

WRITE YOURSELF INTO YOUR *Dreams*

Chapter 2 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. Read your ELS Intention aloud, and update it, if needed. Using a pen and paper, write your responses to the following questions by hand.

1. What fears or concerns do you have about how the process of using the ELS Method will go for you?
2. How would you ideally like to experience the process instead?
3. What specific internal results would you like?
4. What specific external results would you like?
5. Are there any other internal results that you need to experience in order for your external results to come true? If so, adjust your answer to #3 above.

6. Using the template below, create your ELS Intention.

Writing my ELS is a _____ (insert your answer from #2) process that results in my feeling _____ (insert your answers from #3); and _____, _____, and _____ (insert your answers from #4).

Example:

Writing my ELS is a deeply engaging and inspiring process that results in my feeling happy and peaceful every day; being happily married to the love of my life; having a deeply loving home; and making seven figures a year producing films that change the world.

7. Have a trusted friend or writing partner provide you with feedback to ensure that you followed the instructions for this ELS Written Exercise.

8. Open your *ELS Written Exercises* document and below your Commitment Statement, type the header “My ELS Intention, Today’s Date” and type your ELS Intention underneath. Alternatively, if you’re using the *Master ELS Written Exercises* document, just type your ELS Intention into the space provided.

Instructions for Crafting Your ELS Intention

You'll craft your ELS Intention by filling in the blanks of the following template: *Writing my ELS is a _____ process that results in _____, _____, _____, and _____.* You'll simply fill in the first blank with the kind of process you want to have, and the next blanks with the internal and external results you would like. A completed example looks like this: *Writing my ELS is an enlightening process that results in my feeling totally confident in myself, recording an album, going on tour, and being happily married to the love of my life.* Here's a more detailed list of instructions for crafting an optimal ELS Intention:

1. DESCRIBE HOW YOU WANT TO EXPERIENCE THE PROCESS.

The best way to describe how you want to experience the ELS Method is to start with describing how you *don't* want to experience the process, or in other words, how you're afraid the process might go. Let's say you've bought a lot of self-help books in the past that you never finished, so you're afraid you won't finish this book either, and therefore won't finish your ELS, itself. You can counteract that fear by stating, *Writing my ELS is a deeply engaging process*, because when that is true, you *will* complete it. Ask yourself, *What am I afraid of feeling or experiencing in this process?* And then write into your ELS Intention what you want *instead* of that fear. Choose words that directly contradict any fears you have about how the process might go. If you're afraid the process will be a drag, claim that it will be energizing. If you're afraid that the changes brought about by the ELS Method will be too abrupt, claim that the process will be gentle. If you're afraid that it won't work for you, claim that it will. Try to use no more than two words when describing the way in which you want to experience the process, because the more concise your ELS Intention is, the more powerful it will be.

2. NAME THE INTERNAL RESULTS YOU WANT TO EXPERIENCE.

Internal results are changes that you experience inside of yourself, such as changes in how you feel and what you believe. For example, one of my clients had a strong pattern of not listening to her intuition, relying instead on the advice of others. She didn't want the ELS Method to reinforce her pattern of prioritizing external advice over internal knowing. I told her that while yes, the ELS Method was designed by someone else—and following it *could* be seen as taking outside advice—it was designed to give her greater access to her own inner wisdom. So, she added the following internal result to her ELS Intention: *prioritizing my intuition over outside advice*. It's important to choose internal results that describe the opposite of any long-standing negative, internal patterns you may be struggling with. If you have a deep-seated pattern of putting others' needs before your own, your main internal result might be: *having the courage to put myself first*. If you're always down-playing

your personal successes, the main internal result you describe might be: *appreciating and valuing my own accomplishments.*

3. NAME THE EXTERNAL RESULTS YOU WANT TO EXPERIENCE.

External results are the more tangible things you want, and they usually fall into the categories of love, success, money, and creativity. Examples include: *being in the best shape of my life, starting a family, becoming a bestselling author, earning six figures as an actress, recording my first album, and founding a non-profit for protecting the rainforest.* An external result can be anything your heart desires, as long as it's tangible and specific. For example, financial goals are best described using numbers so that it's easier to know when you've achieved them, as in *earning 100k a year*, instead of *making good money*. If you have a fitness goal, write down your ideal weight, body fat index, or how many miles you want to be able to run, instead of just *having great health.*

4. REVISIT YOUR INTERNAL RESULTS AFTER NAMING YOUR EXTERNAL ONES.

After you clarify the external results you want, revisit your internal results to see if they need to be updated to better support your external results. For example, if one of your external results is to be a published author, ask yourself if anything needs to shift internally for you to achieve that external goal and if so, include it in your ELS Intention. You may have originally written *confidence* as the internal result you wanted, but realize that when you become an author, you'll need to do book readings, and you're terrified of public speaking. If that's the case, you could update your internal result to be: *feeling relaxed and confident while speaking to an audience.*

5. ESSENTIALIZE YOUR RESULTS.

It's common for the first draft of your ELS Intention to include a long list of internal or external results, but an overly long ELS Intention is actually a sneaky way to dilute your power and skip off the path. If your first draft is long, spend some time marrying similar words and phrases, choosing those that can best stand in for others. Here's an example of a lengthy first draft: *I want to stop doubting myself and being my own worst enemy. I want to stop torturing myself and telling myself how bad, ugly, and worthless I am. I want to be my own best friend. I want to encourage myself and feel confident that I can achieve my dreams and feel confident that I'm worthy and deserving of them.* An essentialized version of the above might be: *Writing my ELS is a successful process that results in my feeling confident that I can achieve my dreams and becoming my own best friend.* Notice that in the essentialized version, none of the initial results were left out, they were merely referred to in fewer words. When your intention is this concise, you may even find yourself reciting it in your mind when you're driving down the

road or washing dishes—which makes it even more powerful. Also, remember that you can include results in many areas of your life, such as your career, health, and relationships, just take the time to ensure each result is described concisely.

6. USE POSITIVE LANGUAGE.

Your unconscious mind and Source don't hear negative qualifiers, like "never," "no," "un," "non," or "stop;" they hear the words that negative qualifiers are *attached to*. The Titanic, for example, was heralded across the globe as being "unsinkable." However, the focus of that word is actually *sinkable*... and we all know how that story ended. That said, negative language—describing what you *don't* want—is a great place to begin when clarifying what you *do* want. If you have difficulty coming up with positively-worded internal and external results that you're excited about, start by describing what you're tired of experiencing in your life and then turn it around. For example, you can turn *being sick* into *feeling healthy and vibrant*. You can turn *being in debt* into *being financially solvent*. And you can turn *never having another dead-end relationship* into *being happily married to the love of my life*.

7. BE VERY SPECIFIC!

If you put *vague* out to Source, you'll get *vague* in response. So, instead of writing vague results, like *creative success*, *financial freedom*, and *dream career*, specifically describe what each of those things look like for you. To make *creative success* more specific, ask yourself, *If I did have creative success, how would I know it? What would I be doing?* The meaning of creative success can be vastly different for different people. For one person, it could mean *carving a totem pole* and for another, *touring the country as a stand-up comedian*. It's much easier for Source to help you manifest results when you are ultra specific in your ELS Intention.

8. WRITE SIMPLY.

It can be tempting to write your ELS Intention in a poetic and flowery way, as in, *Writing my ELS frees me to delve into the deepest depths of my hindered soul, freeing myself to shatter all misconceptions and rise victorious above all barriers...* you get the picture. It's hard to point out anything "wrong" with such poetic and flowery statements, however, they're actually a sneaky way of being vague, and therefore skipping off the path. Remember, the point of your ELS, and therefore your ELS Intention, is personal transformation, not to impress anyone; so describe the results you want to experience as simply and directly as you can.

9. FOCUS ON THE RESULTS (NOT ON HOW THEY WILL MANIFEST).

Another trap you can fall into when creating your ELS Intention is getting hung up on *how* your results will manifest. You don't have to have any earthly idea how they will manifest; you just have to know what you want. When you get attached to the "how," you close yourself off from allowing your dreams to arrive in unexpected ways, and Source is notorious for bringing you what you want in more creative ways than you can imagine! That's because it knows—so much better than one person ever could—all of the available options for manifestation. You'll know that you've fallen into the trap of getting hung up on the "how" if you notice any "so that" clauses in your ELS Intention. "So that" clauses put unnecessary conditions on manifesting your results by trying to control the order in which they come to you. For example: *Writing my ELS is an enlightening process that results in my feeling good about myself, so that I can finally make good decisions in love, so that I can finally have the relationship I've always wanted.* That ELS Intention would best be re-written as: *Writing my ELS is an enlightening process that results in my feeling good about myself, making good decisions in love, and having the relationship I've always wanted.*

10. COUNTER YOUR FEARS.

It's common to feel resistant to naming what you want in your ELS Intention, because you're afraid of what might happen that's *negative* if you get what you want. If you notice that you're tiptoeing around naming an ideal result, ask yourself, *What might happen that's negative if I get this particular result that I want?* While that might sound like a ridiculous question at first, if you sit with it, the answer will come. Then, write down what you're afraid of, and write *the opposite of that* into your ELS Intention. Let's say you're afraid that your marriage will suffer if your career takes off. You can counter that fear in your ELS Intention by declaring, *My marriage gets even stronger as my career takes off.*

11. ALLOW FOR ABUNDANCE.

The reason you even *have* fears like the ones we just discussed in #10 above, is that you're a product of our culture. As we talked about in chapter 1, lack mentality is a pervasive problem in our culture. Most of us have been taught since birth that we can have only *one* of what we want—whether it's *one* piece of candy, *one* favorite color, or *one* creative passion. The cult of "just one!" makes it incredibly common to feel afraid that you'll pay the price if you ask for too much and have to choose one thing that's important to you over another. Let's say that when you write down wanting to be married to the love of your life, you feel a strong fear that you'll have to give up your career as a singer to have that kind of relationship. The solution is to create an ELS Intention that includes *both* things you want. Doing so helps you reverse the belief that you have to choose, and allows you to build a story where you

can have it *all*. For example, you could write, *Writing my ELS is an engaging process that results in my being with the love of my life and having the singing career of my dreams*. Including two results that used to feel mutually exclusive will open you to the possibility of having true abundance.

12. MAKE SURE YOUR ELS INTENTION STRETCHES YOU.

Make sure that the results you list in your ELS Intention are those that you *most want to manifest right now*—things that you aren't already experiencing, or that you aren't experiencing to the degree you would like. If one of your desired results is *being on TV*, ask yourself, *Have I already been on TV?* If the answer is yes, then this result isn't stretching you to create something new. Perhaps what you really want is a more prominent role, such as a series regular on a major network. It's very common to name things in your ELS Intention that are *close* to what you want, but tiptoe around your true ideal. You know you're doing this when you read your ELS Intention and it doesn't move you emotionally. If it falls flat, just ask yourself, *What drew me to this process in the first place? What was I most wanting to change?* Even further, ask yourself, *If a genie fell down out of the sky right now and could grant my any wish, what would I wish for?* You have to be honest with yourself in order to craft an ELS Intention that pushes the boundaries of what's possible for you. You'll know you've achieved that when reading your ELS Intention makes you ask yourself—with both excitement and a little fear—*Is this even possible?* You'll know that you've stretched yourself even more when reading your ELS Intention moves you to tears.