

WRITE YOURSELF INTO YOUR *Dreams*

Chapter 12 ELS Written Exercise

Version 1.20

Before you begin, create a sacred, comfortable space to work. Turn off your devices and make sure you won't be interrupted for at least an hour. Open your *My ELS* document, read your ELS Intention and update it if needed, and then complete the following:

1. Craft your Ideal Ending, using The Instructions for Crafting Your Ideal Ending.

2. Strengthen your ELS by reading it aloud, playing with the wording, and making sure it's written in your own voice. Also, spend some time cutting any extraneous words, sentences or paragraphs that don't relate to your Old and New Messages.

3. Edit your ELS again, using each of the following:
 - a. The Instructions for Basic Edits to Your ELS from chapter 9 (you'll need to make sure that your ELS stays tidy, clear and in chronological order as it changes)

- b. The ELS Written Exercise instructions for chapters 10 (your messages will need to be fine-tuned after having made more changes to the story)

 - c. The ELS Written Exercise instructions for chapter 11 (your story will then need to be fine-tuned again after having made more changes to the messages)

 - d. The ELS Written Exercise instructions for chapter 12 (your Ideal Ending will need an update to reflect changes to your messages).
4. Have a trusted friend or writing partner provide you with feedback to ensure that you followed the Instructions for Crafting Your Ideal Ending.

 5. Complete ELS Letters with any remaining people on your ELS Letters List.

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

Instructions for Crafting Your Ideal Ending

Currently, the end of your ELS is dangling; it ends somewhat randomly, wherever your Five-Page Freewrite ended, or with a memory that you added in chapter 11. Now, it's time to give your ELS a proper ending. While crafting your Ideal Ending is a fairly simple process, it's also a very powerful one. Once crafted, your Ideal Ending will make you feel more optimistic about your dreams coming true than ever and it will open a portal between the present and the future, where your Greatest Dreams really do come true.

1. SET THE STAGE.

Add a sentence to your ELS, chronologically, about what inspired you to begin using the ELS Method. For example, you might write, *I was feeling so stuck and wanted to finally record my album, when a friend told me about this story process.* Then, follow that sentence with descriptions of the most significant shifts you have experienced, from the *Breakthroughs and Results* section, in the order that you experienced them. Writing about the life-changing benefits of your ELS inside of your ELS will strengthen your Dream Continuum, reinforce your belief in the power of your story, and inspire you to update your ELS in the future so it can help you overcome new challenges just as it helped you to overcome previous challenges in the past.

2. REFRAME YOUR GREATEST CURRENT CHALLENGE.

Next, you'll copy and paste your New Reality Statement (#11 from your chapter 7 ELS Written Exercise) into your Ideal Ending. When you look back, you may be surprised to realize that the ELS Method has already helped you to overcome the challenge inside of your New Reality Statement. If so, yay! Now complete your Chapter 7 ELS Written Exercise again, using the Greatest Current Challenge that you are *now* facing, and copy that *newer* New Reality Statement into your Ideal Ending, instead (you can keep the previous one in your ELS Written Exercises document). Whatever challenge you're now facing, you'll experience a boost of optimism by addressing it with a New Reality Statement. Just be sure to include the Root Experience (that underlies your Greatest Current Challenge) chronologically in your ELS, as you were instructed to do in chapter 9. While the New Reality Statement itself reframes your Greatest Current Challenge, incorporating it in your Ideal Ending will place it securely along your Dream Continuum and reframe it further still—the power of your challenge will weaken and you will grow certain of your ability to overcome it.

3. FREE YOURSELF TO DIVERGE FROM YOUR PARENTS' STORIES.

Next, you'll add the sentence, *I can see now that being born to my parents uniquely prepared me to realize my Greatest Dreams.* Then, follow it with your Parental Modeling Upgrade Statements (#24c from your chapter 4 ELS Written Exercise for each parent). If you've already included breakthroughs in your Ideal Ending that communicate the same information that's in your Parental Modeling Upgrade Statements in a different way, you can distill, reword, or cut the Parental Modeling Upgrade Statements to avoid redundancy—but only if you've already included this information elsewhere! In order for the younger aspects of you to feel free to be *less* like your parents in negative ways, you have to provide them with ways to be *more* like your parents in

positive ways. Incorporating your Parental Modeling Upgrade Statements into your Ideal Ending will provide you with an internal sense of permission to allow the story of your life to diverge from your parents' stories in whatever ways serve you best.

4. TURN YOUR MESSAGES AROUND.

In chapter 11, you established your Old Messages in the beginning of your story. Now, you'll mention each Old Message again, and then reference the experiences in your life (which are already previously described in your ELS) that seemed to reinforce the Old Message. After that, you'll write the corresponding New Message and cite evidence for why it's actually more true than the Old Message. For example: *For a long time, I told myself, "I have to stay under the radar to be safe" [Old Message]. And I did that by staying in friend groups with people who stay small and constantly switching the focus of my career so that I didn't have the opportunity to excel [examples of how the Old Message lived on for you]. But the truth is, "I'm actually safest when I'm seen and when I speak my mind" [New Message]—just as I've seen when I joined a mastermind group with other powerful women, and when I committed to my niche [evidence for New Message, which is described previously in your ELS].* Repeat this same formula for each set of messages, pivoting the power from Old Messages to New Messages.

5. REFLECT ON YOUR ALREADY REALIZED DREAMS, IN WRITING.

In chapter 9, you made sure that the dreams on your Already Realized Dreams List were included in your ELS, chronologically. Now, you'll incorporate those Already Realized Dreams into your Ideal Ending to further strengthen your Dream Continuum, remind yourself of what a powerful manifestor you are, and increase your faith that your current dreams will also come true. Copy the following statements into your Ideal Ending, and fill in the blanks with your Already Realized Dreams (from #5 in your chapter 8 ELS Written Exercise): *Looking back over my story, I can see that so many of my dreams from the past have come true in greater ways than I could have imagined. Since I was a little kid, I dreamt of _____ and then that dream came true. I dreamt of _____ and I did. For years, I dreamt of _____ and then it happened. I dreamt of _____ and did that, too.* Add as many similar statements as necessary to account for all of your significant Already Realized Dreams. It's important that any Already Realized Dream that you reference in your Ideal Ending is described earlier in your ELS, when it manifested, so that your Ideal Ending makes sense and has a powerful impact on you.

6. FORESHADOW THE MANIFESTATION OF YOUR GREATEST DREAMS.

Your Ideal Ending, and therefore your entire ELS, will end with a clear and simple foreshadowing of your Greatest Dreams coming true—they are the pinnacle of your Dream Continuum. Copy the following statement into your Ideal Ending, and fill in the blanks with your Greatest Dreams (from #4 in your chapter 8 ELS Written Exercise):

I can see now that even—and especially—when it may not look like it at first, Source really is working everything out beautifully for me right now, and making my Greatest Dreams come true. And from where I am now, I have so much to look forward to. I look forward to _____ and _____. And I look forward to _____, _____, and _____.

It's very important to include each of the pieces in your Ideal Ending that I just described, but it's also important that they're written in your own voice. So, feel free to play with the words I've provided to make them your own, until your Ideal Ending flows and feels like the way you would say it to a friend.