

WRITE YOURSELF INTO YOUR *Dreams*

Chapter 7 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. Name your Greatest Current Challenge, using negative language.
2. Identify the Root Experience behind your Greatest Current Challenge by answering these two questions:
Why do you imagine you have this problem? And what Root Experience is underlying it?
3. What do you want instead of this problem? Be sure to use positive language.
4. What might happen that is *negative* if you get what you want instead of this problem?

5. What might happen that is *positive* if you get what you want instead of this problem?

6. What truly positive thing does this problem *allow* you to have?

7. What truly positive thing does this problem *prevent* you from having?

8. What gift or growth opportunity does this problem offer you?

9. Craft your Fairy Tale Freewrite by hand on a separate sheet of paper, where the main character (a fantasy version of yourself) overcomes their Greatest Current Challenge (which represents your own).

10. Distill the main lesson or wisdom from your Fairy Tale Freewrite into one sentence.

11. Create a New Reality Statement, by filling in the following template with your answers from above:

Lately, I've been facing the challenge of _____ (insert answer from #1/
 the challenge). And I can see that _____ (insert answer from #2/the root
 of the challenge). And I can also see from where I am now that the gift in this challenge is
 _____ (insert answer from #8/the growth opportunity) and that the opportunity
 before me is to both have _____ (insert answer from #6/what the challenge allows
 you to have) AND _____ (insert answer from #7/what the problem prevents you
 from having) where _____ (insert answer from #5/what might happen that is
 positive). And I understand that _____ (insert your response to #10/the moral of
 your Fairy Tale Freewrite).

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

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

14. 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 New Reality Statement

In your ELS Written Exercise for this chapter, you'll answer a series of questions about the greatest challenge that you're currently facing, and your answers will be used to fill in a template for crafting your New Reality Statement.

1. NAME THE GREATEST CURRENT CHALLENGE YOU'RE FACING.

Your Greatest Current Challenge can be in any area of your life, including your love life, career, family, finances, physical health, creativity, spirituality, and emotional well-being. You may be facing a number of challenges, but be sure to choose the *one* problem that feels *most pressing right now*—the one that keeps you up at night and drains your precious energy. This challenge *can* be something that originated in the past, as long as it's still weighing on you in the present. For example, your Greatest Current Challenge could be residual trauma from a divorce *in the past* that's causing you to close your heart to new love *in the present*. When describing the problem, be sure to use negative language, such as, *I can't open my heart to love* or *I'll never get over my heartbreak*.

2. IDENTIFY THE ROOT EXPERIENCE.

Next, you'll answer two questions: Why do you imagine you have this problem? And what Root Experience is underlying it? The purpose of these questions is *not* to judge or blame yourself for having the problem, but rather to explore, with curiosity, what past experiences might have given rise to the problem. When you identify the root of your problem, in the context of your larger story, your problem will no longer look random and inexplicable, and you will no longer feel so powerless to change it. You'll be able to see that you are the common denominator in all of your experiences, and so you *do* have the power to overcome your challenge.

3. NAME WHAT YOU WANT INSTEAD OF THE PROBLEM.

After exploring the Root Experience that underlies your Greatest Current Challenge, you'll name what you want *instead* of the problem. This part is usually pretty easy, just be sure to use *positive* language when describing what you want (rather than negative language about what you *don't* want), as in, *I want to feel confident and optimistic about starting my own business*.

4. RESOLVE THE INNER CONFLICT.

Next, you'll answer a series of questions that help you to identify and resolve the inner conflict behind your challenge. One of those questions is: what might happen that is *negative* if you get what you want instead of this problem? While that question may sound crazy at first, when you sit with it, an important answer will always come to you. One of my clients, Julie, had been dealing with a health challenge that made her walking increasingly difficult (sometimes impossible) over the past several years. When we started working together, her number one goal was to be able to walk easily again. When I asked Julie what might happen that is *negative* if she could walk easily again, it took her a minute to even consider the possibility that anything bad could come out of being able to walk easily. But after giving it some thought, she realized that people were so nice, compassionate, and helpful to her now (because she had so much trouble walking) and she didn't want

that to go away! So the negative expectation Julie was carrying was that if she was healed, people wouldn't be nice to her anymore. However, once she crafted her New Reality Statement, she was no longer afraid of that possibility—she realized she could walk easily *and* people would still be nice to her.

5. IDENTIFY THE GIFT OR GROWTH OPPORTUNITY INSIDE OF THE PROBLEM.

The last question you'll answer is: What gift or growth opportunity does this problem offer you? If you feel terrified of starting a new business, for example, your growth opportunity might be to take a courageous leap of faith. If you're going through a breakup, your growth opportunity might be to learn how to love yourself even *more* than you love your romantic partner. If you were just betrayed, and ignored the red flags you saw early on, your growth opportunity might be to honor and listen to your intuition, without fail. No matter what challenge you're facing, it always offers you the gift of a growth opportunity.

6. CRAFT YOUR FAIRY TALE FREEWRITE AND DISTILL ITS WISDOM.

Your Fairy Tale Freewrite will allow your deep inner knowing to provide you with a solution to your Greatest Current Challenge, an energetic blueprint for moving beyond it, through the use of metaphor. It's very important to freewrite this story without thinking about what you'll write ahead of time. It's also important to begin your Fairy Tale Freewrite with, *Once upon a time, there was a girl/boy/angel...*, and then write a story about how the main character (a fantasy version of yourself) magically overcomes their Greatest Current Challenge. Anything is possible in your fairy tale: there might be angels, dragons, unicorns, fairies, an evil queen, or a monster man, and you may have special powers. After writing your Fairy Tale Freewrite, you'll distill the moral of the story into one sentence, which will ensure that your Fairy Tale Freewrite eclipses whatever powerful negative story you're currently telling yourself that has kept you stuck in your challenge. You'll realize, because it came out so easily in this magical little story, that the solution to your problem was inside of you all along.

7. FILL IN THE TEMPLATE FOR CREATING YOUR NEW REALITY STATEMENT.

Finally, you'll craft your New Reality Statement by filling in a template, using your answers from the previous series of questions. After taking these steps, you'll find that your Greatest Current Challenge truly does hold a great opportunity inside of it, and that it's prompting you to transform your life in exactly those ways that are necessary to manifest your Greatest Dreams.