



## Dream Life Notebook Workshop with Lisa Ware



I have used this type of goal and vision planning for almost 20 years. I started with the tools from the Franklin-Covey company and then customized it over the years. This is a great way to look at all the roles and hats we wear, create a goal for each and then a place to make notes for that particular role or goal in your life!

Put together a 3 ring binder for this project. You may wish to get a smaller one rather than an 8x11 so it is compact enough to have by your bedside to add or delete pages when necessary. I have 2, a lovely red leather and a yellow leather one from Franklin Planner that I have had for years and a 3 ring binder. You can put everything in one. It is totally up to you; I separate each of my businesses and personal, therefore have a planner for each with the appropriate goals, dreams, visions and categories, and a set of personal roles, too.

### **Life Category Roles and Goals:**

Divide it into numerous sections: 8-12 sections, or however many work for you, with tabs to identify them. It will include not only intentions for this year but also can include long term, lifelong outcomes that you want. You can type it on your computer, and print it up so you have it handy by your bedside. When you do this entire exercise, each year you simply need to revamp, redefine your goals. Delete and add paper. Use the same binder.

Be very specific about your goals in the following categories and word it as having been completed or in the present tense and for some a more specific timeline. The following categories are tabbed in your notebook. Remember that using a 3 ring binder gives you the opportunity to write and rewrite numerous goals instead of running out of room in a regular spiral notebook. Your "Life Story" is a work in progress, so you can add to, delete, embellish whatever & whenever you so desire. You may want to type these on your computer and print them out and then insert into a notebook you can touch and feel and read by your bedside. Whatever works best for you is what you do. These are simply suggestions. The point is that you have access to them early morning and before bedtime. For some doing everything on the computer is what works. I still like to touch and feel my notebooks.

Saying and feeling something for about 68 seconds can actually begin the manifestation process. (Law of Attraction)  
IT IS SUPER IMPORTANT to get into the feeling of it, like it has already happened and creating such a joyful vibration /feeling about it.

Some people find great success,by reading bullet points. Some need full sentences to read daily.

**Here are the suggested categories:**

- Spiritual/Inspirational/Personal Growth Manifestation List: What do I want and why?

The idea is to spend a few minutes at night before sleeping, and upon waking to focus on what I want. Every single night before bed and upon waking, list at least five things you are grateful for right now. Number each item and write it as a list.

Examples: Every day, I read something inspirational for 5 minutes. Every day I have quiet time, meditation time, however that works for me.....Every day I am aware when limiting beliefs come in and I handle it. Everyday I focus on what I like and love about people in my life instead of what I can't control. Every day I am a positive light in the world and when needed I correct in the moment, or at least before I go to bed as I review my day. Everyday I read spiritual/inspirational material. Each year I take a spiritual or personal development class and a personal growth seminar once a quarter.

- Personal/Self Care Manifestation List: What do I want and why?

Examples: This year I simplified life by\_\_\_\_\_. This year I eliminated\_\_\_\_\_. This year I am living in my dream home paid for in full (imagine it ) This year, I started the \_\_\_\_new business that produced \_\_\_\_\_\$ after expenses. This year my husband and I went to counseling and are now experiencing a deeper richer, more loving, sexy, supportive, fun etc relationship. This year I wrote, published and marketed a successful (define what successful



means to you) book that makes a difference in people's lives. This year I have incorporated soothing self care by doing the following; 1-2 massages a month, a protein drink for breakfast, a long hot relaxing, rejuvenating lavender bath 2 times a week, no matter what. (As you begin changing your life & elevate your vibration, you will manifest the funds to do more of what you want.) I usually have at least 10-20 things in this category. Flowers/Plants in my house at all times, cleaning person once a week, taking personal development classes, courses, webinars on a quarterly basis. This section is all about making your life more enjoyable, fulfilling, growing, learning. Maybe you have taken too many courses, read too many books and now need to begin living & embodying some of the principles you have learned and need a coach or friend to work with you on this and make quicker progress. Maybe you want to simplify and have more fun and more play. Anything that enriches YOUR life, add to this category. Write as though it has already happened and say it with feeling and with a smile!

- Physical Fitness/Health/Wellness Manifestation List: What do I want and why?

Examples: This year I began walking just 5 minutes, then increased it to 10, 15, 20..... 3x week then found myself effortlessly walking every day. Every single week I do Dr. Mercola's Peak Performance cardio routine 2 times, strength training 2 x a week, Yoga 3 x week, hiking with the dog every day. Every single day, I choose to eat foods that energize, rejuvenate create even better health and eat less and less sugar. This year I learned how to eat healthier and cleaned out my pantry and started over so I would have really yummy, clean healthy food from which to choose. This year I am at my ideal weight by \_\_\_\_\_ and have permanently kept it off. I am so proud and happy for taking such good care of my Precious Human Vessel".

- Career & Financial Manifestation List: What do I want and why?

Examples: This year I only worked with my perfect clients. This year I changed my mindset and every client became my perfect client. This year I manifested \$10,000 extra or \$100,000 or \$1,000,000 or \$10,000,000 dollars after expenses in my \_\_\_\_\_ business. This year I had less transactions and received more money per transaction, thus, more money, less effort. This year I was promoted to \_\_\_\_\_ and received \_\_\_\_\_ raise or bonus and my annual income is \_\_\_\_\_. This year I started my new \_\_\_\_\_ business that created \_\_\_\_\_ \$ after expenses. This year I quit my job and began writing, painting, sculpting, fishing, whatever ... This year I offered each employee a part of the business and made it an employee owned company. This year I manifested several sources of income that \_\_\_\_\_. This year I began working less and earning more.....be specific...began my day at 1 pm, 4 days a week and earning \_\_\_\_\_ per year after expenses creating opportunity for more play!!! This year I sold my business, made a profit

of \_\_\_\_\_ and decided to have more fun and play more and moved to \_\_\_\_\_. I feel so joyful and grateful and ecstatic that I am experiencing such extraordinary wonder with this experience.

Exactly how much do you want to earn, give to charities or share, save? Be very specific and after expenses. Define the type of investments. Remember how it makes you feel.

- Family & Relationship Manifestation List: What do I want and why?

Examples: This year I corrected to the best of my ability all of my relationships that needed attention with the following people in the following ways. Forgiving, completing, releasing, allowing, accepting. Some of this can be done on the non-physical level. You may want some assistance with this to facilitate speedy results....no need to hold on anymore!!!

This year I have several people that I can spontaneously call to go to a movie, go on a hike etc.....This year I stopped or limited associating with toxic, energy vampire people. This year I contributed to my relationships. This year I became a better friend, spouse, daughter, mother, boss, co-worker, sibling etc. in the following way...(be specific as to how you want to show up). This year I am more allowing and accepting of others. This year I choose to be kind rather than right. This year I pay for my mother to go on a cruise. This year I help my relative, mother, friend, whoever by giving them \$\_\_\_\_ a month to get over hard times and will not accept repayment.....unconditional giving without expecting accolades. Every week, I make an extra meal for my neighbor who is 90 yrs old and have the kids help me deliver it and prepare it.

I will do the following: This year my family ate dinner together at the table at least 4 days per week. This year my husband and I stuck to our commitment for 1 date night a week. This year we took all the grandkids on a Disney Cruise and manifested the money to pay for adults and kids airfares and cruise.

\*\*\*Remember to include the feelings.\*\*\* I feel so happy, proud and grateful to be experiencing my relationships at such a high level. This year I met my soul mate who loves me deeply, unconditionally, etc. (may need to do some clearing work on this!)

- Fun/Recreation/Creative Outlet Manifestation List: What do I want and why?

Examples: This year I safely sky dived or ziplined for the first time....it was so exhilarating and fun and I feel liberated. This year I took a \_\_\_\_\_ class and found out how much fun it is to zone out when you love doing something creative and new.

Once a month this year we had friends over for a Sunday or Saturday afternoon tea and dessert, rotating the friends.... Some of the same and then always adding new ones. This year we took a trip across country with our pets in a humongous RV and had a blast, met amazing people, made amazing new friends, had enriching experiences, saw new places and nature that we have not experienced before. We decided to make it a yearly tradition and I wrote a bestselling book about our



adventures. This year my husband and I took dance classes and go dancing every single week.

- Social/Contribution/Community Manifestation List: What do I want and why?

Examples: This year I have chosen one activity/cause that truly interests me where I can make a difference. I love contributing my time, money, ideas to this activity/cause. This year I get out more to meet new people and enjoy the process. Once a week I \_\_\_\_\_. Making a difference in your work can also be fulfilling and rewarding.

- Long term List. Where/how do you see yourself in 5 years, 10, 20, 30, 40, 50. Write down specifically how you would like to see this unfold.

- Ideas & Vision List: Have an outrageous idea? Or perhaps an insight. Write it down immediately in this section. Acting on your idea or insight quickly can be important because energetically you are at the highest and it could be your Inner Self, giving you this instruction. Writing ideas down where you can find them (not just on a piece of paper that eventually gets lost) can ultimately manifest into something even years later. Do not discount any idea you have. Write it down and later you can reflect on it, add to it tweak it or discard it...get it out of your head and onto paper.

- Affirmation List: When you hear an affirmation that resonates for you write it down. Louise Hay in her book, "You Can Heal Your Life" has great affirmations. Sometimes when you don't believe something can happen you know you need to work on the limiting belief. You can begin by saying "I am willing to let go of \_\_\_\_" Your willingness is the mechanics that begin the process. I am willing to forgive.....doesn't say you have forgiven but that you are *willing* to and that begins the process. \*\*\*Affirmations are tricky and I recommend getting help and professional coaching with these. \*\*\* I have a worksheet, a recorded workshop and free webinar on Affirmation Creation!\*\*\*

- Roles and Goals List: A place for each of the roles or hats that you wear. Make a sub category for each role with a divider. In each category list what you want, a dream, vision or a goal at the top for the year. Leave a blank sheet in each divider to make notes for each role whenever something comes up. Keep this list updated monthly.

Examples: **Self**, Wife, Mom, Spiritual Leader, Yoga Instructor, Reiki Practitioner/Life Coach, Biz/Nutrition/Health Coach, Community Member, Author/Blogger, Family Member, Sister, Pet Owner, Equestrian etc.

- Victories and Accomplishments. As you accomplish a goal/intention you can

write it in this section or take a colorful marker and draw a star or heart next to the realized manifested intention in the section you wrote it down. Please do recognize even the tiniest victory. It builds up your belief that anything is possible and raises your Law of Attraction Vibration.

- GOALS:

For every one of your top 5 goals **what inspired action can you take right now**, today to move you closer toward that goal or begin the journey toward it?

**\*\*\*Get an accountability partner or a mentor/coach to help you in this area\*\*\***  
Very important...having great intentions on paper doesn't mean you will receive them.

- Visualize & feel your life the way you want it to be. Your ideal life. Write down as many things that you possibly can in each section. Be bold and really go for it. Even write down things you have wished you could do but were afraid were not possible. Want a house cleaner every week, a monthly massage, a quarterly spa day, \$10,000, \$100,000 or \$1,000,000 in reserves, spend an extra 30 minutes each night with your significant other talking, dreaming and cuddling (TV time doesn't count, unless it is a romantic comedy); quiet time with the kids.

Really stretch. Things that you haven't even told anyone you would love to do.

Have one speaking line in a movie before you leave the planet. Maybe this is the year you start writing your book, or give your first speech, move to Hawaii, stay at your healthy ideal weight, start your new company. Keep on writing until you have written in each section. You can write up to 100 things written down total in all the sections. This will be quite easy as you can write at least 10 things in each category. Even when you feel like it can't happen, write it down. It may wind up being quite a few more than a hundred; some silly, some less significant and some really big things. Sometimes you may get scared and resist and think I'm 'crazy' or 'unrealistic', but write them anyhow.

I now have designed the exact life I wanted, even a long term goal of living in the Hawaii with a view of the ocean and warm tropical saltwater breezes on my sun-kissed skin every day.

- After writing as many intentions as possible, star the most important one(s) in each category, 1-3 so you can immediately begin focusing your attention on those items. Write your intentions stated in the positive and as if having already achieved it....**with gratitude**.

Create new affirmations to support your intentions.

- Significantly getting the creation juices going will generate an amazing



connection to the Infinite Creative Intelligence in the Universe, and begin to create movement in your life.

Movement that will generate what you want in the Flow of the Universe, When we get clear about what you want then we need to get out of the way! (**get out of our head and into our HEART!**)

It is important and is the first step in being able to invoke it. You may need some partnering from a friend or a coach to help with your clarity and work on your limiting beliefs around that goal, so you can take inspired action along with all the other parts to the process.

- What work do you want to do? What changes would you like to make in your social life? What would an ideal spiritual life look like? What workshops do you want to attend? How much money do you want to earn? Financial reserves? How do you want to see your reflection when you look in a full body mirror on \_\_\_\_? What kind of activities do you want to be involved in? Who do you want to hang out with? What kind of relationship do you want with your kids, your spouse, your family? What is your contribution to the community? What kind of vacations will you go on?

Is there anything that drains you? What could you let go of in order to create more balance and energy? Get very specific and create time tables and be aware that the time it takes for your intentions can be attached to your belief about it and your actual willingness to allow/receive it. Sometimes the timing can change quickly, sometimes really slow or not at all, we call this Divine Timing.

- Recall what made you happy when you were a child to help you tap into your passion.
- Ask for guidance.

NOW THE FUN PART:

- Imagine it is one year from now (DATE\_\_\_\_) and you are looking back at the year. Write or type your LIFE STORY of the past year exactly how you imagine it could be. You are telling a friend or writing a letter about the past year. Once a day or once a week imagine telling someone about the year. Talk to your pretend friend out loud or silently in your head..... could be as you are falling asleep. Could also do this periodically during the day, while in the car alone or while walking. It may take 5 minutes or so to recap the past year to your imaginary friend. Sometimes it takes much longer, because you may add: Oh and did I tell that...and you may add something else. It is so much fun to do this. Pretend it actually happened.

You are saying it in the past and present tense. When you have trained yourself so well that in a lucid sleep, the visualizing/imagining is happening automatically.

Remember it has **already occurred**. Imagine your ideal life...your ideal year...imagine that you have received every single thing you desired for this year...imagine every area of your life exactly how you would like it...What are you saying to yourself? What are you feeling? What are others saying about you? What are the images you are seeing? What will make your heart sing and create amazing feelings:

**joy, security, passion, freedom, inner peace** and any other feeling you desire? You see your reflection in a mirror and you are happy with your reflection. Maybe this is the year you have some cosmetic work done and it looks great!

You have received it all...and are now reflecting back at the year, See what you have experienced, even overcoming some of the obstacles, challenges or difficulties, how you are feeling and how fulfilling and satisfying to know that you have experienced so much goodness.

Include the most important intentions from your (\_\_\_Year) Life Story. Not all of your intentions will be in this particular story/imagery. Have about 5-10 that you cover.

Other intentions will be in your annual notebook to review. This is the kind of year you can experience. You can handle any setbacks, difficulties, learnings, challenges. Don't hold back...really engage yourself in the vision of your future. For some this is the year to think BIG! Remember it may take more energy to think small because often it may come from a place of lack, fear, not deserving the absolute very best in life.

Go for it, even bigger! It is time to really go for it!!! Feeling resistance? Let's clear it now!!! There are numerous processes to help you clear.

For some it is the year to simplify to not DO so much. Create more relaxation, balance, quiet. Find what works for you to get through the resistance.

- Be sure and revisit your intentions in some way every single day. You can write them on an index card with bullet points so they are handy. Keep your notebook at your bedside or place of meditation so you can actually read the whole book monthly. By keeping it really fresh and before you consistently, you are beginning the creation process, you are creating the attraction. You are creating a playful, good feeling of love for your life. You are making a statement that you are serious, that your life is just as important as going to the movies, reading other books, texting, getting on facebook, piddling around or watching TV. You are beginning to live it in your imagination which then actually will become a reality if you give it enough PRANA, life force fuel, and you will automatically handle the resistance that created old limiting beliefs. The reality actually begins to formulate with your brain and unconscious mind as you repeat it over and over again.



**REMEMBER:** What you focus on consistently will expand and show up, so you will always know what may need correction or refocusing. *Changing your thoughts, changes your feelings, and ultimately changes your reality.*

- Make it the best year to date! As you realize that you are an amazing creator in your destiny and that the conscious and unconscious part of you has been the Director of your future. You can now consciously create the most wonderful year (\_\_\_\_) the one that is perfect for you. Whatever that looks like it ultimately up to YOU!

You have already manifested positive things in your life. You can step it up a notch and become even kinder, more empathetic, creative, understanding, tolerant, loving, peaceful, dynamic. Perhaps, focusing more on yourself this year if you need more self care....being kinder, more loving, peaceful, understanding etc to yourself.

Feeling stuck? This too shall pass, no worries! Things will come up....resistance, upsets, doubt, fears, skepticism, old patterns of sabotage. An old voice that says "Just quit, this is too much trouble" This is all normal and can be addressed, handled and overcome.

**PLEASE DO NOT GIVE UP AND STOP THIS PROCESS.** You deserve a great life. You may need guidance and assistance throughout the process. Please do partner up or hire a coach if need be to make the process more fun, supportive, accountable. Allow it to unfold with as much grace and ease as possible AND how about speeding up the process?!!

Stop feeling guilty about secretly wanting an extraordinary life .....to be well off and have the best of everything! Don't let anyone try to tell you otherwise!!! Imagine the great visionaries that wanted more and more until they reached their outcomes.

Hasn't it been such fun pretending that you have had the most awesome, fulfilling, joyful life ever?

**Now Let's go and CREATE THAT DREAM LIFE!!**

Sources:

Lisa Ware, Live Loved Life Coaching

Annemarie Brown

Books: Money and the Law of Attraction by Abraham-Hicks