



The Dream Creator Mastermind

MASTERCLASS #10: EXPAND YOUR VISION
& PLAY BIGGER

“Playing big doesn't come from working more, pushing harder, or finding confidence. It comes from listening to the most powerful and secure part of you, not the voice of self-doubt.”

Tara Mohr

WELCOME TO MASTERCLASS TEN!

This week's Masterclass is called *Expand Your Vision & Play Bigger*.

Today's class is our final Masterclass in The Dream Creator Mastermind. So, it is time to stretch your mind, expand your vision and begin thinking about what lies ahead for you after this program.

While this course may be completing, your journey is just beginning. You are standing at the start of a brand new chapter and everything you have been working through in this course, has been preparing you for it.

I want to encourage you to feel excited about what is ahead. It is easy to feel overwhelmed by the size of what you want to achieve, or get caught in self-doubt about whether it is possible.

Continue to remind yourself that the journey will unfold one step at a time, and if you consistently take small steps each day or each week, these will all add up to create significant changes.

As you move forward, it will be important to draw on all of the principles we have covered in this Mastermind, particularly the mindset and inner work classes at the beginning.

You may want to revisit these classes at different points of your journey as you encounter any inner blocks, fears or limiting beliefs, so that you can reconnect with love and continue moving forward.

CAST YOUR VISION FORWARD & IMAGINE YOUR IDEAL FUTURE.

I want you to remember that your dreams have chosen you for a reason. They are ready to be manifested through you, so please trust and know that you are 100% capable of creating what you desire.

As you move forward, it will be important to continue dreaming big by allowing yourself to think beyond your current circumstances, or what you see with your eyes.

Your imagination will be an incredible tool for you to draw on. This creative faculty will allow you to dream up new possibilities and connect with what your life would look like if you were living them.

Your imagination is the unlimited part of your mind, that allows you to envision things you have never seen with your eyes. You can use your imagination to connect with the energy of what you want, create images on the screen of your mind, and feel the feelings of having them.

As we have touched on in previous classes, this energy work is just as powerful as any action you take. So be sure to combine both approaches as you move forward.

Anything is possible if you choose to believe that it is. Do not let practical thinking or your logical mind keep you stuck in what makes sense. Allow yourself to go beyond logic and believe in brand new possibilities, even if they are different to anything you have ever had before.

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 is 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 to 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. PLAYING BIGGER

WHAT DOES PLAYING BIGGER MEAN TO YOU?

IF YOU LET YOURSELF THINK AS BIG AS YOU CAN, WHAT DESIRES
MIGHT YOU ENTERTAIN THAT YOU HAVE PREVIOUSLY CLOSED OFF
FROM?

2. YOUR VISION

REVISIT YOUR MASTERCLASS ONE WORKBOOK AND READ OVER YOUR INITIAL VISION. HOW HAS YOUR VISION CHANGED SINCE THEN? HAS IT SHIFTED OR EXPANDED?

WHAT HAS CHANGED IN YOU OR IN YOUR BELIEFS AND SELF-WORTH, THAT HAS CAUSED YOUR VISION TO CHANGE OR EXPAND?

2. YOUR VISION

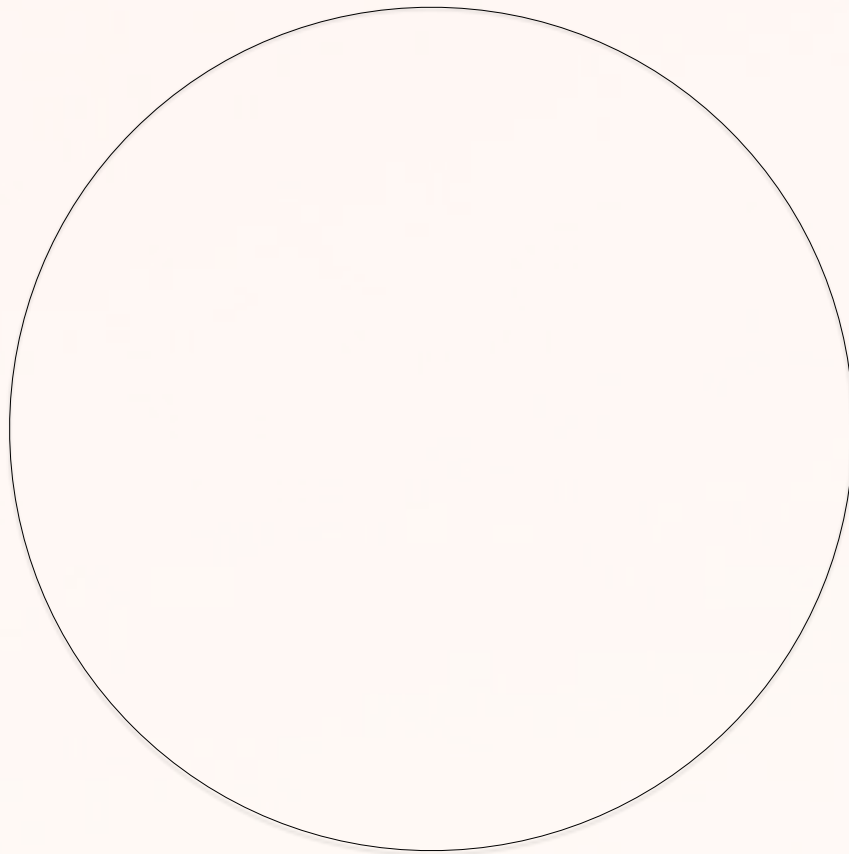
IMAGINE IT IS ONE YEAR FROM NOW. DESCRIBE WHERE YOU WOULD LOVE TO BE WITH YOUR BUSINESS, DREAM OR PASSION PROJECT. WHAT HAS MANIFESTED AND UNFOLDED?

2. YOUR VISION

CONNECT WITH THE VERSION OF YOU WHO IS LIVING THAT REALITY
ONE YEAR FROM NOW. WHAT DO YOU NOTICE ABOUT YOURSELF?
WHAT GUIDANCE DOES THIS VERSION OF YOU HAVE FOR YOU?

3. TAKING ACTION

WHAT ARE SOME STEPS WILL YOU NEEDED TO TAKE TO CREATE YOUR 12 MONTH VISION? INSIDE THE CIRCLE, WRITE THE STEPS THAT ARE INSIDE YOUR COMFORT ZONE. AROUND THE CIRCLE, WRITE THE STEPS THAT ARE OUTSIDE YOUR COMFORT ZONE.



3. TAKING ACTION

CAST YOUR MIND OVER THE NEXT 12 MONTHS. WHAT WOULD BE ONE AREA OF FOCUS OR STEP YOU COULD TAKE FOR EACH OF THE UPCOMING MONTHS:

JULY 2019

AUGUST 2019

SEPTEMBER 2019

OCTOBER 2019

NOVEMBER 2019

DECEMBER 2019

JANUARY 2020

FEBRUARY 2020

MARCH 2020

APRIL 2020

MAY 2020

JUNE 2020

4. STAYING MOTIVATED

WHAT HELPS YOU STAY MOTIVATED WHEN YOU ARE WORKING
TOWARDS A LONG-TERM GOAL?

WHAT WILL YOU NEED TO SET UP TO HELP YOU STAY ON TRACK WITH
YOUR VISION AND DREAMS?

4. STAYING MOTIVATED

HOW DO YOU WANT TO FEEL AS YOU ARE WORKING TOWARDS YOUR LONG TERM VISION? CHOOSE 3-5 KEY FEELING WORDS.

HOW CAN YOU SUPPORT YOURSELF TO FEEL THAT WAY?

4. STAYING MOTIVATED

HOW WILL YOU SUPPORT YOURSELF OVER THE NEXT 12 MONTHS
WHEN YOU LOSE FOCUS AND MOTIVATION, OR EXPERIENCE DOUBT?

HOW WILL YOU CELEBRATE YOURSELF AT THE VARIOUS MILESTONES
YOU REACH?

HOMWORK IDEAS

CREATE YOUR VISION FOR THE NEXT 12 MONTHS

You have spent the past 5 months laying powerful foundations, taking courageous steps and preparing for the new chapter that you are ready to step into. As a result, you are now standing at the beginning of an exciting new journey. Take some time to think about what you want to create or achieve over the next 12 months. Use the exercises in this workbook to create a vision that inspires and excites you and will continue to pull you forward. You may want to dedicate the final months of this year to clarifying that vision and piecing it together gradually. Give yourself as much time as you need to reflect and feel through what you truly want to create.

SET YOURSELF UP FOR SUCCESS

Give some thought to what you will need to set up beyond this program to keep you on track as you move forward. What systems, rituals or practices can you create that will help you to continue moving towards your goals? What support will you need to get or what will you need to learn to help you move forward? What will help you stay motivated, focused and clear on your priorities? Begin thinking about what you can set up for yourself to keep yourself moving forward.

FIND YOUR LIKE-MINDED COMMUNITY

One of the key things that will help you succeed, is having people around you who believe in you, support you, encourage you and want to see you reach your potential. If you don't have many of these people around you at the moment, it is time to seek them out! Finding and connecting with like-minded people, may need to be a key priority for you over the coming months, to ensure you can build a support team around you of people who will help you achieve your dreams.

YOUR 'ACTION STEP' LIST

THE STEPS I AM GOING TO TAKE FROM MASTERCLASS TEN ARE:

+

+

+

+

+

+

+

+

+

NOTES:

NOTES:

CONGRATULATIONS ON COMPLETING MASTERCLASS TEN!

You have just completed your final Masterclass for the Dream Creator Mastermind. Well done!

Over the past 5 months, these workbooks have asked you to dig deep, reflect, take a look within yourself and face things that perhaps you had been avoiding.

Please take a moment to celebrate and acknowledge yourself for showing up for what these workbooks and the Masterclasses have asked of you.

The work we have completed together is big and through showing up fully for this coursework, you have sent a clear message to the Universe that you are ready to show up fully for your dreams too.

We still have our final Group Coaching Call coming up, as well as your Bonus Masterclass next week, so I look forward to seeing you in there!

I will also be sending you a Reflection Workbook soon which will give you an opportunity to properly reflect over this journey and integrate all that you have learnt, discovered, implemented and achieved.

Until then, please know that I am incredibly proud of you and it has been an honour to share this journey with you.

With love,

Connie x

