

MASTERCLASS #04

The Dream Creator Mastermind

STEP INTO YOUR POWER, RELEASE
EXCUSES AND PROCRASTINATION
& START MOVING FORWARD.

“Your personal power is not something that is going to reveal itself at some later date. Your power is a result of your decision to reveal it. You are powerful in whatever moment you choose to be.”

Marianne Williamson

Welcome to Masterclass Four!

Your fourth Masterclass for this program is called Step Into Your Power, Release Excuses And Procrastination & Start Moving Forward.

This week we are diving into one of our final key inner work Masterclasses. From here onwards our focus will start to shift a little into the more practical side of bringing your dream and vision to life.

We have spent the past few classes looking within to clear out what has been holding you back, and today we continue to dive deep into this inner exploration.

In this week's Masterclass, I will be guiding you to step more deeply into your power and turn on your manifesting abilities, so that you can bring an empowered energy into all that you create from here.

We will be looking at the places that you are not living in your power, and we will explore the areas where you may be giving away your power, not honouring yourself, or where you may be leaking energy into places that are not serving you.

We will explore the sneaky ways that victim patterns can play out, and where patterns of procrastination, excuses and avoidance and preventing you moving forward.

This Masterclass is an important one, as creating what you desire in your life is not just about the action you take, but it is also about the energy you are embodying.

So, this week will be looking at how to shift your energy into a more empowered space as this will help you take all of the steps you want to take to move yourself forward.

Reclaim Your True, Authentic Power.

Living in your power is not about being dominant, aggressive or controlling. True, authentic feminine power feels very different to that.

A woman living in and being anchored in her true power is strong yet soft, confident yet vulnerable, open but with clear boundaries. She is self-loving and self-respectful.

She is in tune with her intuition and it is her guide. She is in tune with her body, her feelings and her wants and needs. She listens to herself and she is able to put herself first without being selfish.

She knows she is a divine creator and she consciously uses this power to manifest and create what her heart truly desires. She works in union with the Universe. She flows with where she is being pulled to go and she shows up with courage to take action.

When you are embodying this power, you can create anything. When you are directing your energy wisely, you easily manifest more of what you want.

Ultimately, embodying your authentic power is the foundation of achieving all that you desire.

So, in this class we will focus on laying the strong and powerful foundations within you that will support and carry you as you begin to take new steps outside your comfort zone.

I will also be sharing a range of tools and practices to help you live as a conscious creator, and we will explore the key principles of this way of living.

How To Work Through This Class & Your 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. If you find that some questions do not resonate with where you are at, or the answers are simply not flowing, it is ok to leave them and re-visit them later. You do not have to answer every single question and you can work through this Workbook in whatever way feels light and right to you.


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.


DO YOU HOLD ANY NEGATIVE FEELINGS OR STORIES ABOUT POWER?


IS THERE ANYTHING ABOUT YOUR OWN PERSONAL POWER, BEING EMPOWERED OR LIVING IN YOUR POWER THAT SCARES YOU?



WHAT DOES EMBODYING YOUR TRUE, AUTHENTIC POWER MEAN TO YOU?


HOW DOES YOUR POWER FEEL IN YOUR BODY? HOW YOU MOVE, SPEAK, FEEL AND ACT WHEN YOU ARE CONNECTED TO YOUR POWER?






WHEN DO YOU LAST REMEMBER FEELING POWERFUL OR DEEPLY
CONNECTED TO YOUR OWN POWER? WHAT HELPS YOU ACCESS IT?


THINK OF AN INSPIRING EXAMPLE OF SOMEONE YOU KNOW OR
ADMIRE WHO IS LIVING IN THEIR POWER. WHAT DO YOU NOTICE IN
THEM THAT YOU WANT TO EMBODY TOO?





WHERE DO YOU FIND YOURSELF MAKING EXCUSES (REASONS & JUSTIFICATIONS) ABOUT WHY YOU CAN'T DO SOMETHING?

WHAT CURRENTLY CONTROLS YOU AND YOUR CHOICES THE MOST?
(E.G. MONEY, YOUR JOB, OTHER PEOPLE, YOUR APPEARANCE).



COMPLETE THE SENTENCES BELOW. WHAT ARE SOME EXAMPLES OF
WHERE YOU OFTEN SAY “ I CAN’T (DO X, Y, Z) BECAUSE (EXCUSE)”

I CAN’T

BECAUSE

I CAN’T

BECAUSE

I CAN’T

BECAUSE

I CAN’T

BECAUSE

I CAN’T

BECAUSE

I CAN’T

BECAUSE

TAKE YOUR POWER BACK, AND REALISE THAT IF YOU CHOSE TO, YOU COULD DO ALL THE THINGS YOU ARE TELLING YOURSELF YOU CAN'T.

NOW, THINK ABOUT THE STEPS YOU COULD TAKE TO SUPPORT YOURSELF TO DO IT.

IF I CHOSE TO I COULD

THE STEPS I WOULD TAKE TO DO THAT ARE:

IF I CHOSE TO I COULD

THE STEPS I WOULD TAKE TO DO THAT ARE:

IF I CHOSE TO I COULD

THE STEPS I WOULD TAKE TO DO THAT ARE:



WHAT ARE YOU PROCRASTINATING ON?

WHAT IS THIS PROCRASTINATION ALLOWING YOU TO AVOID?


IF YOU DECIDED TO STOP AVOIDING, AND INSTEAD START SHOWING UP, WHAT ARE 1-3 STEPS YOU WOULD NOW TAKE?



WHAT IS CURRENTLY DRAINING YOU ENERGETICALLY?

WHERE ARE YOU OVER-GIVING OR INVESTING TOO MUCH ENERGY INTO THIS SITUATION?

WHAT IS ONE NEW BOUNDARY (ENERGETIC OR PHYSICAL) YOU COULD IMPLEMENT HERE THAT WOULD HELP YOU?



WHERE HAVE YOU BEEN SAYING YES, WHEN YOU ACTUALLY WANT TO SAY NO?

WHY ARE YOU AFRAID OF SAYING NO?

WHAT WOULD SAYING NO HERE, ALLOW YOU TO SAY YES TO? WHAT WOULD IT GIVE YOU MORE TIME AND ENERGY FOR?



WHERE ARE YOU CURRENTLY FEELING OVERWHELMED? WHAT IS CAUSING THIS FEELING?


RATHER THAN TRYING TO DO IT ALL, WHAT ARE 1-3 KEY PRIORITIES YOU COULD FOCUS ON AS YOUR STARTING STEPS?

WHAT DO YOU NEED TO RELEASE OR LET GO OF TO HELP YOU FOCUS ON THESE PRIORITIES?



WHAT IS ONE THING YOU ARE WANTING TO CREATE OR MANIFEST AT THE MOMENT?

REFLECT ON THE CONSCIOUS CREATION PRINCIPLES SHARED IN THE MASTERCLASS. WHICH OF THESE WOULD YOU LOVE TO IMPLEMENT AND PRACTISE TO HELP YOU MANIFEST YOUR DESIRE?



HOMWORK IDEAS FOR MASTERCLASS FOUR:

BECOME MORE AWARE OF YOUR ENERGY

Become mindful of how your energy fluctuates through your day, and pay attention to the relationships, interactions, environments, tasks or commitments that feel draining and depleting on your energy. If possible explore how you can implement a boundary, start saying no, or reduce the time you spend in these situations or relationships to help protect your energy. Similarly pay attention to what lifts, elevates and nourishes your energy and where possible give more focus, time and energy to that.

ANCHOR IN YOUR POWER

Any time you have to enter a situation, or focus on something where you lose your power, feel triggered or fall into a victim pattern, prepare for this by first anchoring into your power. Spend a few minutes with your feet on the ground, and your hand on your solar plexus, breathing into your body and activating your power centre. See your solar plexus as a bright yellow energy. Allow it to fill your whole body with confidence and strength. Connect in with this energy, and imagine yourself handling this situation or task, from this space of power, before you step into it.

USE YOUR FOCUS WISELY

When you notice yourself focusing on something that you do not like, or do not want to experience more of in a situation, stop. Remember that what you focus on expands, and instead ask yourself this question, 'Now that I know what I do not want, or do not like, what am I clear that I want instead?' You can also ask, 'What is the opposite of this?' and 'How can I now focus more on what I would like to see?' Then pivot by taking your focus off what you are not wanting to create more of, and consciously direct your focus onto what you can now see you desire. This will help you shift from focusing on the problem or issue to instead putting your energy into the solution or outcome you want to see or create.

YOUR 'ACTION STEP' LIST

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

+

+

+

+

+

+

+

+

+

+

NOTES:

NOTES:

Well Done. You Have Completed Masterclass Four!

I hope you have wrapped up this class feeling empowered! I hope it has helped you reclaim your power from the excuses or patterns of behaviour that were leaking energy or causing you to feel like a victim (when you are actually a powerful creator).

In order to move forward with the rest of this journey, you need to be anchored in your power and taking full responsibility for your life. From here you will tap into your creative and manifestation ability, and begin to move forward in new ways.

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 things are going to start to change. I am now going to begin teaching you about the practical side of bringing your dream to life.

So, in our next class, you will be learning all about how to begin building an online platform to start sharing your messages, ideas, creations, gifts and thoughts with others. I will be teaching you how to start calling in your tribe and build a community of people who are excited about what you are doing!

Our journey is about to take an exciting turn and I can't wait to dive into our next class together.

Connie x



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