

A bouquet of carnations in shades of pink, white, and red is arranged in a light blue watering can. The watering can has a small crown logo and the text "LA FRANCE EST A DEPUIS 1775" on its side. The bouquet is tied with a piece of twine. The background is a plain, light-colored wall.

# The Dream Creator Mastermind

MASTERCLASS #02: UPGRADE YOUR  
MINDSET & ALIGN YOUR ENERGY



“The only thing that is keeping you from  
getting what you want, is the story you  
keep telling yourself.”

Tony Robbins



## WELCOME TO MASTERCLASS TWO!

Your second Masterclass for this program is called *Upgrade Your Mindset & Align Your Energy*.

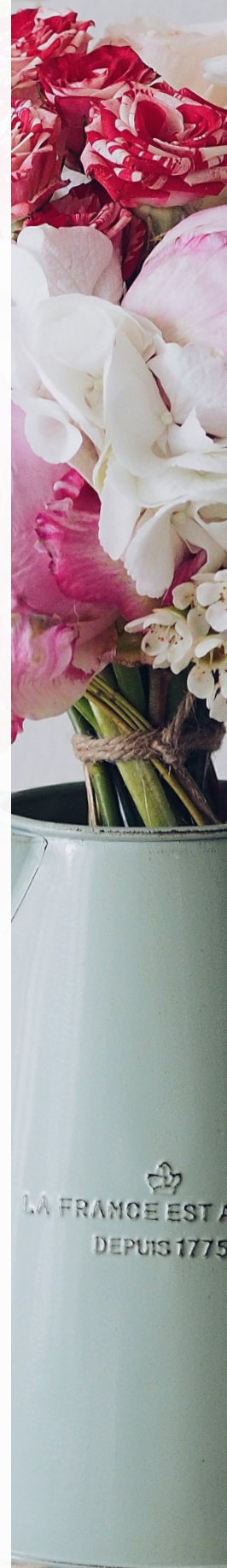
The purpose of this class, is to help you create a mindset that will support and empower you to achieve your dreams.

We are going to begin by shining a spotlight into your mind to uncover the key stories and beliefs that are running your life. We will be witnessing and exploring the inner programming that is driving your your decisions and actions.

This inner programming has also created a sense of identity and it determines who you think you are and what you believe you are capable of. As you begin to explore this programming, you will be able to see which mental models are old and outdated and are not in alignment with your true self.

To become a new version of yourself, you will need a new set of beliefs and inner stories. You will need to think in new ways. You will need to upgrade your mindset so that it supports your authentic self to be expressed.

And so this class is not just about releasing old mental patterns, but also creating new ones. We will be exploring how to change the way you think and install new inner programming that will empower you to become your best self.





## CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE.

You may feel that changing your mind and your beliefs, will be a hard and challenging practice. And yes, it may take some time if certain thought patterns are very deeply ingrained.

But changing your mind, begins with believing that you can. You must believe in your ability to be different, and awaken new parts of yourself.

When you don't believe you have power over your mind, it will rule you. But when you start to believe that you do, then you can get back in charge of the thoughts you think and begin to consciously choose the ones that support you.

Your mind is an incredible tool which as I have said previously can be your greatest asset in helping you to manifest your heart-driven dreams. So this week will focus on getting it working for you!

As you begin to connect more deeply with your dreams, your desires, your authentic self and who you truly want to be, you will gain clarity on what thoughts you will need to think to manifest this as a reality.

You will begin to see what you will need to start thinking and believing in order to have what you want. From here, you will be able to begin consciously practising those new ways of thinking until they become your new inner programming.





## 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.

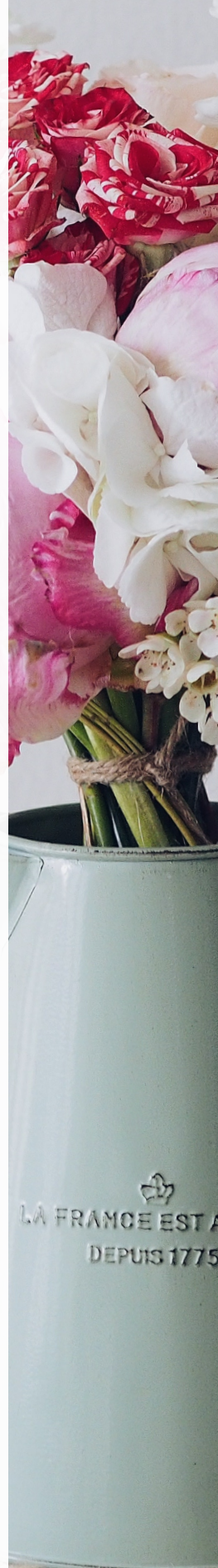
The Masterclass will share a lot of information that is not covered in this book. The class where I will teach you all of the principles you need to know for this week's topic.

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. YOUR INNER STORIES**

WHAT IS ONE KEY INNER STORY (SOMETHING YOU KEEP TELLING YOURSELF) THAT IS BLOCKING YOU OR HOLDING YOU BACK?

HOW IS THIS STORY SERVING YOU (EG: KEEPING YOU SAFE)? WHY ARE YOU HOLDING ONTO IT?

## **1. YOUR INNER STORIES**

DISPROVE THIS STORY. WRITE AS MANY REASONS AS YOU CAN AS TO WHY THIS STORY IS NOT TRUE.

WRITE A NEW STORY. WHAT NEW INNER STORY DO YOU WANT TO CREATE IN THIS AREA, OR AROUND THIS SITUATION? WHAT DO YOU WANT TO BE TELLING YOURSELF INSTEAD?

## 2. YOUR BELIEFS

CHOOSE ONE THING YOU CURRENTLY DESIRE AND WRITE IT BELOW.

WHERE IS YOUR MINDSET AT ABOUT THIS DESIRE? ARE YOUR INNER STORIES AND BELIEFS SUPPORTING YOU TO ACHIEVE IT?

WHAT WILL YOU NEED TO BE BELIEVING & TELLING YOURSELF TO CREATE THIS DESIRE? WHAT MINDSET WILL TAKE YOU THERE?



### 3. ALIGN YOUR ENERGY

ALIGNMENT IS A STATE OF FEELING GOOD, BEING IN A HIGH VIBRATION, BEING AN ENERGETIC MATCH TO WHAT YOU DESIRE AND HAVING A LIGHT, POSITIVE AND LOVING MINDSET.

WHAT ARE THE PRACTICES, THINGS, PLACES, PEOPLE OR ACTIVITIES THAT BRING YOU INTO ALIGNMENT (EG: THAT GET YOU FEELING GOOD, ELEVATE YOUR ENERGY AND HELP YOU THINK IN CLEAR, CALM AND POSITIVE WAYS)?

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#### **4. WHO YOU LEARNT TO BE**

REFLECT ON YOUR EXPERIENCES GROWING UP AND WHAT YOU LEARNT ABOUT YOURSELF FROM KEY PEOPLE IN YOUR LIFE, SUCH AS PARENTS, SIBLINGS OR TEACHERS.

WHAT MESSAGES DID YOU GET FROM THESE KEY PEOPLE ABOUT WHO YOU SHOULD BE & WHAT WAS EXPECTED OF YOU?

HOW DID THIS SHAPE WHO YOU BECAME?



#### **4. WHO YOU LEARNT TO BE**

AS YOU GREW UP THROUGH CHILDHOOD, ADOLESCENCE & INTO ADULTHOOD WHAT ARE SOME KEY BELIEFS YOU DEVELOPED ABOUT;

MONEY AND WEALTH:

CAREER AND DOING WORK YOU LOVE:

SHINING BRIGHT AND BEING SEEN/HEARD:

FOLLOWING YOUR HEART:

## 5. YOUR INNER CHILD

FIND A PHOTO OF YOURSELF FROM YOUR CHILDHOOD, BEFORE YOU PICKED UP ALL THE LAYERS OF PROGRAMMING OF WHO YOU NEEDED TO BE.

DESCRIBE THIS CHILD. WHAT WAS THEIR PERSONALITY LIKE? WHAT WAS THEIR ESSENCE & ENERGY? WHAT WERE THEIR GIFTS & TALENTS? WHAT DID THEY MOST LOVE DOING? WHAT DID THEY WANT TO BE WHEN THEY GREW UP?



## 5. YOUR INNER CHILD

WHAT DO YOU MOST WANT THIS CHILD TO BELIEVE AND KNOW ABOUT HIMSELF/HERSELF?

THINK ABOUT: WHAT IS SPECIAL ABOUT THEM, WHAT MAKES THEM BEAUTIFUL, SMART AND TALENTED, WHY THEY ARE LOVEABLE, WHAT THEIR GIFTS ARE, WHAT THEY HAVE TO OFFER THE WORLD AND WHY THEY ARE DESERVING OF EVERYTHING THEY WANT.

CLOSE YOUR EYES AND IMAGINE THIS PRECIOUS LITTLE CHILD IS ON YOUR LAP. LOOK DEEP INTO THEIR EYES AND SHARE WHAT YOU WROTE ABOVE. TELL THEM EVERYTHING THEY MOST NEED TO HEAR.

## **6. WHO YOU TRULY ARE**

IMAGINE THAT THIS CHILD GROWS UP KNOWING ALL OF THIS DEEPLY ABOUT THEMSELVES. IMAGINE THEY GROW UP FEELING WHOLE, WORTHY AND COMPLETE. IMAGINE THEY GROW UP INTO THE HIGHEST, BRIGHTEST, MOST AUTHENTIC VERSION OF THEMSELVES.

WHAT KIND OF LIFE HAVE THEY MANIFESTED FOR THEMSELVES?

WHAT DO THEY BELIEVE ABOUT THEIR VALUE, WORTH AND PURPOSE?

WHAT ENERGY DO THEY RADIATE? WHAT QUALITIES DO THEY EMBODY?



## 6. WHO YOU TRULY ARE

WHAT DO THEY BELIEVE ABOUT MONEY AND THEIR ABILITY TO BE SUCCESSFUL?

HOW DO THEY HOLD THEMSELVES, MOVE, TREAT THEIR BODY AND TAKE CARE OF THEIR BODY?

HOW DO THEY SPEAK TO THEMSELVES?

## 7. RE-PROGRAMMING

TO CREATE A NEW REALITY, YOU ARE GOING TO REQUIRE A NEW SET OF BELIEFS, INNER STORIES AND THOUGHTS. YOUR MINDSET WILL NEED TO BE ALIGNED WITH YOUR HIGHEST SELF, NOT YOUR LIMITED/ OLD SELF, SO IT IS TIME TO CLEAR OUT OLD THOUGHTS & CONSCIOUSLY CHOOSE NEW ONES.

**HERE IS A SIMPLE PROCESS YOU CAN USE;**

1. CHOOSE TO BELIEVE THAT YOU DO HAVE THE ABILITY TO CHANGE YOUR MIND, YOUR THOUGHTS AND YOUR BELIEFS
2. OBSERVE YOUR MIND. START TO BECOME MORE AWARE OF THE THOUGHTS YOU THINK. BEGIN TO NOTICE WHAT YOU ARE THINKING, AND WITNESS WHAT THE KEY STORIES ARE PLAY THROUGH YOUR MIND. AS YOU BECOME AWARE OF YOUR THOUGHTS, YOU BRING THEM FROM THE UNCONSCIOUS MIND AND INTO THE CONSCIOUS MIND WHERE THEY CAN BE CHANGED.
3. DETACH FROM THE MIND. JUST BECAUSE YOU THINK SOMETHING, DOES NOT MAKE IT TRUE. STOP GIVING YOUR THOUGHTS SO MUCH POWER AND MAKING THEM REAL. INSTEAD, CHALLENGE THEM AND QUESTION THEM. REALISE YOU ARE NOT YOUR THOUGHTS.
4. WHEN YOU CATCH YOURSELF IN A THOUGHT OR STORY THAT DOES NOT FEEL GOOD, STOP! LITERALLY CATCHING THAT THOUGHT WILL STOP IT IN ITS TRACKS. OR IF IT IS MORE STUBBORN, JOURNAL IT OUT TO WORK THROUGH IT.
5. CONSCIOUSLY CHOOSE A NEW THOUGHT TO THINK. IF YOU WITNESS SOMETHING NEGATIVE OR UNSUPPORTIVE OR BASED IN FEAR, REPLACE IT WITH SOMETHING KIND, EMPOWERING AND SUPPORTIVE. LITERALLY CHOOSE A NEW THOUGHT.
6. PRACTISE & REPEAT. YOU RE-PROGRAM YOUR BRAIN THROUGH REPETITION, SO THE MORE YOU PRACTISE YOUR NEW THOUGHTS, THE MORE INGRAINED THEY BECOME. WHATEVER YOU GIVE ENERGY TOO EXPANDS, SO KEEP TAKING YOUR FOCUS OFF THE OLD THOUGHTS, AND KEEP GIVING FOCUS TO NEW THOUGHTS.

## **7. RE-PROGRAMMING**

THE OLD STORIES/THOUGHTS I AM GOING TO PRACTISE CATCHING  
WHEN THEY PLAY OUT ARE:

THE NEW STORIES/THOUGHTS I AM GOING TO CONSCIOUSLY CHOOSE  
TO REPLACE THEM WITH ARE:



## HOMework IDEAS

### CONNECT WITH YOUR TRUE ESSENCE

What is something you love to do, just for the fun of it, but you never make time for? Think of something that expresses your true essence or brings out your inner child, such as: dancing, painting, singing, begin creative, writing, playing in nature, going on an adventure, cooking, or even self-care and make a time to do it.

### AFFIRMATIONS & NEW BELIEF STATEMENTS

As you identify the new patterns of thinking that you want to practise, I suggest writing them out and reading them daily. You can write them out on paper as affirmations and stick them around your home or on your mirror as reminders. Remember that you will program these into your mind through repetition, so having them somewhere you can see them or read them daily will help!

### INNER CHILD CONNECTION

If you noticed that the inner child work triggered a lot for you, I suggest exploring this more deeply. When our inner child needs healing, it is supportive to work with them energetically through meditations or visualisations to help them heal and once again feel safe and whole. You may want to cuddle this child, give them love, talk with them, listen to their thoughts and feelings or play with them. Just notice what they need.

### JOURNALING

As you are working through some of the patterns of thinking, your beliefs or your inner stories it is useful to write them down to gain a more objective view on them. If certain thought patterns tend to loop, or if they are stuck and stubborn, journal about them to help explore and unpack them and work through them. You can also journal out the new thoughts you want to replace them.

## YOUR 'ACTION STEP' LIST

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

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**NOTES:**



**NOTES:**

## CONGRATULATIONS! YOU COMPLETED MASTERCLASS TWO.

This is a big week of inner work, and it is not easy to face and confront the thoughts and beliefs that are holding you back.

You may have found some of the work in here too big to tackle in one go. And if so, that is totally ok!

You will find that the tools and practices in this workbook can be used and applied through the duration of the whole program, so feel free to return to this workbook at various stages throughout the program as needed.

If you have left some pages or sections blank, that is ok too. As I said, return to the questions at a later date and see what opens up when you look at them with fresh eyes.

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 continue to explore your inner blocks, and in particular we will look at patterns of behaviour such as comparison, procrastination and sabotage that often hold you back. You will learn ways to move through these so you can take brave steps forward.

I look forward to diving into that with you!

Connie x







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DEPUIS 1775