

# WRITE YOURSELF INTO YOUR *Dreams*

## Instructions for Updating Your ELS

Whenever you update your ELS in the future (I suggest every six months to a year), use the following instructions, revisiting relevant sections of the book, as needed. Be ready to feel the life-changing internal and external expansion that comes with every update. And enjoy the process!

1. Look at the Breakthroughs and Results area of your ELS and add any new ones that have occurred since your last edit.
2. Read your ELS Intention to see if any of the results inside of it have already manifested. If so, add them to your Breakthroughs and Results. And for those manifested results that feel relevant (basically: significant enough), add them to the Already Realized Dreams area of your Ideal Ending, as well.
3. Next, ask yourself if there is anything that you keep dreaming about or longing for that isn't currently in your ELS Intention. If so, add it to your ELS Intention, using the Instructions for Crafting Your ELS Intention in chapter 2.
4. Add any significant changes that have unfolded in your life since your last update to the end of your ELS, before your Ideal Ending.
5. Read the Greatest Dreams area of your Ideal Ending, and if any of them have come true, add them to the Breakthroughs and Results area and then move the dream itself to the Already Realized Dreams area of your Ideal Ending.
6. Review the Greatest Dreams in your Ideal Ending and consider adding any new ones that you've recently become aware of or more connected to.
7. Make sure that both of your parents are mentioned in the beginning of your ELS after you talk about being born.
8. If you added any results to your ELS Intention or Greatest Dreams to your Ideal Ending, ask yourself if you need to add an Old Message to your Message List that gets in the way of you manifesting those results or dreams. If so, update your Message List to include the newly-identified Old Message and a New Message counterpart, using the instructions in chapter 10.
9. Are your Old and New Messages clear, concise, and complete opposites of one another? If not, adjust them.
10. Weave and balance any updated messages into your ELS using the instructions in chapter 11.

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11. Make sure each of the Old Messages on your list are clearly established in the beginning of your ELS.
12. Ensure that the connection between your parents and any Old Messages you picked up from them is clear.
13. Make sure that the evolution of each Old Message into its New Message counterpart is touched on in the middle of your ELS and then brought home in your Ideal Ending, in the message turnaround area.
14. If you updated your Greatest Dreams, ask yourself: *Is my current Story Core the best possible memory for helping me manifest my Greatest Dreams?* If not, revisit chapter 6 and create a new Story Core to replace the old one. You can still keep your previous Story Core in the story, you just may need to distill it and make sure that your new one is longer.
15. Read over your ELS to see if you notice any Trouble Spots. If so, address them using The Expand and Distill Technique described in chapter 11.
16. Do any of the relationships you discuss in your ELS feel heavy or unresolved? If so, write a set of ELS Letters regarding that person and then distill that area of your ELS.
17. Is every part of your ELS—apart from the Ideal Ending—written in chronological order? If not, edit as needed.
18. Make sure that the transitions between different life experiences are smooth.
19. Make sure that all of your Already Realized Dreams are represented in that area of your Ideal Ending.
20. Look at the New Reality Statement area of your Ideal Ending. Are you currently facing a challenge that is not addressed in that area? If so, recomplete your chapter 7 ELS Written Exercise and update your Ideal Ending, as needed. You can move the previous challenge that you've now overcome to Breakthroughs and Results, as well as the area describing what the ELS Method has done for you.
21. Review your Breakthroughs and Results to see if any need to be added to the area of your Ideal Ending where you describe what the ELS Method has done for you.
22. Schedule the next time you will update your ELS, using these same Instructions for Updating Your ELS, into your calendar, six months to a year from now.