

WRITE YOURSELF INTO YOUR *Dreams*

Chapter 6 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 List of Positive Memories by hand, including as many as you can think of.
2. Circle the two to three memories on your List of Positive Memories that feel best and most supportive of your ELS Intention.
3. Freewrite, by hand on separate sheets of paper, up to a page about each of your two to three potential Story Cores, describing the lesson each experience taught you and why it is so meaningful to you. Make sure you capture the emotional impact of the experience.
4. Choose your Story Core by asking yourself, *Which freewrite feels most inspiring, uplifting, and supportive of my ELS Intention?*

5. Type all of your responses for the questions above into your *ELS Written Exercises* document.

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

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

Instructions for Crafting Your Story Core

You have many different positive experiences that you could choose from, but following these instructions will ensure that you choose the *right* Story Core—the one that feels the *most* inspiring, uplifting, and supportive of the dreams in your ELS Intention.

1. WRITE YOUR LIST OF POSITIVE MEMORIES.

You'll begin by writing your List of Positive Memories, which includes the most positive experiences you can remember. The list can be as long as you want. Your List of Positive Memories will help you to choose your Story Core, and it will also provide you with an easy way to pull more positive experiences into your ELS in later stages—experiences that aren't in the forefront of your mind, simply because they're not yet playing a prominent role in your narrative.

2. FREEWRITE POTENTIAL STORY CORES.

After writing your List of Positive Memories, you'll circle two to three experiences that feel like potential Story Cores—those memories that light you up the most—and freewrite up to one page about each experience. Write whatever comes to mind without planning or thinking about it ahead of time, aiming to describe the lessons the experience taught you and the meaning inside of it. Also, try to write in a way that would make sense to your Ideal Reader—someone without any previous knowledge of you or context for understanding why the experience is significant. After completing your potential Story Core freewrites, you'll pick the one that feels best and most compatible with your ELS Intention.

3. EXPRESS YOUR EMOTIONS FULLY.

One thing you might experience when freewriting a potential Story Core is holding yourself back from fully expressing your emotions on the page. If this happens, your Ideal Reader won't understand how significant the experience was for you, which means you won't fully understand how significant the experience was for you, either. Make sure that your feelings are clear and compelling in each of your freewrites, as this will strengthen the power of your positive memories to protect you from darkness.

4. CHOOSE YOUR STORY CORE.

When deciding on your Story Core, make sure that it's compatible with and most supportive of the results in your ELS Intention. If one of the primary results in your ELS Intention is to manifest greater abundance in your life, you'll need a Story Core that describes a time when you felt abundant. If the main focus of your ELS Intention is to attract true love, you'll need a Story Core that describes a time when you felt truly loved. If the main result in your ELS Intention is to create a successful career as a dancer, you'll need a Story Core that describes a time when you felt amazing and comfortable in your own skin while dancing.

If you have difficulty choosing which experiences are best to freewrite about, talk through your List of Positive Memories with a trusted friend or writing partner and ask them for feedback about which memories light you up the most when you talk about them. You can also ask for the same kind of feedback in deciding which of your potential Story Core freewrites should become your actual Story Core.