

MASTERCLASS #06



The Dream Creator  
Mastermind

SELF-EXPRESSION, FINDING YOUR VOICE  
AND SHARING YOUR MESSAGES THROUGH  
WRITING & STORYTELLING.

“There is only one of you in the all of time, and your expression is unique. If you block it, it will never exist through any other medium, and will be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, and to keep the channel open.”

*Geneeth Roth*



# Welcome to Masterclass Six!

Your sixth Masterclass for this program is called Self-Expression, Finding Your Voice And Sharing Your Messages Through Writing & Storytelling.

This week, we will continue building on the work from last class where you looked at the platforms you wanted to create. Now, we are going to start focusing on the content and messages you want to share.

There are many ways that you can express and share your messages. It could be through writing blog posts, writing short posts on social media, speaking via a podcast or through videos, or hosting live events and sessions where people can receive and hear your message in person.

I am aware that not all of you will have a passion for writing, or feel that writing will be the way that your core messages are expressed.

Perhaps you have a story in your mind about your ability to write, and whether or not you are good at it. This class is not about becoming a great writer, or to create a perfect piece of writing, but more so just practising bringing your ideas out.

What you will find with writing, is that the more you can get out of your head and into your heart, the more easily and naturally it will flow. So our focus this week will be about tapping into your heart, so you can express from this space.

If you find it easier to express yourself through speaking rather than writing, you can always practise recording yourself on video or audio. Sometimes when we write, our minds more easily get in the way and we over think what we want to share.

So feel free to take some of the prompts and activities in today's workbook and either voice or video record yourself as you share your responses. You may find the words flow much more easily.

# Bring Out What Is Within You.

Ultimately, the primary focus for this week is self-expression, and breaking through any of the blocks which prevent you freely expressing yourself.

Self-expression is about sharing and communicating who you are, what you believe in and what you are passionate about. It is about expressing your ideas, your wisdom, your creations, your philosophies, your thoughts and your feelings.

I know that you are all incredibly passionate about what it is that you want to share with the world. That passion is an energy within you that you can feel within your own heart, but which can also flow through you when you write, speak and share.

When you can tap into that feeling of passion, inspiration, enthusiasm and excitement, and if you can let it flow through you unhindered, you can write beautiful, moving, inspiring words.

A key part of authentic and effortless self-expression is first connecting to the right energy. When we try to write, speak or express from our head, we are disconnected from that feeling of passion, and we are also likely to have thoughts in our mind which are muddy and block the clear flow.

Again, I want to emphasise that writing and self-expression is not about being perfect, but it is about bringing out what is within you and infusing it with the energy of your heart.

Heart-based expression may be messy or imperfect, but it is the space those words come from that make people feel deeply moved when they receive them.

# 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.

WHAT DOES SELF-EXPRESSION MEAN TO YOU?

HOW ARE YOU FEELING CALLED TO EXPRESS YOURSELF MORE AND IN WHAT WAY?




WHAT MESSAGES OR WISDOM ARE WITHIN YOU THAT ARE WANTING TO COME OUT?

WHAT BLOCKS DO YOU HAVE AROUND SELF-EXPRESSION? WHAT KEY FEARS, BELIEFS OR INNER STORIES HOLD YOU BACK?

WHERE DID THESE FEARS AND EXPRESSION BLOCKS FROM COME?

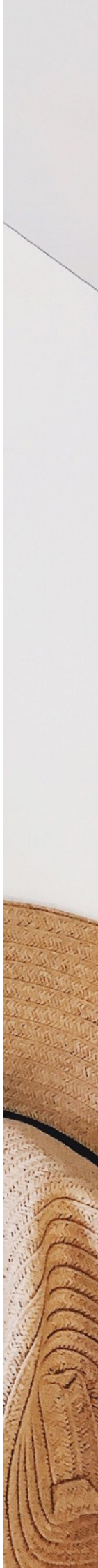
WHAT DID YOU LEARN ABOUT EXPRESSING YOURSELF THAT HAS MADE YOU FEEL AFRAID OR UNSAFE ABOUT DOING IT NOW?






DESCRIBE WHAT IT WOULD LOOK LIKE IF YOU CHOSE TO ALLOW THESE FEARS AND INNER STORIES TO BE THERE, BUT YOU STILL SHOWED UP AND EXPRESSED YOURSELF ANYWAY:

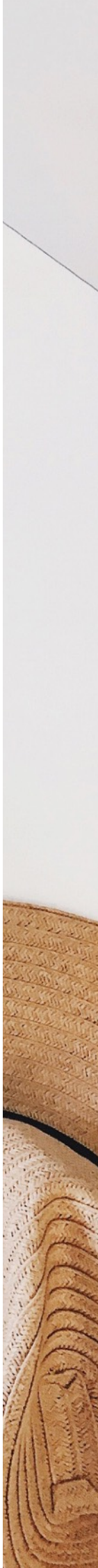
HOW WOULD YOU LOVE AND SUPPORT YOURSELF THROUGH EXPRESSING YOUR TRUTH, YOURSELF AND YOUR WISDOM, EVEN THOUGH YOU WERE AFRAID?






HOW DO YOU WANT PEOPLE TO FEEL WHEN THEY RECEIVE YOUR MESSAGES? E.G. WHEN THEY READ YOUR WORDS, HEAR YOU SPEAK OR ENGAGE WITH YOUR CREATIONS?

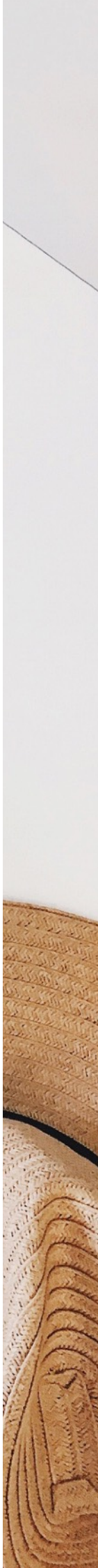
WHAT ENERGY MUST YOU BE EMBODYING WHEN YOU CREATE AND EXPRESS, TO ALLOW THEM TO FEEL THIS WAY?






WHAT WILL HELP YOU TAP INTO THAT ENERGY BEFORE YOU EXPRESS OR CREATE?

THINK ABOUT A TIME WHEN YOU FELT IN THE FLOW EITHER CREATIVELY OR WHEN YOU WERE EXPRESSING. WHAT HELPED OR ENABLED YOU TO FIND THAT FLOW? HOW DID YOU ACCESS IT?







THE FOLLOWING PAGES INCLUDE A RANGE OF QUESTIONS AND A SELECTION OF WRITING PROMPTS. THE INTENTION OF THESE QUESTIONS AND PROMPTS IS TO HELP YOU WRITE AND EXPRESS YOURSELF, WHILE CONNECTING WITH THE ENERGY OF YOUR HEART.

THE QUESTIONS ARE MEANT TO BE EMOTIVE AND GET YOU FEELING. THEY ARE DESIGNED TO HELP YOU WRITE WORDS THAT WILL EXPRESS YOUR STORY, YOUR JOURNEY AND WISDOM, OPEN UP YOUR HEART, AND ALSO MOVE, INSPIRE AND TOUCH OTHERS.

YOU DO NOT NEED TO ANSWER ALL OF THE QUESTIONS OR USE ALL OF THE PROMPTS. JUST FEEL FOR THE ONES THAT PULL AT YOU, AND WHICH SPARK YOUR DESIRE TO WRITE.

BEFORE YOU WRITE YOUR RESPONSES, SPEND SOME TIME PREPARING YOURSELF BY SLOWING DOWN, RELAXING, CREATING A COMFORTABLE SPACE AND MAYBE EVEN DOING A SMALL MEDITATION. INTEND TO CONNECT WITH YOUR HEART, AND FEEL FOR THE WORDS YOU WANT TO WRITE.

FEEL THE ENERGY RISE FROM YOUR HEART AND FUEL YOUR WORDS. SEE IF YOU CAN KEEP YOUR ATTENTION AND FOCUS ON YOUR HEART, YOUR FEELINGS AND YOUR EMOTIONS AS YOU WRITE.

I ALSO SUGGEST NOT STOPPING TO REREAD YOUR WORDS OR CORRECT MISTAKES. ONCE YOU FIND THE FLOW, JUST KEEP WRITING AND WRITING UNTIL YOU ARE COMPLETE. YOU CAN ALWAYS GO BACK AND EDIT YOUR WORDS LATER.

YOU CAN EITHER HAND WRITE INTO A NOTEBOOK OR JOURNAL, OR YOU CAN TYPE ON THE COMPUTER. CHOOSE WHATEVER FEELS MOST FLOWING FOR YOU. I PERSONALLY LIKE TO TYPE AS MY HANDS CAN'T KEEP UP WHEN I HANDWRITE!

ALTERNATIVELY, YOU CAN EXPLORE THESE QUESTIONS VERBALLY BY RECORDING YOURSELF ON AUDIO OR VIDEO AS YOU TALK OUT YOUR ANSWERS AND RESPONSES.

## PROMPTS:

- + THINK BACK TO YOUR 14 YEAR OLD SELF. WHAT DID YOU MOST NEED TO HEAR OR KNOW AT THAT AGE? WHAT WERE YOU STRUGGLING WITH AND FEELING? WRITE A LOVE NOTE TO YOURSELF SHARING ADVICE, GUIDANCE, COMFORTING WORDS AND ANYTHING THAT WOULD SUPPORT YOU.
- + THINK BACK TO A TIME WHERE YOU MADE A POOR CHOICE, A MISTAKE, OR WHERE YOU FELT ANGRY, FRUSTRATED OR DISAPPOINTED IN YOURSELF. WRITE A LETTER OF FORGIVENESS TO YOURSELF FOR THIS SITUATION AND REFLECT ON THE KEY LEARNINGS YOU GAINED FROM THIS EXPERIENCE.
- + THINK BACK TO YOUR 4 YEAR OLD SELF. WHAT DID YOU MOST WANT TO FEEL OR RECEIVE AT THAT AGE THAT YOU WERE NOT ABLE TO GET? WRITE A LETTER TO YOURSELF EXPRESSING YOUR LOVE AND TELLING YOURSELF ALL OF THE WORDS YOU NEEDED TO HEAR TO FEEL SAFE, ACCEPTED AND SUPPORTED.
- + THINK OF SOMEONE YOU LOVE, WRITE TO THEM AND TELL THEM EVERYTHING YOU LOVE ABOUT THEM AND WHY.
- + THINK ABOUT A FRIEND OR SOMEONE YOU CARE ABOUT WHO IS GOING THROUGH A HARD TIME. WRITE THEM A LETTER OFFERING SOME COMFORTING, LOVING AND SUPPORTIVE WORDS, AND ANY GUIDANCE YOU FEEL TO OFFER.
- + THINK ABOUT A TIME YOU LAST FELT A DEEP AND PAINFUL EMOTION SUCH AS SADNESS, GREIF, HEARTACHE, REJECTION OR FAILURE. DESCRIBE IN DETAIL WHAT HAPPENED, HOW YOU FELT, AND HOW YOU WERE ABLE TO WORK THROUGH IT.
- + THINK ABOUT ONE OF THE HAPPIEST AND MOST MAGICAL MOMENTS YOU HAVE EVER HAD. DESCRIBE IN DETAIL WHAT HAPPENED, HOW YOU FELT AND HOW IT CHANGED YOU.

## PROMPTS:

- + WHAT IS ONE POSITIVE PRACTISE YOU USE THAT HAS HELPED YOU THE MOST? CREATE A STEP BY STEP PROCESS THAT YOU COULD SHARE WITH SOMEONE ELSE TO HELP THEM PRACTISE IT TOO.
- + WHAT IS YOUR PHILOSOPHY ON HEALTH AND WELLNESS? WHAT HAVE BEEN YOUR OWN PERSONAL HEALTH STRUGGLES THAT HAVE LEAD YOU ON YOUR OWN PATH OF HEALING? WHAT DID YOU LEARN THROUGH THIS EXPERIENCE, AND WHAT HELPED YOU HEAL?
- + WHAT IS YOUR SPIRITUAL PHILOSOPHY? IF YOU HAVE FAITH IN A HIGHER ENERGY, EXPLAIN HOW CONNECTING WITH THIS HAS SUPPORTED YOU THROUGH YOUR LIFE.
- + WHAT IS ONE CORE AREA OF INNER WORK THAT YOU HAVE BEEN FOCUSING ON WITHIN YOURSELF. WRITE SOME SUPPORTIVE AND PRACTICAL WORDS FOR SOMEONE ON HOW TO WORK THROUGH THIS BASED ON YOUR OWN EXPERIENCE.
- + WHAT IS SOMETHING YOU FEEL INCREDIBLY PASSIONATE ABOUT? WHAT PUTS A FIRE IN YOUR BELLY? DESCRIBE WHY YOU ARE SO PASSIONATE ABOUT THIS AND WHY IT MEANS SO MUCH TO YOU.
- + HOW ARE YOU GROWING AND LEARNING AT THE MOMENT? WHAT ARE SOME RECENT DISCOVERIES YOU HAVE MADE ABOUT YOURSELF AND THIS JOURNEY OF LIFE?
- + DESCRIBE A SIGNIFICANT TURNING POINT IN YOUR LIFE, HOW IT CHANGED YOU AND HOW IT ALTERED YOUR LIFE PATH.
- + FINISH THE SENTENCE "I FEEL MOST ALIVE WHEN..."
- + FINISH THE SENTENCE "THE GIFTS AND STRENGTHS I AM HERE TO SHARE WITH THE WORLD ARE..."
- + FINISH THE SENTENCE "I BELIEVE MY PURPOSE IS..."



## HOMWORK IDEAS FOR MASTERCLASS SIX:

### THROAT CHAKRA HEALING

If your throat chakra is not open and balanced, your expression and creativity can be blocked. Your throat can feel sore, constricted, tight or uncomfortable. You may find it hard to express your thoughts, feeling and ideas. To practise healing and opening this chakra, here are some articles full of tips that may help you: [Article 1](#), [Article 2](#), [Article 3](#), [Article 4](#).

### CREATE A PRE-WRITING RITUAL

As I have mentioned, connecting with your heart before you write or express is incredibly supportive. It helps with finding your flow and reducing the interference of your mind. It supports you to awaken the energy of passion and inspiration so your words can flow from that space. Create a small pre-writing ritual where you spend some time doing things that relax you and drop you into your heart such as meditation, diffusing essential oils, dancing, yoga, going for a nature walk, sipping on tea, or anything else that slows you down and drops you out of your mind.

### SHARE YOUR WRITING - POST SOMETHING

Focus this week on writing and expression, and on speaking and sharing. Find what first step feels best to you, and practice taking time to tune into your feelings, ideas, wisdom and passions and expressing them. Writing can be a safe space to start with this as it a private space for you to express without worrying what others will think. If you have created a platform, begin posting and sharing some of the words you write on there. I know this may feel like a big step for some of you, so start small if you need to. Trust what has flowed through you and know that these words are not just for you, they are for the people you are here to serve and support. Find the courage to begin to let others receive the beautiful knowledge and wisdom that is within you.

## YOUR 'ACTION STEP' LIST

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

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**NOTES:**



**NOTES:**

# Well Done. You Have Completed Masterclass Six!

This class may have felt like another stretch step outside your comfort zone, and if so, that is perfect. The only way for you to grow and expand, is to continue to do things in ways that you have not done them before.

There may be some fear and vulnerability that arises as you begin to share and express yourself. So start small, but know that it gets easier the more that you practise. Be sure to love and support yourself through these new steps, and be mindful of any self-judgement or criticism that tries to creep in.

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 get even more exciting! We will be looking at how you can begin to turn your gifts and passions into services, products or offerings that will allow you to open up new income streams and call in greater abundance!

It is time to take things to the next level, and look at ways we can turn your beautiful passion, into a successful business.

You have so much to offer the world, I am excited to support you in bringing it all out.

Connie x



