

# WRITE YOURSELF INTO YOUR *Dreams*

## Best Practices for Each Chapter

The following best practices for each chapter will set you up for success with the ELS Method.

### 1. WRITE BY HAND, THEN ON COMPUTER.

Every chapter has its own ELS Written Exercise and it's important to complete these exercises by hand, for several reasons. First, it's more relaxing to write by hand than to type on a computer, and doing so gives you more access to the parts of your brain that process emotion. Also, writing by hand is generally slower, giving you more time for self-reflection. Once you finish writing each exercise by hand, you'll type your responses into a document, titled *ELS Written Exercises*. The reason it's so important to alternate between writing by hand and typing on the computer is that you will always see things one way that you don't the other, which means more opportunities to experience breakthroughs and evolve your perspective. Typing your ELS Written Exercises also makes it easier to receive and incorporate written feedback, and it's also necessary for using the Copy and Paste ELS Template to assemble your ELS in chapter 9.

### 2. READ EACH CHAPTER TWICE.

It's a good idea to get in the habit of reading each chapter before *and* after completing each of your ELS Written Exercises. Upon reading a chapter for the first time, you'll gain only an *intellectual* understanding of the information; after completing your ELS Written Exercise, you'll have an *experiential* understanding of the material, as well. When you read the chapter a second time, you'll see things you missed the first time and gain an even deeper understanding of the content that will expand your success.

### 3. VISIT THE ELS RESOURCE BANK.

The ELS Resource Bank is a free online library, which you can join at [www.TheELSRResourceBank.com](http://www.TheELSRResourceBank.com), where I'll provide you with supplemental resources to enhance your ELS Journey. In it, you'll find downloadable versions of the ELS Written Exercises (with instructions to make handwriting each exercise easier), as well as a *Master ELS Written Exercises* document to make it simple to type your ELS Written Exercises into one place. You'll also see call-out boxes throughout the book that describe additional downloads that are available "in the bank."

#### 4. RECEIVE FEEDBACK<sup>1</sup>.

The primary purpose of getting feedback on your ELS Written Exercises, from a trusted friend or writing partner, is to make sure that you *stay on the path* and follow the instructions. It's *not* (let me reiterate: NOT!) to give you advice. So much gets revealed about your psychology while using the ELS Method that it becomes very easy—and tempting—for anyone who looks at your ELS Written Exercises to try to psychoanalyze or “fix you.” This unsolicited advice would be a distraction from the process, so it's crucial for anyone who provides you with feedback to understand what their primary role is (to ensure that you follow the instructions). It's also crucial for you to choose a trusted friend or writing partner who won't try to “bring you back to reality” after learning about your dreams, or project their own limitations onto you. It doesn't matter if you want to become a ballerina in your eighties or build a rocket ship in your backyard—if someone tries to limit you, share this paragraph with them, and if they still aren't able or willing to be supportive, please find someone else to provide you with feedback.

#### 5. REVIEW YOUR ELS INTENTION IN CASE IT NEEDS AN UPDATE.

As I mentioned in chapter 2, your ELS Intention is a moving target, meant to continually evolve as you move through the process. That's why it's so important to make updating it a best practice for each chapter, revisiting the Instructions for Crafting Your ELS Intention, as needed. Every time you experience a breakthrough—such as a dream you've been out of touch with or an old pattern you weren't previously aware of—you may need to update your ELS Intention, adding a new result or replacing an existing result with a more compelling one.

#### 6. RECORD YOUR BREAKTHROUGHS AND RESULTS.

The next best practice is recording the breakthroughs and results you experience under a header called “Breakthroughs and Results” at the bottom of your *ELS Written Exercises* document. Breakthroughs are realizations that you have about the story of your life at any time while using the ELS Method. They can happen while writing or reflecting on your story, but they can also happen while doing things that feel completely unrelated to the ELS Method, like driving, taking a shower, or having a conversation with a friend. Results are tangible improvements that were written into your ELS Intention before they manifested in your life, or improvements that feel related to the breakthroughs you've experienced. Breakthroughs and results are powerful on their own, but integrating them into your story—as you'll do in later stages—will greatly magnify their impact. It's important to record breakthroughs and results right when they happen so you don't forget them, because they'll play an important role in later stages of the process.

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<sup>1</sup> You *can* use the ELS Method on your own. If you decide to go that route, double or triple check your ELS Written Exercises to make sure you followed the instructions. You'll always find some way in which you skipped off the path, and getting back on the path is key!