



The Dream Creator Mastermind

MASTERCLASS #08: TRANSITION OUT OF
THE OLD & INTO THE NEW

“When shifts and transitions in life shake
you to the core, see that as a sign that
greatness is about to occur.”

Chelsea Dinen

WELCOME TO MASTERCLASS EIGHT!

This week's Masterclass is called Transition Out Of The Old & Into The New.

In this class we are going to be focusing on the process of transition, and what is going to be involved in you making the transition out of the old and into the new.

We are going to be exploring and clarifying what you are now ready to release, and what you are wanting to call in instead.

While you may have some clarity around this already, we are going to begin to heart-storm and map out the practicalities of making this transition, so that you have a roadmap follow.

Stepping into the new, is rarely a clear cut process. Rather it often requires a balancing act of juggling both the old you want to release, and the new that you want to call in, at the same time.

Transitions are not always linear, and sequential in how they unfold. They can feel messy and confusing, and you cannot always control how they play out. But what you can do is become incredibly clear on what you are ready to release, and equally as clear on what you want to create instead.

Then, from there, the path in between starts to appear. From your willingness to be courageous and follow your inner call, the steps you need to take to move out of the old and into the new will be revealed.

RELEASE THE OLD & CALL IN THE NEW.

When you get the inner calling to release the old and step into the new, you have no choice but to follow it. When the new begins to call at you, you cannot cling to the old even though it is safe and familiar. Instead you must face forward, and become brave enough to step into uncharted territory.

Transitions can be definitely be challenging. They require a deep level of trust, surrender and courage. They may stir up big emotion like fear, anxiety, self-doubt and even grief as you let go of old relationships, structures and situations.

One of the hardest parts of transitions is letting go. The new that you want to call in needs space and room to be received. So before the new can come in, you may first be guided to let go of the old.

When you are holding onto the old, filling your life with things you do not love, or busying yourself with should and need to's, there is no room for the new to come in. You must find the courage to make space, and hold that space while you wait with trust and faith for the new to appear.

So you may find this week has a deeper focus on letting go. Or, you may find your transition is more so about giving more energy to the new, so it can expand in your life.

The way you make this transition will be unique to you, so trust what feels right, but also have the courage to make some tough choices and take some risks if you need too.

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 TRANSITION

WHAT IS THE TRANSITION THAT YOU ARE WANTING TO MAKE IN THE AREA OF YOUR CAREER/WORK AT THE MOMENT?

WHAT IS YOUR TIMELINE FOR MAKING THIS TRANSITION?

1. YOUR TRANSITION

WHAT FEARS OR DOUBTS DO YOU HAVE ABOUT YOUR ABILITY TO
MAKE THIS TRANSITION?

WHAT INNER KNOWING OR INNER GUIDANCE DO YOU HAVE WHICH
IS CONFIRMING FOR YOU THAT YOU CAN MAKE THIS TRANSITION?

1. YOUR TRANSITION

WHAT DO YOU NEED TO CREATE, BUILD OR SET UP IN YOUR BUSINESS/PASSION PROJECT TO SUPPORT YOU WITH MAKING THIS TRANSITION?

WHAT WOULD YOU IDEALLY WANT TO HAVE SET UP, BEFORE YOU WOULD FEEL READY TO MAKE A BIG LEAP OR CHANGE?

1. YOUR TRANSITION

OLD SITUATION:

TRANSITION STEPS:

NEW SITUATION:

1. YOUR TRANSITION

WHAT IS THE TRANSITION YOU ARE GOING THROUGH WITHIN YOURSELF AT THE MOMENT?

WHAT PARTS OF YOURSELF OR YOUR IDENTITY ARE YOU SHEDDING?

WHAT PARTS OF YOU CAN YOU FEEL ARE NOW READY TO EMERGE?

1. YOUR TRANSITION

OLD SELF:

TRANSITION STEPS:

NEW SELF:

2. FROM OLD TO NEW

WHAT OLD PATTERNS OF BEHAVIOUR HAVE BEEN PULLING YOU BACK
OR HOLDING YOU BACK?

WHY ARE YOU STILL HOLDING ON TO THESE OLD WAYS OF BEING?

HOW DO THESE PATTERNS OR BEHAVIOURS NEED TO BE UPGRADED
OR UP-LEVELLED?

2. FROM OLD TO NEW

WHAT TRANSITION ARE YOU EXPERIENCING IN YOUR RELATIONSHIPS AT THE MOMENT?

WHAT RELATIONSHIPS (OR OLD RELATIONSHIP PATTERNS) ARE YOU FEELING TO LET GO OF?

WHAT NEW RELATIONSHIPS (OR NEW WAYS OF BEING IN YOUR RELATIONSHIPS) ARE YOU WANTING TO CREATE?

2. FROM OLD TO NEW

WHAT TRANSITION ARE YOU EXPERIENCING IN HOW YOU WANT TO SPEND YOUR TIME AND ENERGY?

WHAT ARE YOU FEELING TO TAKE YOUR TIME AND ENERGY OUT OF?

WHAT ARE YOU FEELING TO INVEST YOUR TIME AND ENERGY IN?

HOMework IDEAS

LET GO OF THE PAST

After completing this workbook, get really clear on what you can now see you want to let go of, so that you can move forward. Look at what you want to release from within yourself, your mindset and your behaviours, and what you want to release from your life including aspects of your career, some relationships or how you use your time and energy. Write these out as declarations on a piece of paper by stating "I am now ready to release/let go of..." Once you have written these out, you can either rip up or burn your piece of paper. While this is not a necessary step, it is a powerful and symbolic activity to solidify the letting go process.

REVISIT YOUR VISION

At the beginning of this course, you may have created a vision board, or written out some vision statements or desires. I suggest revisiting these, and seeing if any of them need to be updated. After all of the work we have done over the past few months, you should hopefully now have a much clearer vision of where you want to be. So if you have a vision board, ensure any images or photos feel aligned with your current vision. You may also want to re-write any of your vision or desires scripts too. The clearer your vision is, the more easily you will be able to move towards it.

CREATE YOUR TRANSITION PLAN

Use the exercises in this workbook to map out a transition plan. Choose a time frame, such as 3 months, 6 months or 12 months, and get clear on where you are now, and where you want to be by the end of this time frame. Write out any steps which will help you move from where you are to where you want to be. Any clarity that you can create about the path ahead, will support you to navigate the journey, and know which steps to take and when.

YOUR 'ACTION STEP' LIST

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

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NOTES:

NOTES:



CONGRATULATIONS ON COMPLETING MASTERCLASS EIGHT!

I hope this class has supported you to begin mapping out your transition plan, and clarify what you are ready to release, so you can make more space for the new.

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

In our next Masterclass we will be talking about how to work intuitively as you build your business and make your transition. This will help you to balance the action side of creating your dreams, with a more intuitive process of flow and surrender.

As you move through the remainder of this course, and towards the end of the year, you will be experiencing an ongoing dance of co-creation with the Universe. You will move through periods of rapid acceleration, and periods of slowing down to pull back and reflect.

So in our next class I will be sharing ways to work with both these energies, so you can tap into the flow and move forward with ease.

Continue taking this beautiful journey one step at a time, and keep trusting that everything you are doing is taking you closer to where you want to be.

I look forward to connecting in our next class.

Connie x

