

A wooden table with a small potted plant, glasses, and a notebook. The background shows a window and a chair.

The Dream Creator Mastermind

MASTERCLASS #01: TUNE INTO YOUR
HEART & CLARIFY YOUR VISION

“Your vision will become clear only when you
look into your heart. Who looks outside,
dreams. Who looks inside, awakens”

Carl Jung

WELCOME TO MASTERCLASS ONE!

Your first Masterclass for this program is called *Tune Into Your Heart & Clarify Your Vision*.

In this first class I will be guiding you to start turning your focus inwards to dig deeper, and look within yourself to find clarity and answers.

I will be guiding you into your heart, and into a space of listening and reflecting so you can uncover the clarity that your inner self is wanting to share.

The clarity you are seeking about your life path and purpose will be found through coming into connection with a deeper part of yourself. It will come from your heart, soul and intuition. This is the space we are going to be tuning into through this whole journey, and this is the energy that is going to be guiding this new chapter of your life.

The clarity you are seeking will not be found in your mind. It cannot be found through thinking, analysing and strategising. It will not be found from a place of logic or what makes sense.

Your mind can tend to create confusion, doubt and uncertainty with it's constant analysis of everything, However, your heart is always clear.

A deeper part of you knows why you are here and what you are now ready to create. All you need to do is come into connection with that energy and begin listening to what it is wanting to share.

THE ANSWERS YOU ARE SEEKING, LIE WITHIN.

The process of finding clarity will not happen overnight and you may spend much of this journey clarifying many parts of the path ahead.

While clarity is powerful and supportive, it is not everything. The journey you are about to step onto is actually going to be filled with a lot of unknown, and that is ok. In fact, it is more than ok. It is exactly how it is meant to be.

Many of us think we cannot begin until we feel completely clear, but that is not true. Instead, clarity tends to come once you start moving forward.

Clarity does not come from thinking, but rather from exploring, experimenting, trying different things, by taking small steps forward and figuring what feels good and what does not.

This process takes time, so please do not place too much pressure on yourself to have everything super clear in this first Masterclass.

You do not need to see the whole plan to begin. You only need the first step. So while much of the focus today will be on clarity, also know the unknown is just as powerful. The path ahead is going to be revealed one step at a time.

So let's embrace the mystery. Let's embrace not knowing. Let's surrender having to get it all figured out and simply begin with where you are and what you know. That is all you need to start.

HOW TO WORK THROUGH THE CLASS & WORKBOOK.

The video Masterclass and this workbook are designed to compliment each other, yet they serve a different purpose.

The Masterclass will share a lot of information that is not covered in this book. The class where I will teach you all of the principles you need to know for this week's topic.

This workbook has questions that are linked and related to what is shared in the Masterclass. They will allow you to take what I shared in the video class, and then reflect on how it applies to your own personal situation. These questions are designed to take you deeper, into a space of reflection and new levels of awareness.

While watching the Masterclass, I definitely suggest taking notes. You can use a special notebook that is dedicated to this program, or there is a section at the end of this book for notes.

You can either listen to the whole Masterclass first, and then work through the workbook, or you can watch the Masterclass in sections, pausing at different points to come to the workbook and dig into the questions.

As I have suggested previously, read through all the questions first to avoid doubling up on your responses and feel free to leave any of the questions that are not relevant or helpful.

1. THE INNER CALLING

WHEN DID YOU FIRST HEAR, FEEL OR RECEIVE YOUR 'INNER CALLING'
E.G: THE DESIRE FOR MORE & FOR SOMETHING DIFFERENT? WHEN
DID YOU BECOME AWARE THAT THERE WAS A GREATER PURPOSE FOR
YOUR LIFE, AND DIFFERENT PASSIONS TO EXPLORE?

WHAT DID THIS INNER CALLING/KNOWING FEEL LIKE IN YOUR BODY?
EG: A GUT FEEL, A PULL IN YOUR HEART, A VISION, AN ENERGY
MOVING THROUGH YOU, A CERTAIN EMOTION? DESCRIBE IT.

2. VISIONING

WHEN IT COMES TO THE DESIRE/VISION YOU HOLD FOR YOUR FUTURE, WHAT DO YOU HAVE CLARITY ON AT THE MOMENT? WHAT PARTS OF IT ARE YOU CLEAR ON?

WHAT PARTS OF THIS VISION/DESIRE DO YOU NOT HAVE CLARITY ON?
WHAT ARE THE SPECIFICS THAT YOU NEED TO FIGURE OUT?

2. VISIONING

WHAT PARTS OF YOURSELF DO YOU SENSE THAT THIS DESIRE/VISION WILL ALLOW YOU TO EXPRESS AND EXPERIENCE? WHO ARE YOU BEING CALLED TO GROW INTO?

IN WHAT WAYS COULD YOU START STEPPING INTO BEING THAT PERSON NOW?

2. VISIONING

DESCRIBE AN IDEAL DAY LIVING YOUR DREAM LIFE. INCLUDE DETAILS OF THE KIND OF WORK YOU WOULD IDEALLY BE DOING IF YOU HAVE CLARITY ON THAT.

HOW DO YOU START YOUR DAY?

HOW DO YOU SPEND YOUR DAY?

HOW DO YOU END YOUR DAY?

HOW DO YOU FEEL AT THE END OF YOUR DAY?

3. INNER GUIDANCE

TAKE A FEW MOMENTS TO CLOSE YOUR EYES, TAKE SOME DEEP BREATHS AND TUNE INTO YOUR HEART AND YOUR DEEPER SELF. SIT WITH THESE QUESTIONS AND SEE WHAT ARISES.

Q: DEAR HEART & INNER GUIDANCE, IS THERE ANYTHING YOU WANT ME TO KNOW ABOUT MY PURPOSE, MY DESIRES AND MY VISION?

Q: DEAR HEART & INNER GUIDANCE, WHAT ARE SOME STEPS I CAN TAKE TO BEGIN MOVING CLOSER TO WHERE I WANT TO BE?

4. HEAD VS HEART

IN WHAT WAYS HAS YOUR MIND BEEN LIMITING YOU, AND HOLDING YOU BACK FROM WHAT YOU DESIRE? WHAT DOES IT SAY TO YOU?

IN WHAT WAYS HAS YOUR HEART BEEN ENCOURAGING YOU, AND CALLING YOU FORWARD INTO WHAT YOU DESIRE? WHAT DOES IT SAY TO YOU?

5. FINDING CLARITY

IDENTIFY 1-3 KEY CHALLENGES YOU HAVE HAD TO WORK THROUGH OR OVERCOME IN YOUR LIFE. NEXT TO EACH, DESCRIBE WHAT THESE EXPERIENCES TAUGHT YOU AND HOW THEY HELPED YOU GROW.

HOW HAVE THESE EXPERIENCES SHAPED AND DETERMINED WHAT YOU NOW WANT TO TEACH OR SHARE WITH OTHERS?

5. FINDING CLARITY

WHAT ASPECTS OF YOUR CURRENT WORK FULFIL YOU THE MOST AND WHY?

WHAT IS LACKING OR MISSING IN YOUR CURRENT WORK THAT IS IMPORTANT TO YOU AND YOUR FULFILMENT?

WHEN/WHERE IN YOUR LIFE OUTSIDE OF WORK DO YOU FEEL THE MOST INSPIRED AND FULFILLED? WHAT DO YOU LOVE DOING?

5. FINDING CLARITY

WHEN IN YOUR LIFE HAVE YOU FELT MOST ON PURPOSE AND WHY?

WHAT ARE YOU MOST PASSIONATE ABOUT?

WHAT DO YOU THINK YOU ARE HERE TO CONTRIBUTE TO THE
WORLD?

YOUR 'ACTION STEP' LIST

THE STEPS I AM GOING TO TAKE FROM MASTERCLASS ONE ARE;

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HOMework IDEAS

CREATE A VISION BOARD/BOOK

Collect images from magazines, or print them off from online and create a collage on a board or in a book which represents your vision, dreams and desires. Choose images that both represent how you want to feel, as well as any specific aspects of your vision. You can also include inspiring words, goals and affirmations on it too.

WRITE A DESIRE SCRIPT

Life scripting is a powerful technique where you describe the future you wish to see, but you write it in present tense. For example, 'It is now January 1st 2020, and I am, or I have...' You would then describe all aspects of your life in as much detail as possible, as though you are already living it. I then suggest reading over this regularly and closing your eyes to visualise the reality you have described.

DAILY HEART CONNECTION

The relationship with your heart is one that needs to be nurtured and tended too. You may have spent years ignoring and suppressing your heart, so to re-build this connection, spend time each day with your hands on your heart tuning into this space. Any time before you make a decision, tune into your heart and what it wants. Check in with your heart each day and begin to recognise it's voice and it's feelings and act on it's wisdom when you can.

Q & A JOURNALING WITH YOUR INNER GUIDANCE

Trust that there is a deeper part of you that holds all of the answers you are seeking. Connect with this part of you each day through journaling. Ask open ended questions about what you most want clarity on. Write the questions in your journal and then close your eyes and breathe into your heart and trust whatever words, insights or wisdom flows through. Then write it down.

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CONGRATULATIONS! YOU COMPLETED MASTERCLASS ONE.

I hope that this week's Masterclass, and the questions in this workbook have helped you gain new insights, awareness and clarity.

There were some big questions in this workbook that may have triggered you, or caused you to hit some inner resistance. So, well done for showing up and making it to the end!

As I mentioned at the start of this workbook, you do not need to have everything clear or worked out in this first class. You will uncover new levels of clarity in every week of the program, so keep trusting the process and know you are exactly where you are meant to be.

Between now and our next class, focus on the homework and action steps that you have decided to commit too. Also come over to our community and share your experiences, thoughts & insights!

In our next Masterclass we will be continuing the journey inwards, by taking a look at your mindset. We will be shining a bright spotlight into your inner world to witness and observe the beliefs, stories and self talk that have been running your life. And we will get to work to create shifts and changes to your energy that will allow you to create brand new results.

I can't wait!

Connie x

