

WRITE YOURSELF INTO YOUR *Dreams*

A Step-By-Step Example of How an ELS Intention Evolves

In the following step-by-step example, you'll see how my client Holly's ELS Intention became progressively stronger through five different edits, with an explanation of what we changed each time, and why. Each important change was a result of my making sure that she'd followed the chapter 2 Instructions for Crafting Your ELS Intention.

Version 1: *Writing my ELS is an adventurous process and results in my feeling inspired and motivated to learn more about music.*

This was a great first draft! However, I realized in reading the first draft of Holly's ELS Intention that her Ideal Reader (someone with no previous knowledge of her personal history) would never know by reading it that she was already a professional musician, and had been for decades! When I asked her if the results inside of this version felt like a stretch her (to ensure she was following #12 on the Instructions for Crafting Your ELS Intention), she admitted that they didn't. I also asked if she was afraid that the ELS Process would be boring (since "boring" is the opposite of "adventurous" and the first part of her ELS Intention was meant to counter any fears that she had about the process). She said she wasn't really afraid it would be boring, but was afraid of losing direction and not putting her energy in the right place. She was also afraid that nothing would change as a result of writing her ELS. So we edited the beginning of her ELS Intention.

Version 2: *Writing my ELS is a focused and successful process that results in...*

Next, it was time to look at Holly's internal results. I noticed as we were speaking that she had a lot of back-and-forth going on when she answered my questions, which indicated that she had a lot of back-and-forth going on in her head. She'd just spent the weekend recording with a well-known producer and overheard him telling someone how talented she was.

Part of her was feeling lit up and inspired by what she'd heard the producer say, because she did want her talents to be more recognized and utilized, but another part of her was afraid to *write* that into her ELS Intention. She was afraid that if her talents were more recognized and utilized, she would become more confident, but in an egotistical way. I asked her what *kind* of confidence she wanted instead, and she said "humble confidence," so that became her internal result (which would also be supportive of the external result she most wanted). So the next version became:

Version 3: *Writing my ELS is a focused and successful process that results in my feeling humble confidence and having my talents be fully recognized and utilized.*

Then, I asked her if the original result she'd written, *motivated to learn more about music*, was something she wasn't currently experiencing, or experiencing to the degree that she would like, and she admitted that she *was* already motivated to learn more about music. It wasn't a stretch, and it wasn't what she wanted *most* right now either, so we took it out. I asked her: "If a genie fell down out of the sky and could grant you any wish for what you want in terms of your music, what would you want?" She said what she *really* wanted was to know her true place in the music industry and step into it. So the next version became:

Version 4: *Writing my ELS is a focused and successful process that results in my feeling humble confidence, having my talents be fully recognized and utilized, and stepping into my true place in the music industry.*

Next, we worked on her external results a little more. I asked her if there were any other tangible results she most wanted to experience, and she said she wanted to collaborate and perform with other well-known artists. She immediately followed that up with: "But am I just kidding myself? Would anyone want me?" I gently let her know that her questions and fears would change as she moved forward with the ELS Method. But for now, we needed to write down those things that felt like a stretch *despite* her fears. In other words, she didn't need to believe that the tangible results, or dream, that she wrote into her ELS Intention could actually come true right now, she just needed to *want* to believe that they could. So the next evolution was:

Version 5: *Writing my ELS is a focused and successful process that results in my feeling humble confidence, having my talents be fully recognized and utilized, collaborating and performing with other well-known artists, and stepping into my true place in the music industry.*

When I read this version aloud to her, she said, "Wow, that's insane!! In a good way." But then she said it also sounded scary, which meant we were right on track. This fourth version was very different from the first version, which didn't really move her at all. Then I asked, "So, would you like to be collaborating and performing with other well-known artists for a living? Because we don't have anything in here about money." She paused and then said, "Okay, sure! Yeah, I would!" So the next version was:

Version 6: *Writing my ELS is a focused and successful process that results in my feeling humble confidence, having my talents be fully recognized and utilized, making six figures collaborating and performing with other well-known artists, and stepping into my true place in the music industry.*

When she heard it, she said, “That’s crazy!! I love it!! I can’t believe we came up with something so pointed and powerful!!” She also pointed out how serendipitous it was that right before our session, she had the recording session with the well-known producer which stirred up all of these new possibilities for her music career. She recognized it as evidence that the Universe was indeed bending over backwards to bring her the experiences she needed in order to get really clear about her ELS Intention.

So, be sure to have a trusted friend or writing partner do for *you* what I did for Holly in this session: go through the Instructions for Crafting Your ELS Intention, one-by-one, and make sure that each was followed (or double or triple check the instructions yourself). The more aligned your ELS Intention is with those instructions, the more powerful and immediate your breakthroughs and results will be!