

MASTERCLASS #03



The Dream Creator Mastermind

RELEASE FEAR-BASED PATTERNS,
OVERCOME SELF-DOUBT & BREAK FREE
FROM COMPARISON.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Marianne Williamson

Welcome to Masterclass Three!

Your third Masterclass for this program is called Release Fear-Based Patterns, Overcome Self-Doubt & Break Free From Comparison.

This class flows on from our previous class and it will support you to work through some of the key inner blocks that you may have started to uncover in Masterclass Two.

Today we will be diving deeper into some of the main fear-driven patterns that may currently be holding you back. We are going to be exploring comparison, self-doubt, not feeling good enough and worrying what others think.

Although each of these patterns play out in different ways, what is important to know is that fear is below all of them. These are patterns you will get caught in when fear takes over your mind. They are fear-driven perspectives based on lack, separation, limitation, control and the incorrect perception that you are not loveable or good enough in some way.

Each of these patterns may have a big story that surrounds them, and it is a story that is enticing and intricate. It is a story that your mind and ego self will love to get itself caught in.

Getting caught up in your mind in these stories, keeps you small and stuck. It keeps you holding back, over-analysing questioning yourself, and coming up with a range of reasons as to why you can't move forward.

It is easy to give all of your power away to these stories and believe them. Often the voice of fear is loud and overpowering, and it can be difficult to hear the guidance of your heart or your loving inner wisdom when fear energy is present.

While these patterns may feel real and also very strong, it is important to remember they are only one perspective, and we always have the option of reaching for a loving perspective instead.

Change Your Relationship To Fear.

Your work this week is to become more aware of how these patterns are playing out and how they are holding you back.

Just like with any fear, you may not be able to eliminate it entirely or stop it ever being activated. Instead what you want to do is have a toolkit of practices to help you handle it when it does present.

I want to help you become much more conscious of how these patterns play out for you and also how much power you give them. From here, you can use your tools to shift out of that negative perspective and into something much more empowering. Because ultimately, your work is not to eliminate fear, or its various patterns, but to change your relationship to it.

Your work is to witness the fear, rather than identifying with the fear. Your work is to see the patterns and stories as they play out, but not engage in them. This is where you reclaim your power, and get back in charge of your fear, rather than it taking charge of you.

So, similarly to last week, I want you to challenge these patterns. I want you to catch out your fear. I want you to see it and stop it in its tracks. I want you to activate the voice of love within, and allow her to guide you forward. Rather than always letting fear dominate and hold you back.

Your work will be to witness these patterns and inner stories, catch them out and then choose to take your attention off them. The more you give them your energy the stronger they become.

Instead, breathe into your heart, ask for loving guidance, listen for another voice that feels more kind, supportive and encouraging. Once you find that loving inner voice, your work is to place your attention, energy and focus on that voice. The more you do this, the stronger the presence of love within you will become.

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.



HOW DO YOU TYPICALLY RESPOND WHEN YOU FEEL FEAR?

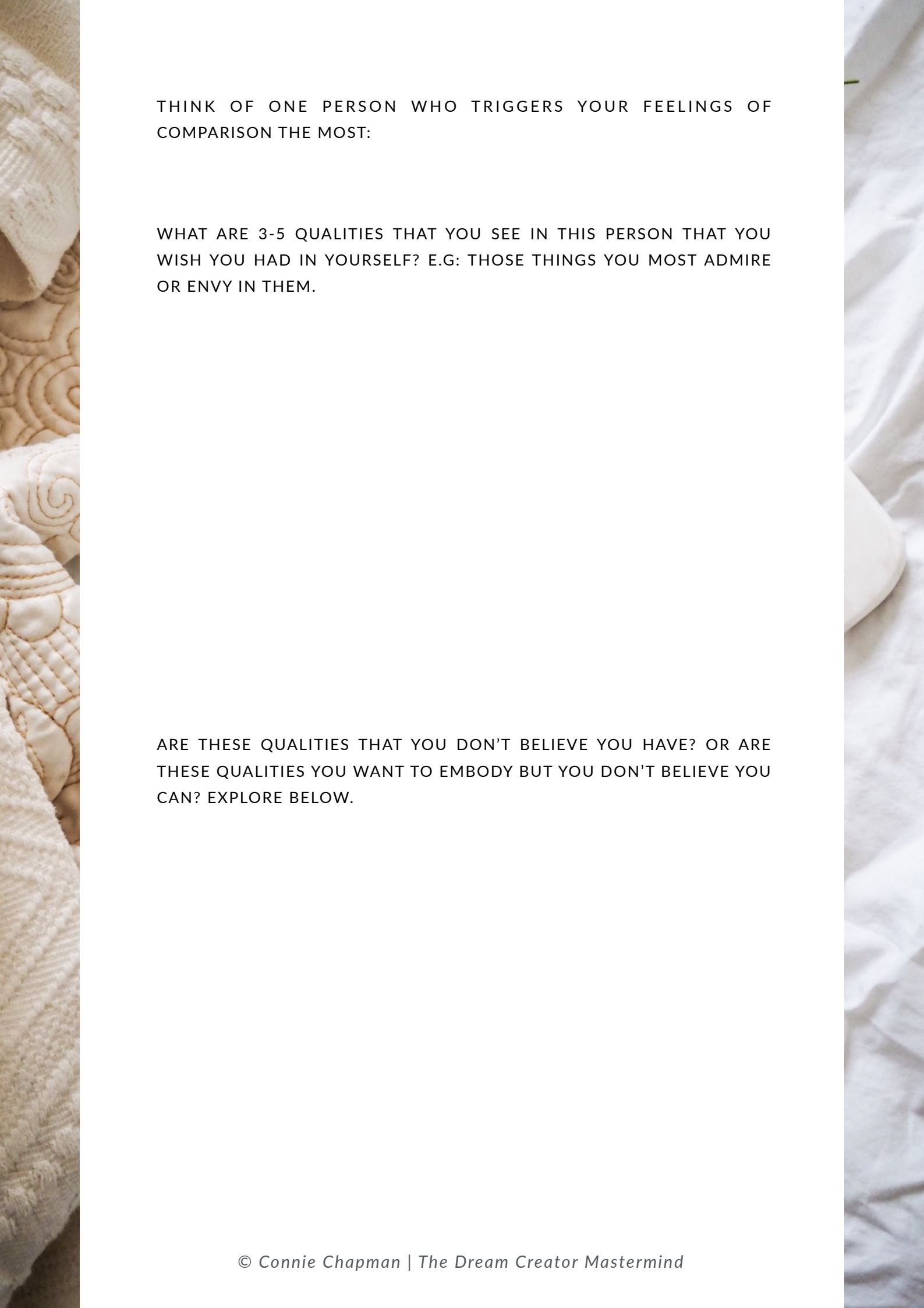
HOW WOULD YOU LIKE TO BE ABLE TO HANDLE AND RESPOND TO YOUR FEAR INSTEAD?

WHAT MEANING COULD YOU ASSIGN TO YOUR FEAR THAT WOULD MAKE IT FEEL MORE EMPOWERING?



WHAT NORMALLY TRIGGERS COMPARISON FOR YOU?

WHEN COMPARISON GETS TRIGGERED, WHAT HAPPENS INSIDE YOU?
WHAT DO YOU TELL YOURSELF? HOW DO YOU FEEL? WHAT THOUGHTS
AND STORIES GO THROUGH YOUR MIND?



THINK OF ONE PERSON WHO TRIGGERS YOUR FEELINGS OF COMPARISON THE MOST:

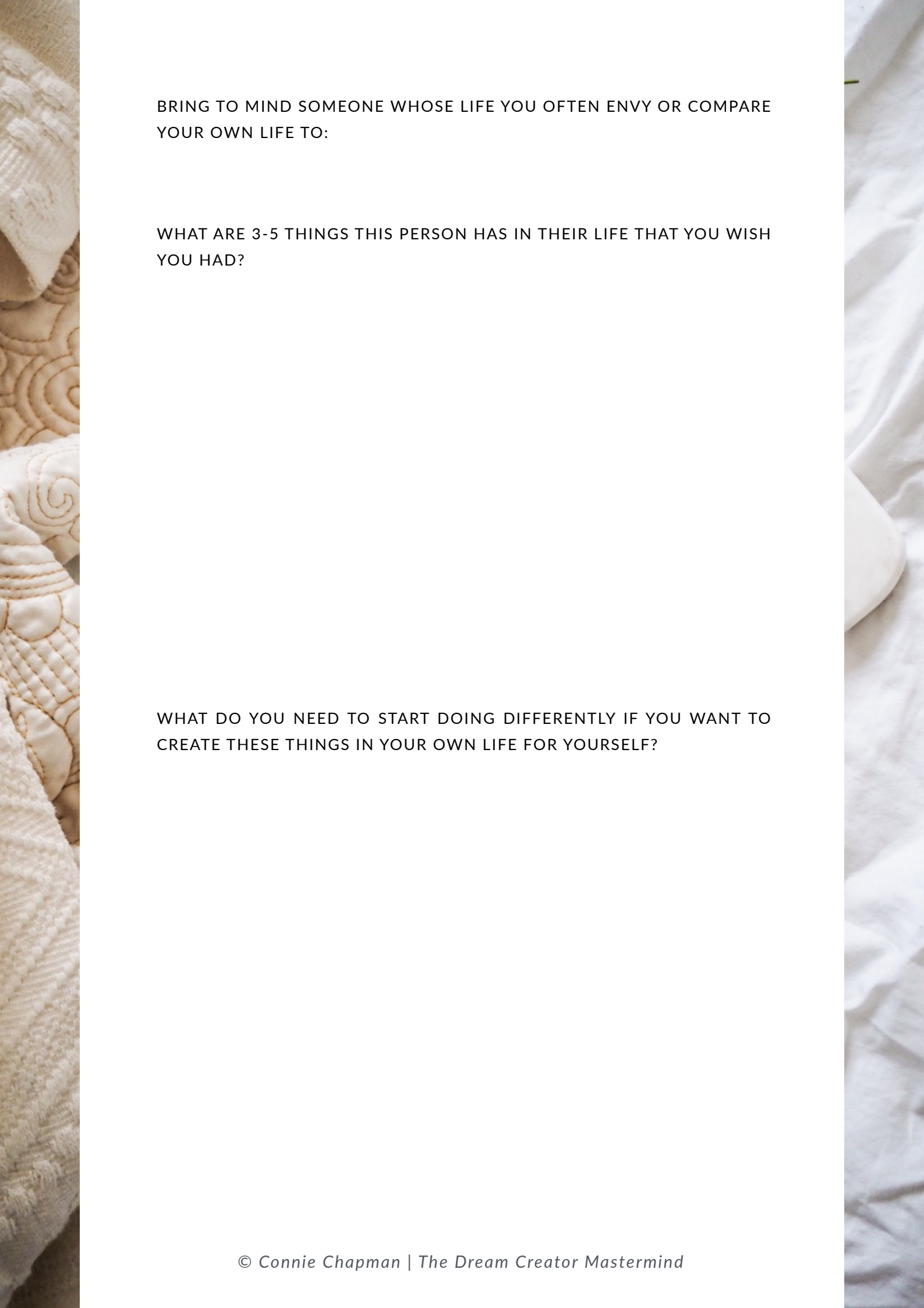
WHAT ARE 3-5 QUALITIES THAT YOU SEE IN THIS PERSON THAT YOU WISH YOU HAD IN YOURSELF? E.G: THOSE THINGS YOU MOST ADMIRE OR ENVY IN THEM.

ARE THESE QUALITIES THAT YOU DON'T BELIEVE YOU HAVE? OR ARE THESE QUALITIES YOU WANT TO EMBODY BUT YOU DON'T BELIEVE YOU CAN? EXPLORE BELOW.

YOU CANNOT SEE SOMETHING IN ANOTHER, THAT YOU DO NOT ALREADY POSSESS ON SOME LEVEL WITHIN YOURSELF. SO IMAGINE THIS PERSON IS YOUR TEACHER, OR YOUR MIRROR, HELPING YOU SEE WHAT QUALITIES YOU ARE WANTING TO BRING OUT IN YOURSELF.

WHAT ARE THE QUALITIES YOU ARE WANTING TO EMBODY AND EXPRESS MORE OF?

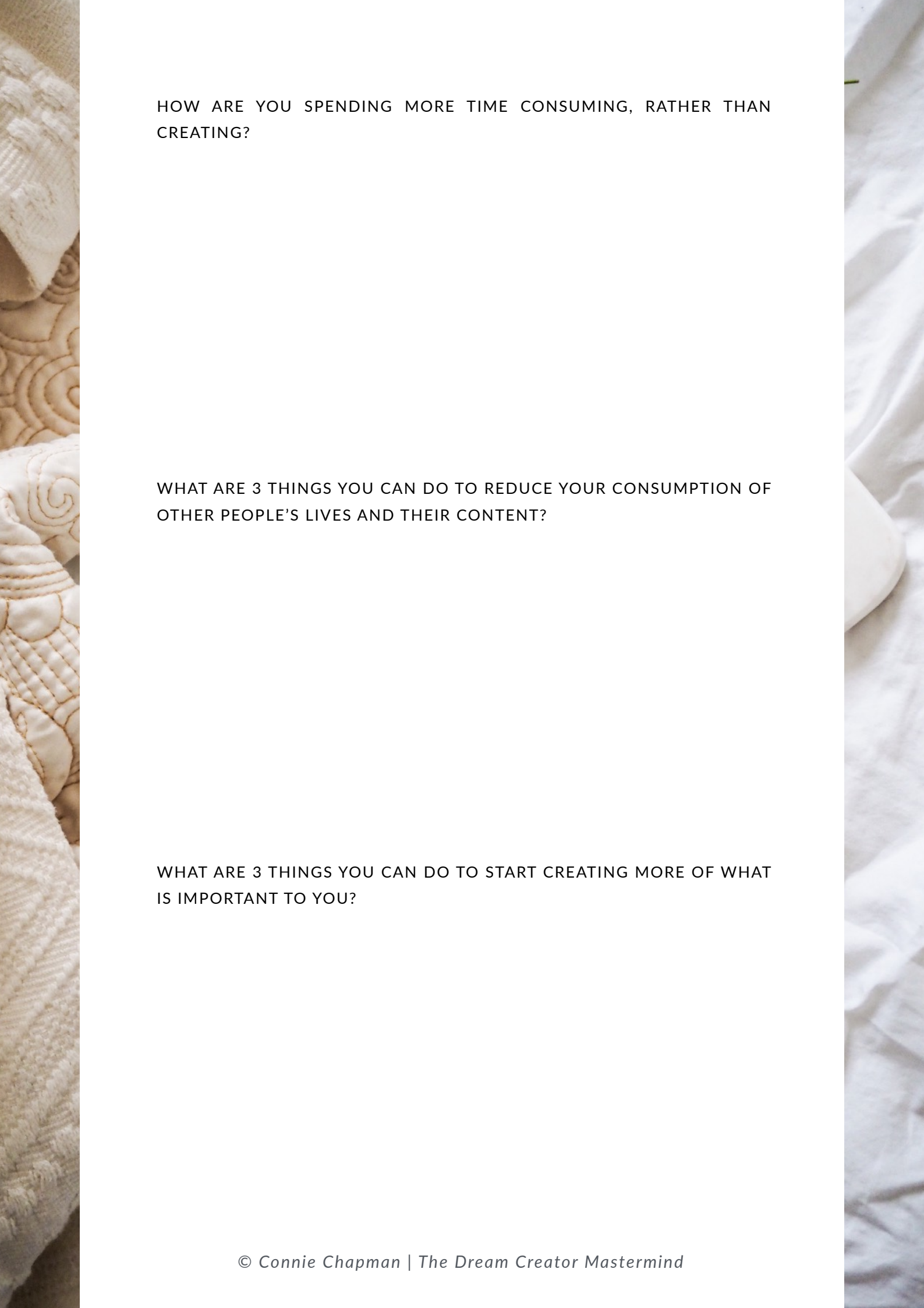
HOW WOULD YOU LOVE TO SEE YOURSELF PRACTISING, EMBODYING AND EXPRESSING THEM (IN YOUR OWN UNIQUE WAY)?



BRING TO MIND SOMEONE WHOSE LIFE YOU OFTEN ENVY OR COMPARE YOUR OWN LIFE TO:

WHAT ARE 3-5 THINGS THIS PERSON HAS IN THEIR LIFE THAT YOU WISH YOU HAD?

WHAT DO YOU NEED TO START DOING DIFFERENTLY IF YOU WANT TO CREATE THESE THINGS IN YOUR OWN LIFE FOR YOURSELF?



HOW ARE YOU SPENDING MORE TIME CONSUMING, RATHER THAN CREATING?

WHAT ARE 3 THINGS YOU CAN DO TO REDUCE YOUR CONSUMPTION OF OTHER PEOPLE'S LIVES AND THEIR CONTENT?


WHAT ARE 3 THINGS YOU CAN DO TO START CREATING MORE OF WHAT IS IMPORTANT TO YOU?



WHERE IS PERFECTIONISM HOLDING YOU BACK OR BLOCKING YOU?

WHAT IS YOUR BIGGEST FEAR ABOUT NOT BEING PERFECT, OR NOT DOING SOMETHING PERFECTLY?

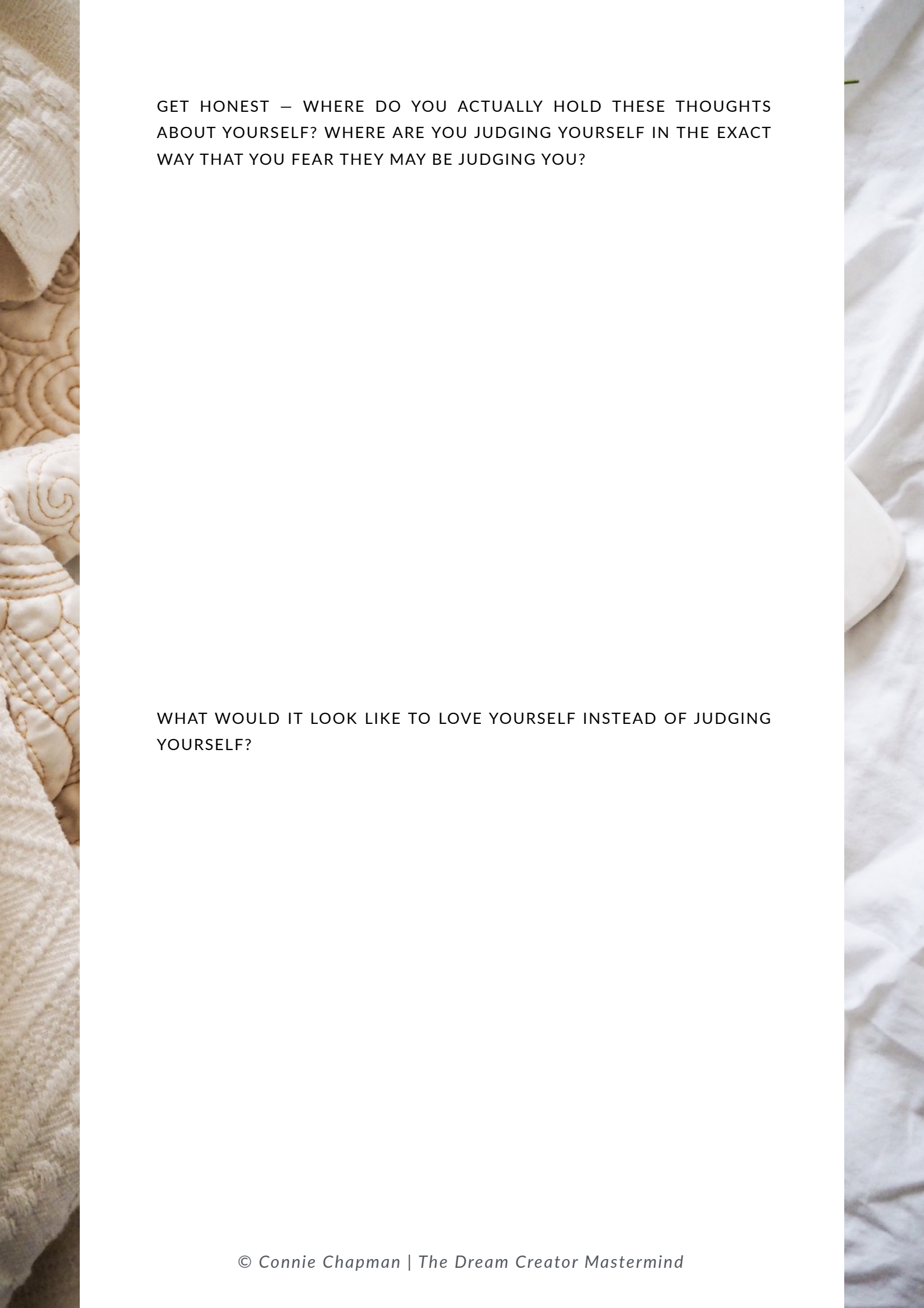
WHERE ARE YOU WANTING TO PRACTISE BEING IMPERFECT, AND START SHARING, EXPRESSING OR CREATING EVEN IF IT IS MESSY?



LIST THE PEOPLE WHOSE OPINIONS, THOUGHTS OR JUDGEMENTS YOU ARE MOST WORRIED ABOUT.

WHAT SPECIFICALLY ARE YOU MOST WORRIED THEY MIGHT THINK?

HOW ARE YOU MOST WORRIED THEY MAY JUDGE YOU?



GET HONEST – WHERE DO YOU ACTUALLY HOLD THESE THOUGHTS ABOUT YOURSELF? WHERE ARE YOU JUDGING YOURSELF IN THE EXACT WAY THAT YOU FEAR THEY MAY BE JUDGING YOU?

WHAT WOULD IT LOOK LIKE TO LOVE YOURSELF INSTEAD OF JUDGING YOURSELF?



HOW IS SELF DOUBT PLAYING OUT FOR YOU?

HOW DOES DOUBTING AND QUESTIONING YOURSELF KEEP YOU SAFE AND ALLOW YOU TO STAY IN YOUR COMFORT ZONE?

WHAT WOULD YOU BE DOING DIFFERENTLY IF YOU 100% BELIEVED IN YOURSELF? WHAT RISKS WOULD YOU BE TAKING? HOW WOULD YOU BE MOVING FORWARD?



IMAGINE IF...

YOU NO LONGER WERE COMPARING YOURSELF TO OTHERS, AND YOU WERE INSTEAD FOCUSING FULLY ON YOURSELF, YOUR CREATIONS, YOUR PURPOSE AND YOUR GIFTS.

YOU FELT GOOD ENOUGH, CONFIDENT, CERTAIN AND SELF-LOVING, AND AS A RESULT THE OPINIONS OR JUDGMENTS OF OTHERS NO LONGER CONCERNED YOU.

YOU BELIEVED IN YOURSELF, YOU TRUSTED YOUR DESIRES AND YOU FELT FULL FAITH THAT WHAT YOU WANTED WAS POSSIBLE.

YOU WERE CELEBRATING YOUR GIFTS, SEEING YOUR STRENGTHS, SUPPORTING YOURSELF SHOWING UP AS YOUR BEST SELF.

DESCRIBE BELOW WHAT YOU WOULD BE FEELING, DOING AND HOW YOU WOULD BE LIVING IF THIS WAS THE CASE:

HOMWORK IDEAS FOR MASTERCLASS THREE:

CONSUMPTION VERSUS CREATION

Start to become more mindful of the amount of time you spend consuming other people's content and being absorbed in other people's lives, versus the amount of time you spend focused on yourself and creating what is important to you. What you put your focus and energy into is what expands. Are you putting your energy into other people's lives and dreams, or your own?

MIRROR WORK

Mirror work is a powerful way to heal your relationship with yourself. If you want to learn how to love and support yourself more deeply and strengthen your connection with yourself, I suggest take some time each day to sit in front of a mirror and look into your own eyes. You may begin with simply connecting with yourself for a few moments each day by looking into your own eyes for a few minutes. From here, you may want to bring in your affirmations, your new inner story, or loving statements that you want to say to yourself. Speak these out loud while looking into your eyes. Practise saying kind, gentle, loving and empowering things to yourself every single day.

EMBRACE MESSINESS AND IMPERFECTION

Find small ways that you can embrace messiness and imperfection. It could include: leaving the house without makeup or washed hair, leaving your bed unmade, cooking without a recipe, speaking your true thoughts and feelings to someone, being creative and/or painting with your hands, allowing yourself to cry to a friend, writing out some of your honest thoughts and feelings and sharing it online, asking for help, letting the house be messy and inviting over a guest, allowing items on your to do list stay incomplete, sharing a project or piece of work that is finished but not perfect. Think of anything that would challenge the perfectionist in you!

YOUR 'ACTION STEP' LIST

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

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+

+

+

+

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+

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+

NOTES:

NOTES:

Well Done. You Have Completed Masterclass Three!

Once again, we explored some big inner work in this class, so well done for showing up for it.

The fear-driven patterns that we explored today can be stubborn and hard to break. They may be patterns that you have been running for a long time so they have become quite familiar and ingrained.

But as I have mentioned before, change will come from challenging these patterns and beginning to break out of the hold they have over you.

As you can witness and catch these patterns, you will be able to intercept the negative downward spiral they create, and instead consciously choose to shift your energy and focus into a more empowering and self-loving approach.

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 are going to be focusing on awakening and embodying your power and anchoring it deeply into your body.

We will be looking at ditching the excuses, cleaning up energy leaks, implementing boundaries and taking your focus off what is draining you and holding you back.

I can't wait to dive into that with you next time!

Connie x

