

WRITE YOURSELF INTO YOUR *Dreams*

Chapter 3 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. Then, complete the following:

1. Write your 5-Page Freewrite by hand on separate sheets of paper, using the Instructions for Writing Your 5-Page Freewrite.
2. After you've completed your 5-Page Freewrite, take a break, and then read over your story. What new awareness have you gained? What limiting beliefs or patterns do you notice? Write your realizations down underneath your 5-Page Freewrite.
3. Open your *ELS Written Exercises* document and under your ELS Intention, write the header "5-Page Freewrite, Today's Date" and type your 5-Page Freewrite underneath.

4. Below that, type the heading “Breakthroughs and Results,” and follow it with a bulleted list of the realizations that you wrote by hand in answer to question #2 above. Also, record any results you’ve experienced since beginning the ELS Method. Make sure each breakthrough and result you list starts with the date it occurred, as having your breakthroughs and results in chronological order will be important later.

5. Review your ELS Intention and consider updating the internal or external results you’d like to experience with any new desired results that you got in touch with while writing or reflecting on your 5-Page Freewrite.

6. Ask a trusted friend or writing partner for feedback on your 5-Page Freewrite, remembering that it will be easier for them than it is for you, to spot overarching patterns that you haven’t been able to see because of how close you are to your story.

Instructions for Writing Your 5-Page Freewrite

Your 5-Page Freewrite is the short version of your life history, from birth to present, which reveals the dominant, unconscious narrative that's currently reigning in your mind. The events you'll write about will be subconsciously linked to repeating patterns in your life that you'll need to become aware of, and transform, in order to realize your dreams.

1. SET A TIMER FOR ONE HOUR.

Before writing your 5-Page Freewrite, you'll set the intention to write a 5-page story, in one continuous flow, and you'll set a timer to complete the exercise in one hour. If it feels impossible to fit all the details of your entire life story into a mere five pages, you're right—it's not possible. But that's the point. Your system will naturally prioritize what to include in those five pages, and you'll learn as much about yourself from what you *leave out* of your 5-Page Freewrite as from what you *include*. And because your aim is to cover your entire abridged history in only five pages, it'll be obvious when you've gone off on a tangent and you'll naturally get back to moving the story forward at a steady pace. The length and time-limit of your 5-Page Freewrite are important; they're safeguards built into the ELS Method to eliminate the possibility that writing your story will make you feel worse instead of better.

2. DON'T STOP TO THINK.

As we already talked about, freewriting your story is liberating because it takes all of the pressure off of you, but it's also imperative not to plan what you'll write ahead of time, or stop to think while you're writing. To get an honest snapshot of what's happening behind the scenes of your mind, you need to see the most uncensored version of the story that you're carrying inside—the one that naturally comes out on paper when you *don't* stop to think about it. If, as you're freewriting, you realize that you missed something important on the timeline, it's fine to briefly mention—out of chronological order—what you left out, but don't sit there and try to think of things you may have missed. And if you find yourself debating the truth of what you're writing as it comes out of your pen, just notice that internal questioning and keep moving forward. For example, if you're writing the sentence, *I was a really good girl when I was little*, and you notice yourself wondering if that's true, don't try to figure out the answer. You can write, *Wait, I'm not sure that's true*, but then move on and write about what happened next. Later chapters are specifically designed to help you discern what's most true for you. For now, what's most important is to see what does or doesn't automatically come out of your pen.

3. WRITE IN CHRONOLOGICAL ORDER.

It's common to want to skip around in chronological time as you write your 5-Page Freewrite, especially because foreshadowing and flashbacks are storytelling tools you see in books and movies all the time. But I don't advise you to skip around chronologically in this version of your story or in your ELS itself, once it's assembled in chapter 9. Moving back and forth in time is another way to skip off the path, because it can muddy up the story and make simple truths hard to see. If you notice yourself breaking from chronological order as you

write your 5-Page Freewrite—such as by immediately following an embarrassing childhood memory with a comment about what you currently feel the meaning of that experience was for you—get back on track by writing about the events of your life, in chronological order, without reflecting on them from your current vantage point. There is a time and place for such reflections later in the process.

4. WRITE FOR YOUR IDEAL READER.

Before you begin, imagine that you'll be writing for your Ideal Reader—someone who is empathetic, nonjudgmental, and has no previous knowledge about your history. Writing for your Ideal Reader will help you write the simple truth about what's happened in your life and how you feel about it. Your ELS is for *you*, but when you imagine writing it for a completely empathetic witness, your story will come out more clearly and honestly than it would if you wrote it for your eyes only. If you can't think of someone like this, feel free to choose me as your Ideal Reader. I may not read your story in real time, but I'd be happy to stand in energetically as your witness, and I promise I won't judge.

5. DON'T EDIT (YET).

It's important to resist the temptation to edit your 5-Page Freewrite in this stage, either while you're writing it or before moving on to the next chapter. The point of this chapter is to get an inside view of the story that's running your life so that it can begin to evolve—it has nothing to do with creating a great piece of literature or even a cohesive story. The story that comes out of you may be confusing, choppy, or incoherent, and that's totally fine! Resist the temptation to go back and change things about your 5-Page Freewrite that you don't like, especially because removing negative experiences from your written story won't erase them from the story that's inside of you. You won't be able to transform these experiences and their effect on you (in later chapters) if you've already erased them. For now, simply reveal and reflect on your old story—as it is.