

# WRITE YOURSELF INTO YOUR *Dreams*

## Master ELS Written Exercises

### Version 1.20

#### Chapter 1: My Commitment Statement

[type your commitment statement here, from your handwritten Chapter 1 ELS Written Exercise]

#### Chapter 2: My ELS Intention

[MM/DD/YY: type your ELS Intention here from your handwritten Chapter 2 ELS Written Exercise]

[MM/DD/YY: leave previous versions of your ELS Intention here, with the date, below your most current ELS Intention so that you can track its evolution over time]

#### Chapter 3: My 5-Page Freewrite

[type your 5-Page Freewrite here from your handwritten Chapter 3 ELS Written Exercise]

#### BREAKTHROUGHS AND RESULTS

[type your breakthroughs and results, beginning with those you experienced while writing your 5-Page Freewrite, and keep this list bulleted, where each entry begins with the date you experienced the breakthrough or results]

- [MM/DD/YY: breakthrough or result]
- [MM/DD/YY: breakthrough or result]
- [MM/DD/YY: breakthrough or result]
- Add as many entries as you need, using the same format as above...

[WWW.THEEVOLVINGARTIST.COM](http://WWW.THEEVOLVINGARTIST.COM)

## Chapter 4 ELS Written Exercise

### MOM QUESTIONS

1. What needs has your mom failed to fulfill for you?
2. What negative beliefs do you imagine you have about yourself as a result?
3. What needs of her own has she failed to fulfill for herself?
4. What negative things has your mom said to you?
5. Do you say any of those negative things to yourself?
6. What patterns has your mom modeled for you when it comes to coping with challenges?

7. In what ways do you emulate or react against what your mom modeled for you in coping with challenges?
  
  
  
  
  
  
  
  
  
  
8. If you're reacting against what your mom modeled for you in terms of coping with challenges, what other options might be available for you?
  
  
  
  
  
  
  
  
  
  
9. What has she explicitly said to you about coping with challenges (hers, yours, and/or in general)?
  
  
  
  
  
  
  
  
  
  
10. What patterns has your mom modeled for you when it comes to love and relationships?
  
  
  
  
  
  
  
  
  
  
11. In what ways do you emulate or react against what she modeled for you in love and relationships?
  
  
  
  
  
  
  
  
  
  
12. If you're reacting against what your mom modeled for you in love and relationships, what other options might be available for you?
  
  
  
  
  
  
  
  
  
  
13. What has your mom explicitly said to you about love and relationships (hers, yours, and/or in general)?

14. What has your mom modeled for you when it comes to how she relates to her dreams?
  
15. In what ways do you emulate or react against what she modeled about dreams?
  
16. If you're reacting against what your mom modeled for you about dreams, what other options might be available for you?
  
17. What has she explicitly said to you about realizing dreams (hers, yours, and/or in general)?
  
18. What are/were your mom's negative qualities, habits, and/or patterns?
  
19. In what ways do you emulate or react against her negative qualities, habits, and/or patterns?
  
20. In what ways do these negative qualities, habits, and/or patterns inhibit the realization of your dreams?

21. What positive qualities, habits, and/or patterns do you admire in your mom?
  
  
  
  
  
  
  
  
  
  
22. Which of these positive qualities, habits, and/or patterns could you benefit from emulating more strongly?
  
  
  
  
  
  
  
  
  
  
23. Complete your five-sentence Parent Freewrite about your mom.
  
  
  
  
  
  
  
  
  
  
24. Create the Parental Modeling Upgrade Statement for your mom.
  - a. Which three negative qualities, habits or patterns (out of all your responses to #1 through #22 above) most get in the way of your dreams? Write your answers below.
  
  
  
  
  
  
  
  
  
  
  - b. Which three positive qualities, habits or patterns (out of all your responses to #1 through #22 above) are most supportive of your dreams? Write your answers below.

c. Complete the following template, using your answers from above:

*Being born to my mom has given me the opportunity to overcome \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_ (insert your answers from #24a) and to  
embrace what she modeled for me in terms of \_\_\_\_\_, \_\_\_\_\_,  
and \_\_\_\_\_ (insert your answers from #24b).*

#### DAD QUESTIONS

1. What needs has your dad failed to fulfill for you?
2. What negative beliefs do you imagine you have about yourself as a result?
3. What needs of his own has he failed to fulfill for himself?
4. What negative things has your dad said to you?

5. Do you say any of those negative things to yourself?
  
6. What patterns has your dad modeled for you when it comes to coping with challenges?
  
7. In what ways do you emulate or react against what your dad modeled for you in coping with challenges?
  
8. If you're reacting against what your dad modeled for you in terms of coping with challenges, what other options might be available for you?
  
9. What has he explicitly said to you about coping with challenges (his, yours, and/or in general)?
  
10. What patterns has your dad modeled for you when it comes to love and relationships?
  
11. In what ways do you emulate or react against what he modeled for you in love and relationships?

12. If you're reacting against what your dad modeled for you in love and relationships, what other options might be available for you?

13. What has your dad explicitly said to you about love and relationships (his, yours, and/or in general)?

14. What has your dad modeled for you when it comes to how he relates to his dreams?

15. In what ways do you emulate or react against what he modeled about dreams?

16. If you're reacting against what your dad modeled for you in terms of dreams, what other options might be available for you?

17. What has he explicitly said to you about realizing dreams (his, yours, and/or in general)?

18. What are/were your dad's negative qualities, habits, and/or patterns?



19. In what ways do you emulate or react against his negative qualities, habits, and/or patterns?
20. In what ways do these negative qualities, habits, and/or patterns inhibit the realization of your dreams?
21. What positive qualities, habits, and/or patterns do you admire in your dad?
22. Which of these positive qualities, habits, and/or patterns could you benefit from emulating more strongly?
23. Complete your five-sentence Parent Freewrite about your dad.
24. Create the Parental Modeling Upgrade Statement for your dad.
- a. Which three negative qualities, habits or patterns (out of all your responses to #1 through #22 above) most get in the way of your dreams? Write your answers below.

b. Which three positive qualities, habits or patterns (out of all your responses to #1 through #22 above) are most supportive of your dreams? Write your answers below.

c. Complete the following template, using your answers from above:

*Being born to my dad has given me the opportunity to overcome \_\_\_\_\_,  
 \_\_\_\_\_, and \_\_\_\_\_ (insert your answers from #24a) and to  
 embrace what he modeled for me in terms of \_\_\_\_\_, \_\_\_\_\_,  
 and \_\_\_\_\_ (insert your answers from #24b).*

25. Add any significant breakthroughs or results that you experience under the Breakthroughs and Results area of your *ELS Written Exercises* document.

## Chapter 5: ELS Letters List

[type your ELS Letters List here]

## Chapter 6: ELS Written Exercise

1. Write your List of Positive Memories by hand, including as many as you can think of.

2. Circle the two to three memories on your List of Positive Memories that feel best and most supportive of your ELS Intention.
  
  
  
  
  
  
  
  
  
  
3. Potential Story Cores:  
  
[type your two to three potential Story Core freewrites here]
  
  
  
  
  
  
  
  
  
  
4. Add any significant breakthroughs or results that you experience under the Breakthroughs and Results area of your *ELS Written Exercises* document.

## Chapter 7 ELS Written Exercise

1. Name your Greatest Current Challenge, using negative language.
  
  
  
  
  
  
  
  
  
  
2. Identify the Root Experience behind your Greatest Current Challenge by answering these two questions:  
Why do you imagine you have this problem? And what Root Experience is underlying it?
  
  
  
  
  
  
  
  
  
  
3. What do you want instead of this problem? Be sure to use positive language.

4. What might happen that is *negative* if you get what you want instead of this problem?
  
5. What might happen that is *positive* if you get what you want instead of this problem?
  
6. What truly positive thing does this problem *allow* you to have?
  
7. What truly positive thing does this problem *prevent* you from having?
  
8. What gift or growth opportunity does this problem offer you?
  
9. Craft your Fairy Tale Freewrite by hand on a separate sheet of paper, where the main character (a fantasy version of yourself) overcomes their Greatest Current Challenge (which represents your own).
  
10. Distill the main lesson or wisdom from your Fairy Tale Freewrite into one sentence.

11. Create a New Reality Statement, by filling in the following template with your answers from above:

*Lately, I've been facing the challenge of \_\_\_\_\_ (insert answer from #1/the challenge). And I can see that \_\_\_\_\_ (insert answer from #2/the root of the challenge). And I can also see from where I am now that the gift in this challenge is \_\_\_\_\_ (insert answer from #8/the growth opportunity) and that the opportunity before me is to both have \_\_\_\_\_ (insert answer from #6/what the challenge allows you to have) AND \_\_\_\_\_ (insert answer from #7/what the problem prevents you from having) where \_\_\_\_\_ (insert answer from #5/what might happen that is positive). And I understand that \_\_\_\_\_ (insert your response to #10/the moral of your Fairy Tale Freewrite).*

## Chapter 8 ELS Written Exercise

1. Write your Big Dreams List below.
  
2. Describe the setting of your ideal funeral, memorial, or celebration of life and name the person you'd like to see deliver your eulogy.

3. Best Possible Eulogy

[type your Best Possible Eulogy here]

4. Identify your Greatest Dreams (those few that feel most important to you now, after having written your Best Possible Eulogy).
  
5. Write your Already Realized Dreams List.
  
6. Add any new breakthroughs or results that you experience under the Breakthroughs and Results area of your ELS Written Exercises document, beginning each entry with the date.

### Chapter 9, 10, 11, and 12 ELS Written Exercises

These will be completed in a new document titled My ELS which you create following the instructions in chapter 9.