

**Become Your Dream  
It's Never2Late to Love Your Life**

**Companion Journal and Workbook**

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“What you get by achieving your goals  
is not as important as  
What you become by achieving your goals.”  
Henry David Thoreau



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## **About the Author**

Heather Edgington loves learning, and has a BA in English Literature, a Master's Degree in Adult Learning and has successfully completed all the course work for a Doctorate in Higher Education. She has over 30 years of experience in teaching adults and five years in coaching adults to discover the dream within them. She helps them bring their dream out into the physical universe, stepping past fear and self-doubt to become the person of their dreams.



## **Introduction**

Are you walking on a clear path in your life? Do you have a dynamic map or a GPS system in your hand, providing you with all the steps to take to get towards your purpose in life?

Are you at a crossroads, due to end of a relationship?

Do you know where to find the hidden treasure of your dream that makes your heart fill with joy and fulfillment?

Are you willing to change who you are and transform into a new version of you – the “you” that is the person in your vision of your dream?

This book will help you find your dream within your heart, and turn it into reality. Take time to really think about what is inside you. The more you believe in yourself, the more you will achieve and the more you will receive.

If you choose to do it, this book can be used as a guide to the course “Become Your Dream”. In that course, I will guide you to define and clarify your dream so you can start living the life you love. You will step past your fears and doubts, and cross the gap from today’s reality to making your dream your new reality.

You will change completely in the process.

**I left only a few lines below each question for your answers  
in the main book.**

**\*\*\*DON'T LET THAT LIMIT YOU\*\*\***

**(Use this Journal for your thoughts)**

**You will have many questioning thoughts and fears as you go  
through this book.**

**\*\*\*DON'T LET THAT LIMIT YOU\*\*\***



**Chapter 1**  
**Becoming Your Dream**  
**What is Inside You, Screaming to Get Out?**

Are you living your dream?



Do you wake up every morning, at the hour that you choose, without an alarm clock, full of energy, ready to take on all the wonderful plans you have for the day?

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Do you kiss your soul mate knowing that your love and passion is always a huge part of your life?

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Do you have financial freedom, knowing that there is an abundance of money available for everything you want to do?

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Do you look into the mirror and accept and admire who you are?

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Is your spirit full of purpose to be whoever you really are, improving your world every day in bigger and bigger ways?

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Are you surrounded by loving, positive people who support you in all your endeavors?

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Do you step forward to achieve what you want every day without hesitation, even when you feel fear?



Are you confident that when you leave this world the energy that leaves your body is in an improved form than that which came to your being originally?

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Because of all of this, do you have all the goodies in this world that you would love to own?

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Do you LOVE YOUR LIFE? If not, would you love to live that life?

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Consider for a moment

What is Your Big Dream?

*(Remember not to limit yourself to the space here)*

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I Would Absolutely Love It If

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I Want To Be

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I Want To Do

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What are all the aspects of your dream relationship? Do not limit yourself, just brainstorm a lot of ideas right now. Do not consider if they are possible or probable or easy or hard, just what you would love. I have put a few of my ideas in here to give you examples:

Example - What would you love?

*I would love to be the dream builder who is in a relationship with a great-looking partner, who believes in the same spiritual thoughts that I do, who understands my purpose to help change people's lives, who is loving and caring, who loves to dance, laugh, hug and kiss, etc., (wink), is financially solid, and who loves family and enjoys traveling to exotic places around the world to work and play.*

Now it's your turn!

What would you love?

*I would love to be the dream builder who is*

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Why do you want to become the person in this dream?

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What do you want to achieve by achieving this dream? (What is your purpose, your WHY?)

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Pretend you already have achieved this dream,



What would your ideal day look like?

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What are you doing?

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Where are you?

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Thinks of the sights, the sounds, the smells, the tastes, and the feel of your life. What are you most concerned about? Your happiness? Having a family? Having fun? Money?

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## **Your Dream Life**

Ask yourself, “What would I LOVE?” in each of these nine aspects of your dream life. Make this your life. Write it down – Don’t just think it – Ink it! Be specific. Be honest. Be in relationship with your “I” and your “WHY”



This Exercise might help you decide how ready you are to step into your dream:

### **Relationships**

Family, friends, business relationships – how much time, energy, and enjoyment would you love to have in these areas?  
How much time do you want to spend with your family?

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### **Career/Company/Wealth**

What would you love to be doing? Is it a joy to be working every day? You are happy and interested and good at what you do, and get well paid for it.

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### **Physical Health**

How much time and energy and focus are you willing to put into these areas in order to have excellent health? What aspects of your health do you want to change?

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### **Spiritual/Religious**

I feel congruent with my beliefs and core values? Am I aware of my spirit and do I spend enough time considering my connection to the universe?

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## **Emotional**

Am I healthy emotionally and feel positive and strong each day?

Do I take care of my self-worth and overcome self-doubt?

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## **Partner**

Do I have a loving connected partner, if I want one, in my life?

Do I feel validated and loved and do I give my partner the respect and attention that is needed?

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### **Living Style**

Do I enjoy a lifestyle that I dreamed of, with all the “goodies” I deserve?

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### **Purpose**

What is my real reason for living this life? Am I doing everything I can to make myself feel proud and fulfilled with my efforts every day?

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### **Creativity/Fun/Laughter**

Do I take the time to do things I am passionate about, that I do just because I love to do it?

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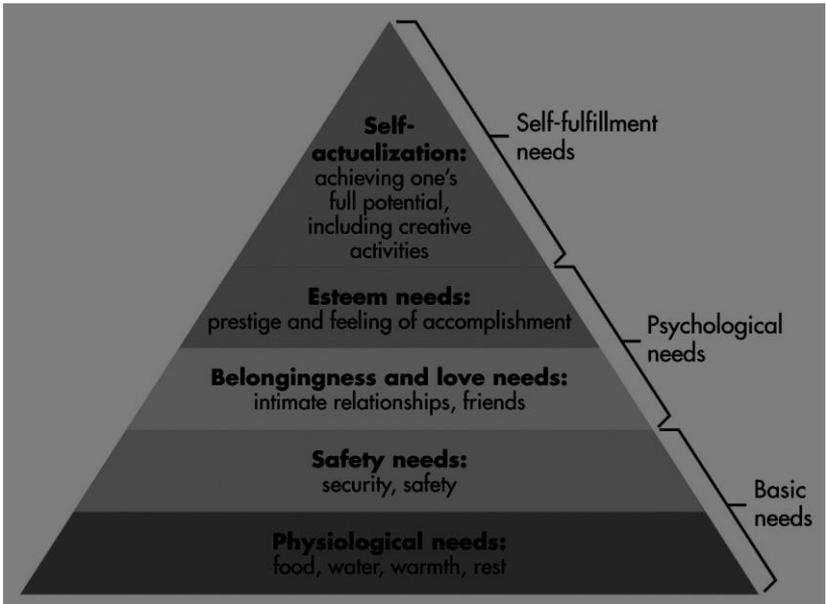
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## Chapter 2

### My Purpose WHY Am I Here?



Maslow is sourced as stating the following behaviors are seen in people who reach self- actualization – those who reach their dreams.

Compare these to the core values you select in the next chapter.

- ⑩ They have full concentration.
- ⑩ They have a clear defined purpose.
- ⑩ They embrace the unknown and the ambiguous.
- ⑩ They explore new things instead of sticking to safe paths.
- ⑩ They listen to their own feelings and intuition.
- ⑩ They are not ruled by the voice of tradition, or authority or the majority.
- ⑩ They are on their own path, but do not disturb others' paths.
- ⑩ They avoid game playing and work at being honest.
- ⑩ They accept themselves as they are.
- ⑩ They are never blocked by small obstacles.
- ⑩ They defend their views which might disagree with the majority.

- ⑩ They feel affection towards the entire human race.
- ⑩ They are humble.
- ⑩ They are grateful.
- ⑩ They are responsible and work hard.
- ⑩ They are motivated by growth, not by the satisfaction of needs.
- ⑩ They identify their paradigms and have the courage to give them up.
- ⑩ They enjoy the journey, not just the destination

- Maslow – 1970

Are you are living your purpose in the world and gaining financial freedom and life freedom just the way you envision it all?

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The following exercise asks you to allow streams of information to enter your conscious mind so you can have a fuller and more expanded understanding of yourself and your life's purpose.

WHAT I WANT

WHY

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1 – Write down what you feel to be your soul's purpose(s). What is your WHY?

There does not have to be just one answer. A purpose-filled life might have a few different aspects for different areas of your life. What are you thinking?

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You are at one with the energy of the universe. State your belief that all things are possible for your life.

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Identify five of your thought patterns or behaviors that are in direct conflict with the life you desire.

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Right now, in this moment, what baggage are you still carrying around?

Examples:



A relationship with someone that you know deep down is no longer serving you?



A grudge that keeps you from growing?



A habit that hooked you once upon a time, but doesn't fit anymore?



A viewpoint or way of thinking that confines you, weakens you, or is just plain negative?



Seeing yourself as unworthy, or shy, or fearful, or controlling, or needy masks the amazing you who you actually are?

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You've identified your version of baggage? Write it down

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Take a minute and do something you love to celebrate your freedom! For example – let’s dance!! Really, dance a freedom dance to music in your head, or turn on real music and feel the happy dance jump out of you!

What’s a scene in the movie of your life that would you are going to rewrite? List the title and write your new meaning and ending. Fill it with excitement and joy and energy and fulfillment!

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List 5 reasons why you deserve to have this dream that you are in the process of creating.

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## Chapter 3

### Your Core Values Why Do You Do the Things You Do?

This Core Values section has a large selection, and this is important for you to take time to think about these values.

I am:



Accomplished



Loving



Results-Oriented



Accountable



Disciplined



Meek



Accurate



Safety conscious



Dutiful



Mellow



Sanitary



Adventurous



Effective



Mindful



Security-minded



Affectionate



Efficient



Modest



Self-Aware



Aggressive



Elegant



Neat



Self-Controlled



Alert



Empathetic



Obedient



Self-Motivated



Ambitious



Entrepreneurial



Open-Minded



Sensitive



Amusing



Ethical



Optimistic



Serene



Approachable



Faithful



Orderly



Shrewd



Assertive



Family-focused



Original



Simple



Bold



Famous



Outrageous



Sincere



Brave



Fierce



Passionate



Smart



Calm



Lovable



Patient



Spiritual



Candid



Flexible



Patriotic



Spontaneous



Capable



Focused



Peaceful



Stable



Challenging



Have Fortitude



Perceptive



Honest



Changeable



Freed



Performance-driven



Status conscious



Charitable



Friendly



Persistent



Strong



Cheerful



Fun



Persuasive



Structured



Clear



Generous



Philanthropic



Successful



Comfortable



Genius



Pleasant



Sympathetic



Good



Common Sense



Poised



Talented



Compassionate



Growing



Positive



Temperate



Competent



Thankful



Competitive



Happy



Powerful



Thorough



Composed



Hard Working



Practical



Tolerant



Comprehensive



Harmonious



Pragmatic



Traditional



Confident



Helpful



Precise



Tranquil



Connected



Heroic



Prepared



Trustworthy



Consciousness



Honest



Understanding



Consistent



Honorable



Proud



Hopeful



Proactive



Humble



Professional



Cordial



Imaginative



Progressive



Creative



Prudent



Industrious



Punctual



Vigorous



Cunning



Innovative



Pure



Virtuous



Curious



Inquisitive



Rational



Inspirational



Real



Warm



Decisive



Intelligent



Reasoning

In the list, mark at least ten core attributes you currently have and practice.

I AM

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Looking at the list of core values, you will notice many that are important to you that you actually do NOT exhibit. Mark ten of these attributes you admire but don't exhibit or live by. This list will give you something to work on as you step towards your dream.

I admire and aspire to be

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When you are going through the list of values,  
keep these questions in mind:



When are you happy?

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When are you proud of yourself?

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When you fulfilled and satisfied?

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Think about yourself in three years, and what you are determined to change in that time. Now, write a sentence or a paragraph in the present tense, showing belief that that will be the new you

*"I am so proud, happy, and grateful now that I am*

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*this, or something better still."*

(Because you do not want to limit yourself to just what you are able to imagine now)

Now consider these ideas:

Does my dream make me feel expansive and joyful?

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Does my dream fit with my core values?

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Does my dream help me to grow spiritually and mentally to increase my ability to act?

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Does my dream need action and effort from me to achieve it?

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Re-write your three-year vision that you wrote above, having thought about these things:

*"I am so proud, happy, and grateful now that I am*

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*this, or something better still."*

(Because you do not want to limit yourself to just what you are able to imagine now)

3 – What would you do if you would do if age, gender, time, money, education, responsibilities, skills and, physical / mental disability, paradigms, lack of forgiveness, and baggage from your past were not factors? Re-write your three-year vision if this consideration changes anything. You want to make this feel perfect for you.

*"I am so proud, happy, and grateful now that I am*

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*this, or something better still.”*

(Because you do not want to limit yourself to just what you are able to imagine now)

Read this affirmation out loud to yourself several times. Read it with energy and pride and power. Be that person, living that dream. Assume you already live that dream!

Write it out. Post it where you can see it. Share it with others when you are ready. Repeat it often. Read it out loud every day.

This is your Soul Vision Board.

Go back to the last chapter about Abraham Maslow’s Pyramid of Needs and the behaviors and core values that people who Self-Actualize exhibit. Are your core values similar to theirs?

Does the comparison make you want to change anything?\_\_\_\_\_

\_\_\_\_\_

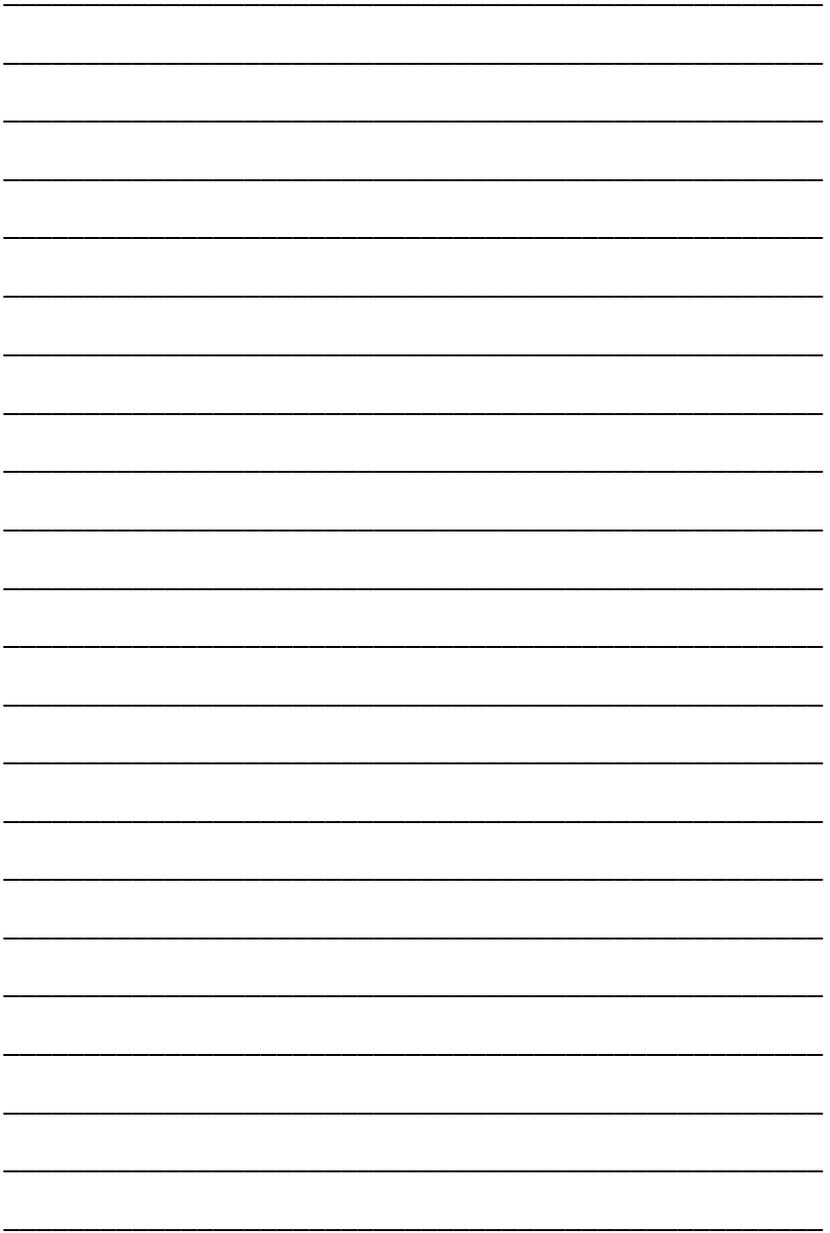
\_\_\_\_\_

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## CHAPTER NOTES





## Chapter 4

### Who Says I Can't? Your Paradigms Do!



Write down some of your paradigms here:

Examples: I'm not ready, I don't have all the (education, money, skill, creativity, support of family). These thoughts are paralyzing. I'm not good enough = Fear Doubt.

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Confidence and positive action like positive phrasing (I am not going to smoke anymore is not the best way to phrase it. I am going to work hard and IMPROVE MY HEALTH AND LUNGS is a much better more positive phrasing).

What paradigms do you have that are effecting your dreams?

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What are my paradigms, self-limiting beliefs, doubts? Think about this over the week and add as you think of more:

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UNTIL NOW\_ (Write your paradigm)

e.g. Until now, I could not speak in front of people

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(Write your paradigm) YET e.g. – I can't speak in front of a crowd of people YET

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(Write your paradigm) I WILL TRY AGAIN e.g. I can't speak in front of a crowd of people but I will try again

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Flip each paradigm to an unblocked and successful phrase e.g. I can talk in front of a crowd of people

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What baby step can I take towards this goal?

E.g. I sit to speak in a group of five people

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Are you willing to be brave in the face of doubt? Example?

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What risk am I willing to take is week?

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Here is a list of negative core values. Mark the ones you know are true of you.

I am:



Apathetic



Jealous



Arrogant



Know it all



Authoritarian



Lacking in faith



Cheerless



Lack Self Confidence



Closed



Late



Cold



Lazy



Combative



Lying



Complacent



Mean



Conceited



Miserly



Controlling



Mistrusting



Cruel



Needing Approval



Deceiving



Negative



Dependent



Passive Aggressive



Pessimistic



Directed by Externals



Dishonest



Petty



Disorderly



Pretentious



Disorganized



Rebellious



Distant



Rigid



Ego-centric



Relents easily



Envious



Reluctant



Fearful



Resentful



Greedy



Rude



Grumpy



Scattered



Guarded



Secretive



Hate filled



Self-Centered



Hostile



Selfish



Ill-Willed



Self-Satisfied



Immature



Small Minded



Impolite



Sour



Impractical



Stuck – Up



Inconsiderate



Thoughtless



Indecisive



Unresponsive



Indifferent



Unrestrained



Indulgent



Unsure



Inflexible



Unsympathetic



Insecure



Distrusting



Insensitive



Unwilling



Insincere



Vain



Intolerant



Willful

Look at the negative values on the list. Pick five negatives that seem true of you, and write them down. Think of the antonym for each – the opposite. Write those down. Those are values for you to work on and gain what you don't have yet. Compare these lists from the earlier positive values list. Think about how much you have learned about yourself.

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Consider the story you are writing for your life. When your time is finished, what will the story be that you are leaving behind?



Will your story be about success or will you fill it with excuses?

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Will it be inspiring or deterrent to others?

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Will you have been proud or ashamed?

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Will your eternity be spent with loving family and respected friends or will you be alone and lonely?

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Will you have had good health or ill?

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Will you have been in harmony or stressed?

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Will you have had wealth been broke?

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Will you leave a heritage behind or will you be neglected and forgotten?

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Now begin to explore. Really think:

What is the life you would love to live?

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What would you love to be, to do, to give, to create?

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Are you willing to believe the magic that this is possible?

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If time, education, or money; if your family and your friends believed in you; if your age, your skill set, or culture, or where you grew up; if your religion, your disability, or emotional state, or race, or all of the many paradigm blocks that often build up into doubt were not an issue: What would you love to do?

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In order to get some practice living your dream, think of one thing you have always wanted to do, but because of lack of belief in yourself, fear, doubt or worry about others' opinions, you have not done it. What is it?

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State: – I am now going to:

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What two or three action steps can you take towards doing this one thing?

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What action step can you and will you take today?

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Consider your three-year vision of YOU. What do you want your image to be? How will you present yourself to the world? How will you come across? Put on your dream and walk around in it. How do you seem? Physically? Emotionally? Energy Level? Confidence-inspiring?

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Is there anything you are afraid to let the world see as part of your image? Can you get rid of it? If not, can you accept it?

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You have taken some major steps in considering how you are seen in the world. You know more about who you are and what is important to you to love your life. Congratulations!!

??Take??some??time??to??celebrate??getting??to??know??y  
ou??better??Can??you??think??of??something??you??would  
??love??to??do??that??is??in??alignment??with??your??core  
??values??that??you??could??enjoy??for??a??little??while?



## Chapter 5

### I Believe in You! Can You Believe In You?

What positive, wonderful things do you believe about yourself?

Be brave and write some down.

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If you don't believe it now, what would you love to be true of yourself?

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I can ...

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I will achieve...

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I will change this ...

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I will be ...

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I am wonderful because ...

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I have value because I...

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Do you feel allowed to answer these questions positively?

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If not, are you able to change to believing these things about yourself?

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## CHAPTER NOTES



## Chapter 6

### Surround Yourself with Positive

\*\*\*Stop listening to people who bring you down\*\*\*

Write down three steps that a person who is stuck in this mindset can take to transform their thinking to create a happier and healthier life (*ex. one tool that a person can use is to move their thoughts to a place of gratitude*).

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Would any of those three steps work for you to increase your positive mindset and your well being when you need a boost? Which would work best?

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Did you consider any of these?



Accepting my self-worth, knowing I am worthy of receiving anything I want



Accepting full responsibility for things that I do not like in my life



Taking time to think and respond to things, rather than thoughtlessly reacting to them

What are five habits you know you perform every day that are not in harmony with the vision and goals you have for yourself? *(e.g., biting my nails, not exercising, smoking, not being honest about what I think)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Think of one habit you have *(example – I brush teeth with right hand, I take my coffee with milk and sugar)* and one viewpoint that you have *(example – horror movies are awful, I don't trust people with piercings on their faces)* and change the habit and the viewpoint just for a day, do the opposite, believe the opposite and see how it goes.

Habit

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Viewpoint

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Result of changing how I did things or thought about things  
(examples, discomfort, no big deal, discovered I liked the new  
way frustration)

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Who are the negative people in your life?

Can you disconnect from these people? If they are family or people likely to stay in your life, can you handle the times you are with them more effectively? Write Disconnect or Handle next to each of the names.

Name	Handle/Disconnect
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What defense can you put up when you must see each negative person?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Positivity

Who are the positive people in your life that would support your dream? Do you know them well? Can you spend more time with them so they can support you? Write more or same next to their names below.

Name	More Time/ Same Time
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Can you think of people you don't know who you could get to know through connections, so they can be supportive and beneficial to you in your dream building? Write down their names, then get their phone numbers or contact info and arrange to meet them. Start going to network events of like-minded people.

Name	Contact
_____	_____
_____	_____
_____	_____
_____	_____

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List 10 people who are supportive of you. People who you would like to trust and tell how things are going on your journey. Beside every name write their contact information.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### **Exercise Two**

Describe your most pressing problem and what is causing you the most stress in your life. Is it blocking your dream?

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What would happen if you believed it could be solved?

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Think of one person you know that believes that you have the ability to achieve whatever you believe. Place this person at the top of your list for your mastermind group.

My top Partner in Believing is:

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Write a list of your successes from the past, big or small. What were you doing when you had that success?

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Write down five things to be kind to yourself about (physical appearance, failure at a project)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Not being kind to myself about the above five things might affect me. How might the kindness help me succeed?

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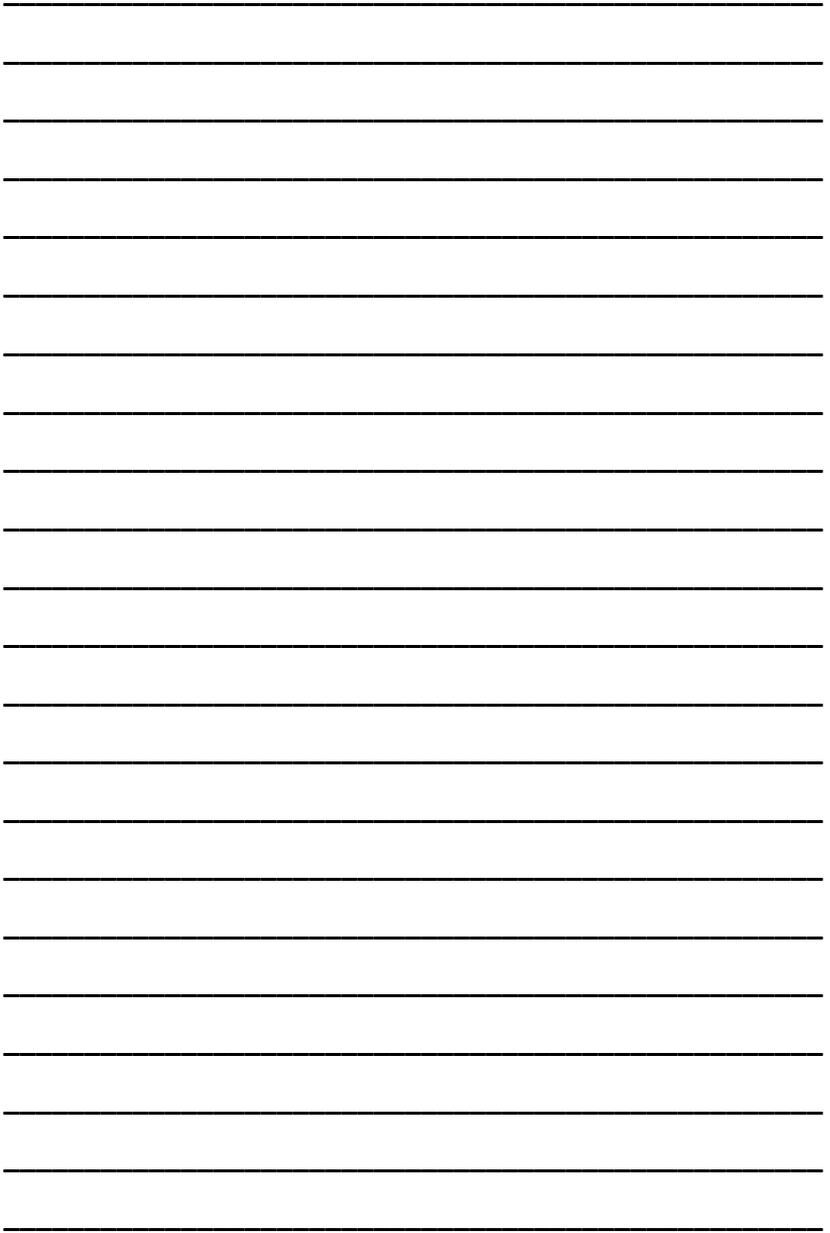
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Give yourself permission to be kind... and do it again.

## CHAPTER NOTES



## Chapter 7

### Fear

#### Be Brave for 5 Seconds

Do you worry about what others will think of you changing your life? Who is it? Why?

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Do you worry about how you might affect others by changing your path?

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Do any of these questions ring true for you?



What if it doesn't work out?

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What if I fail?

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What if I hurt someone?

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What if I disappoint myself or someone important to me?

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List some things you are afraid of

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This is what I am afraid of

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Is it Likely/Not Likely to Happen?      Is it Logical/Not Logical

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This is what I am afraid of

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Is it Likely/Not Likely to Happen?      Is it Logical/Not Logical

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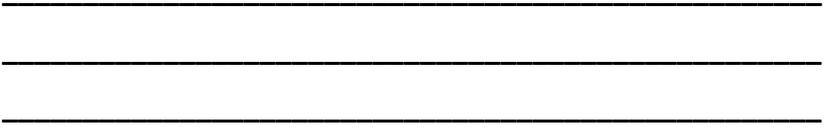
This is what I am afraid of

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Is it Likely/Not Likely to Happen?      Is it Logical/Not Logical





## Chapter 8

### Gratitude

#### How Can I Ever Thank You Enough?

Consider your life and list 5 things that you are grateful for.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Tomorrow come back here and write five more, this time looking for things that make you joyful and happy as well as grateful:

I am so happy and grateful that

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Now acknowledge an action you took in your gratitude.

I am so happy, and PROUD, and grateful now that I

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Get into the habit of doing that every day for the rest of your life! When you forget for a few days, acknowledge that your inner doubts and fears are holding your back, and start again.

Acknowledge other people for the things they do for you. Be specific about what they did and how it made you feel. Be BIG in your acknowledgments of them.

List two people and what you're going to acknowledge and thank them for. Thank someone thoroughly every day.

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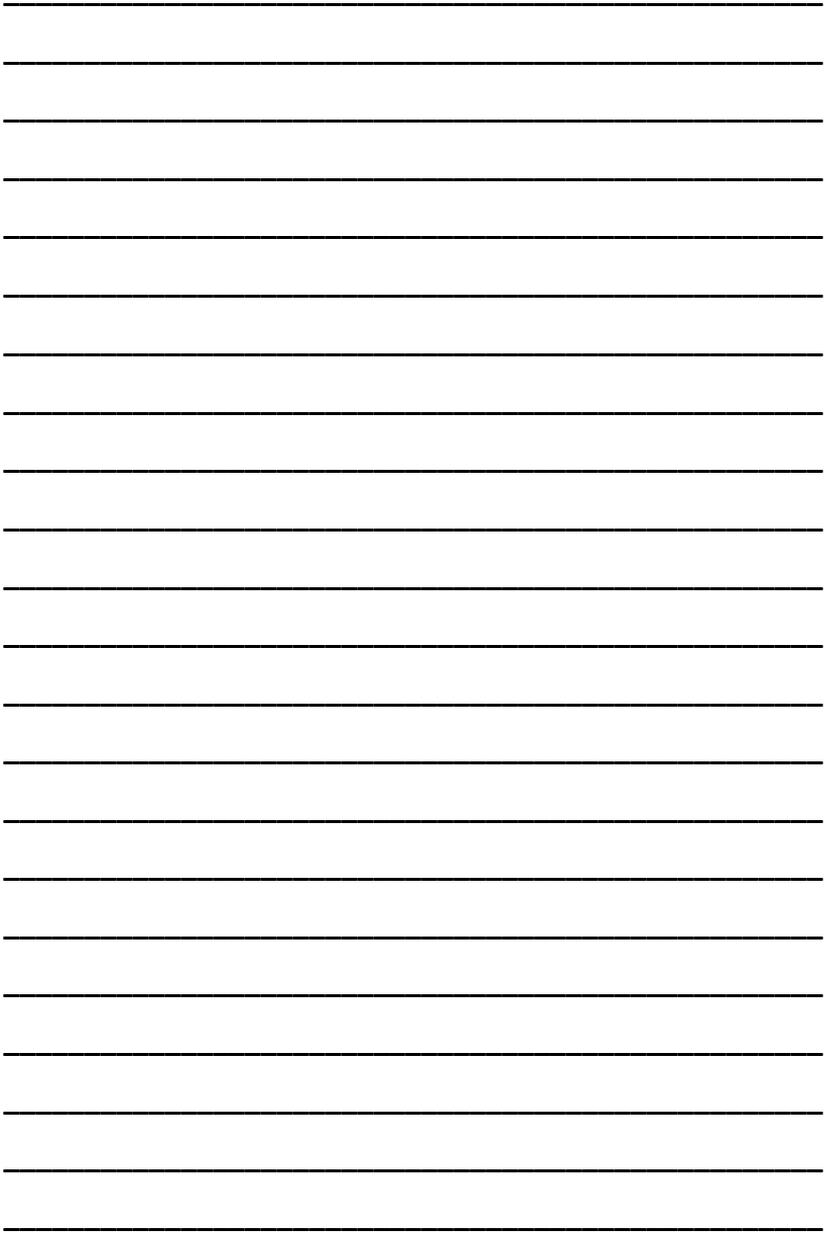
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## CHAPTER NOTES



## Chapter 9

### Forgiveness Let It Go!

In this chapter we are focused on Forgiveness. Nothing frees our heart more than forgiveness.



Forgiveness is a commitment to a process of change. To begin, you might:



Consider the value of forgiveness in your life now, in this time, not the past.



Reflect on a situation where you felt wronged and your reaction. What was it?

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How has this affected your life, health and well-being?

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Are you willing to choose to forgive the person who's offended you?

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Will you tell the offending person that he/she is forgiven? Why or why not?

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Look inside yourself and see which of these are true of you:



You bring anger and bitterness into other relationships and new experiences. Yes or No \_\_\_\_\_



You stay wrapped up in being wronged. You can't enjoy the present. Yes or No \_\_\_\_\_



You become depressed or anxious. Yes or No \_\_\_\_\_



Your life lacks meaning or purpose. Yes or No \_\_\_\_\_



You can't connect with others. Yes or No \_\_\_\_\_

How will you benefit from forgiving?

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What is your habit – Hero or Victim?

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When have you allowed yourself to be a victim?

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When have you been a hero? Good for you!

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Who has wronged you in the past?

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Have you truly forgiven them?

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Do you still harbor resentment?

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Do you tell bad “war stories” about them?

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Are you aware of any stress-related, anger, depression, self-doubt, or paradigms related to a need to forgive yourself or someone else?

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Who will you decide and allow yourself to forgive today? \_\_\_\_\_

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Can you start that forgiving today?

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Looking back on your life, what do you need to forgive yourself for?

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If you have wasted any part of your adult life not achieving, not living your dream, not treating other people with love, not treating yourself with love, can you forgive yourself?

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AND

If you have achieved far more than others in your adult life can you honor yourself?

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CHAPTER NOTES



## Chapter 10

### Connect to Spirit and Intuition Do a Universal Power-Up

Which of the following do you need to work on?

**Action**

**I do this now / I want to improve this**

Solitude

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Inner Voice

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Create

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Mindfulness

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## Observation

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## Body awareness

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## Connection

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## Dream Building

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## Down time

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Write a very clear question about a problem that you are struggling with, that will lead to you to the answer for your next step toward your dream. Read it every night with concentration, before you go to bed, and again in the morning as part of your morning preparation for the day. Write down the solutions as they appear to you.

Problem:

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Solution:

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## **Chapter 11**

### **Do It!**

#### **Become Your Dream!**

The following exercise asks you to allow streams of information to enter your conscious mind so you can have a fuller and more expanded understanding of yourself and your life's purpose.

Write down what you feel to be your soul's purpose. (What is your WHY?)

What do you plan to achieve in the rest of your time on this earth?

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Write an affirmation of your belief that all things are possible for your life.

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Do you control your life story or do you let it write itself?

Yes or No

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What's a chapter title in your life that would you like to give new meaning to? Something that you have seen as harsh or useless, that you are now willing to look at as needed experience. List the title and write your new meaning. Fill it with excitement and joy and energy and fulfillment!

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## Achieving

What can I do today, from where I am, with what I have?

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What one small step can I take towards my dream today?

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Example:



I will order business cards that say I am already a (insert your dream job)... Put them on my desk and remember I AM that person.



Have a meeting with a positive person I trust to act as a sounding board.



Hire a coach who can guide me through to my dream.



Become part of a mastermind group.

The dream life you are holding in your hands is yours.

Until now you might have stayed the same, even if you wanted to move forward. What words mean “stay the same” in your vocabulary?



Don't rock the boat?



Better the devil you know?



Same old, same old?

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Let's rock the boat! Let's not be in the same old rut!

Is there any reason you cannot complete this step right now?

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What can you do to get rid of that reason?

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Who can I ask to help me with this step to make it happen today, or to make it faster or easier? (Someone to babysit the kids for a couple of hours? Someone to drive you somewhere? Someone to lend you something? Someone to give you coaching? Someone to give you a hug and say “I believe in you?”)

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Can you take the step now that you have overcome the negative thoughts with a positive solution? What is it?

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Now go do it!!!!

For many more thoughts about developing your dream, go check out my Facebook page: [Facebook/dreambuildercoach](https://www.facebook.com/dreambuildercoach). My company is Never2Late Coaching. If you haven't already done so, like and follow my page to keep up with my thoughts, affirmations, offers and events.

I regularly run events and coaching on Dream Building, Build Your Dream Business, Make It Happen, WING (Women's International Networking Group) which run luxury retreats in a castle. My private coaching is for individuals, entrepreneurs, and couples who are partners in life and in business together.

You are a Dream Builder. Go after it!

Let me know how you are doing. I am hugging and believing in you. If you don't believe you can do it yet, hold in your mind that I know and I believe in this system and I know it works. I believe that if you follow the process I coach, and you want your dream and focus on it, you will be living your dream, sooner than you can ever imagine. I am here if you need me.

Remember what Henry David Thoreau said,  
"What you get by achieving your goals is  
not as important as  
What you become by achieving your goals."  
*So, get out there and become Your Dream!*



~ Namaste ~

My Dream soul honors your Dream soul.  
I honor the place in you where the entire Universe resides.  
I honor the light, love, truth, beauty and peace within you,  
because it is also within me.  
In sharing these things we are united,  
we are the same, we are one.

Heart Hugs,

Heather



## Author – Back cover

Heather F. Edgington is a Dream Builder Coach trained and certified by Mary Morrissey's Life Mastery Institute. Heather has taught for over 30 years, helping adults to step past fear and believe they can learn new skills and achieve new goals. Heather has a Master's Degree in Adult Learning and Education and has completed all the classwork for her Doctorate in Adult Education.

Heather is an international Dream Builder Coach, traveling to beautiful locations to help people change their lives. She provides individual and group coaching online, so you can find guidance to **Become Your Dream** wherever in the world you are. Heather also develops on-line courses in dream building for you to learn this content more thoroughly. She runs events, retreats and coaching programs.

Because of her experiences in life, Heather did not have a dream; so she wandered through career and relationship situations. She has learned the life-changing power of designing a dream and taking the action steps on a daily basis towards achieving that dream. Heather wakes up grateful every morning for everything she is already blessed with, knowing that she is one-day closer to her dream, and loves to say, “I LOVE MY LIFE!!”

You can reach her at

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