying your vision

- Shape your dream
- Try on possible futures
- Practice moving into a vibrational match with your ideal life

Phase 2 –

### Bridging the gap

- Increase your *sense of deserving* – you can never outperform your sense of self-esteem, but you CAN change it (Maxwell Maltz, M.D.)
- Befriend your *fear* – understand it's just feedback letting you know you're at the edge of the life you've known
- Replace any *sense of lack* with a new abundance mindset
- Cultivate *forgiveness* – a shift in perception that removes blocks to your awareness of love's presence

Phase 3 –

### Building - taking action

- Develop your *intuition* – listening to the voice of inspired insight and learning to rely on unseen forces
- Create a personal *support system*
- Learn to *transform failure* from a potential stumbling block into a stepping stone to success

Phase 4 –

### Becoming

The real gift of dream building is *YOU*:

the person you become as you transform the life you have into a life you *LOVE*.

### Getting The Most From This Course

- Come prepared to learn – give each lesson your full attention. Don't read your email, send text messages, surf the internet, or multitask.
- Keep a journal for course notes. The act of writing engages your whole brain and solidifies your understanding and retention of the audio material.
- Listen to the audios more than once, and take notes in your journal.
- Complete the “lifework” assignment for each module. This is important – a practical application of principles covered in the lesson.
- Keep up with the workbook exercises for each module. Don't worry if you only complete part - you can finish later.