

# WRITE YOURSELF INTO YOUR *Dreams*

## Chapter 4 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:

#### MOM QUESTIONS

1. What needs has your mom failed to fulfill for you?
2. What negative beliefs do you imagine you have about yourself as a result?
3. What needs of her own has she failed to fulfill for herself?
4. What negative things has your mom said to you?

5. Do you say any of those negative things to yourself?
  
6. What patterns has your mom modeled for you when it comes to coping with challenges?
  
7. In what ways do you emulate or react against what your mom modeled for you in coping with challenges?
  
8. If you're reacting against what your mom modeled for you in terms of coping with challenges, what other options might be available for you?
  
9. What has she explicitly said to you about coping with challenges (hers, yours, and/or in general)?
  
10. What patterns has your mom modeled for you when it comes to love and relationships?
  
11. In what ways do you emulate or react against what she modeled for you in love and relationships?

12. If you're reacting against what your mom modeled for you in love and relationships, what other options might be available for you?
  
13. What has your mom explicitly said to you about love and relationships (hers, yours, and/or in general)?
  
14. What has your mom modeled for you when it comes to how she relates to her dreams?
  
15. In what ways do you emulate or react against what she modeled about dreams?
  
16. If you're reacting against what your mom modeled for you about dreams, what other options might be available for you?
  
17. What has she explicitly said to you about realizing dreams (hers, yours, and/or in general)?
  
18. What are/were your mom's negative qualities, habits, and/or patterns?

19. In what ways do you emulate or react against her negative qualities, habits, and/or patterns?

20. In what ways do these negative qualities, habits, and/or patterns inhibit the realization of your dreams?

21. What positive qualities, habits, and/or patterns do you admire in your mom?

22. Which of these positive qualities, habits, and/or patterns could you benefit from emulating more strongly?

23. Complete your five-sentence Parent Freewrite about your mom.

24. Create the Parental Modeling Upgrade Statement for your mom.

a. Which three negative qualities, habits or patterns (out of all your responses to #1 through #22 above) most get in the way of your dreams? Write your answers below.

b. Which three positive qualities, habits or patterns (out of all your responses to #1 through #22 above) are most supportive of your dreams? Write your answers below.

c. Complete the following template, using your answers from above:

Being born to my mom has given me the opportunity to overcome \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_ (insert your answers from #24a) and to  
embrace what she modeled for me in terms of \_\_\_\_\_,  
and \_\_\_\_\_ (insert your answers from #24b).

#### DAD QUESTIONS

1. What needs has your dad failed to fulfill for you?
2. What negative beliefs do you imagine you have about yourself as a result?
3. What needs of his own has he failed to fulfill for himself?

4. What negative things has your dad said to you?
  
5. Do you say any of those negative things to yourself?
  
6. What patterns has your dad modeled for you when it comes to coping with challenges?
  
7. In what ways do you emulate or react against what your dad modeled for you in coping with challenges?
  
8. If you're reacting against what your dad modeled for you in terms of coping with challenges, what other options might be available for you?
  
9. What has he explicitly said to you about coping with challenges (his, yours, and/or in general)?
  
10. What patterns has your dad modeled for you when it comes to love and relationships?

11. In what ways do you emulate or react against what he modeled for you in love and relationships?
  
  
  
  
  
  
  
  
  
  
12. If you're reacting against what your dad modeled for you in love and relationships, what other options might be available for you?
  
  
  
  
  
  
  
  
  
  
13. What has your dad explicitly said to you about love and relationships (his, yours, and/or in general)?
  
  
  
  
  
  
  
  
  
  
14. What has your dad modeled for you when it comes to how he relates to his dreams?
  
  
  
  
  
  
  
  
  
  
15. In what ways do you emulate or react against what he modeled about dreams?
  
  
  
  
  
  
  
  
  
  
16. If you're reacting against what your dad modeled for you in terms of dreams, what other options might be available for you?
  
  
  
  
  
  
  
  
  
  
17. What has he explicitly said to you about realizing dreams (his, yours, and/or in general)?

18. What are/were your dad's negative qualities, habits, and/or patterns?
  
19. In what ways do you emulate or react against his negative qualities, habits, and/or patterns?
  
20. In what ways do these negative qualities, habits, and/or patterns inhibit the realization of your dreams?
  
21. What positive qualities, habits, and/or patterns do you admire in your dad?
  
22. Which of these positive qualities, habits, and/or patterns could you benefit from emulating more strongly?
  
23. Complete your five-sentence Parent Freewrite about your dad.



24. Create the Parental Modeling Upgrade Statement for your dad.

a. Which three negative qualities, habits or patterns (out of all your responses to #1 through #22 above) most get in the way of your dreams? Write your answers below.

b. Which three positive qualities, habits or patterns (out of all your responses to #1 through #22 above) are most supportive of your dreams? Write your answers below.

c. Complete the following template, using your answers from above:

Being born to my dad has given me the opportunity to overcome \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_ (insert your answers from #24a) and to  
embrace what he modeled for me in terms of \_\_\_\_\_,  
and \_\_\_\_\_ (insert your answers from #24b).

25. Afterwards, type your responses into your *ELS Written Exercises* document.

26. Have a trusted friend or writing partner provide you with feedback to ensure that you answered every question about each of your parents for this ELS Written Exercise.
  
27. Add any significant breakthroughs or results that you experience under the Breakthroughs and Results area of your *ELS Written Exercises* document.