



lifedreaming

deciding what's important
in your life right now





lifedreaming how it all began

I created Life Dreaming in the early 90's in Perth, West Australia. At the time I was continuing all the planning and reflection work in communities and organisations all over WA that I'd been doing for the previous eight years. My employer's offices were on a mezzanine that housed a range of other community organisations that worked with women.

One of the women kept asking – then haranguing me to do a series of sessions for women to help them plan the direction of their lives. I kept saying “No, no, no!”, because it wasn't where I saw my talents. Gotta give the woman credit– she was obviously sent by a persistent universe to make me create Life Dreaming! She offered her home as the venue and I caved/gave in.

I started the design of the sessions with a name. I thought that Life Planning sounded too harsh; and at the time Life Coaching didn't exist as a term in Oz (and I really don't take to the sport analogy anyway!). I wanted to create a space that was sensual and relaxing for women who were already busy; and deserved beauty when they reflected on their life. I've always created/needed this link between sensuality/beauty and the spaces we think should be for linear thinking (living the paradox is fun). So – Life Dreaming was born.

I ran that first Life Dreaming over 5 evenings once a week – and had the best time. I brought the planning tools I'd been developing for the previous years – and transformed them. We sat on gorgeous cushions; scents filled the air, there was chocolate and cherries

and cups of tea and wine, music in the background. Each Life Dreaming activity was a step in the process of clarifying each persons dreams – I'd ask a question and the women would take paper and pens and wander to their own quiet spaces. They could write, draw – or sleep if they wanted to – it was their space. After a time we would gather in our luxurious cushioned circle and share whatever we wanted to – no pressure – it wasn't therapy. As women talked I had us 'making' something that would be a symbol of the results of the women's reflections.

I ran a few more Life Dreamings in Oz and two in Ireland in the mid 90's, but I never promoted them and just let them happen in a serendipity kind of way.

The reason why I'm now making Life Dreaming more visible in the world is that I'm ready. It feels like the right time to make it more manifest – to create beautiful and restful spaces for people to define what's important in their lives.

This workbook provides questions that will help you clarify what's important in your life right now. You can follow it through page by page or just open a page and see if a question resonates. It's your workbook.

If you have any ideas or suggestions you can contact me at focusedsolutions1st@gmail.com

Enjoy

Liz

Nov 2006



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introducing the process

In our busy lives we often get caught up in the grains of sand on the beach, without realising that:

- ☞ We don't like beaches
- ☞ Love beaches but this isn't the one we want to be on
- ☞ Prefer lakes and forests
- ☞ Love cocktail bars

What I'm saying is you can lose sight of the metaphorical landscape you want to be in because you're caught up in the daily routine.

Creating spaces to reflect on what's important in your life right now is the best gift you can ever give yourself.

That's what Life Dreaming is creating with you - a beautiful space to reflect and decide what's next. It's that simple.

What if?

I changed? I failed? I succeeded? I lived? I loved? I was powerful? I just leapt? I planned? My dreams came true?

Central to it all is a paradox – having dreams/goals and living for the now – with all its unknowns.

Life Dreaming creates the space to reflect, explore and decide.

life dreaming sessions usually run for a day in a beautiful space and cover:

- ☞ values & needs
- ☞ life web
- ☞ beliefs & self talk
- ☞ dreams
- ☞ imagination & intuition
- ☞ promises to action
- ☞ good wishes & good byes





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what you value and need

Values and needs drive every decision we make about our lives.

When you define what is important in your life you create the beginnings of the energy to action – movement towards achieving your dreams.

What you value becomes the passion, direction and focus of your life. And what we value may change over your lifetime. Values clarify what you want and need.

activity

- ☞ Find a quiet place and ask yourself – What do I value? What's important in my life?
- ☞ Don't write anything down for a while – sit quietly and see what rises up.
- ☞ Write (or draw if that's better for you) down your answers.
- ☞ Have a look at the values list I created and see if there's anything there that resonates.
- ☞ How long is your list?
- ☞ OK – see if there are some values that draw you now. Pick up to 12 (less or more is also just fine) and list them.

activity

Write what you value on separate cards and place them in a beautiful container.

activity

- ☞ Put your list in the values table in some kind of order of importance to you. 1 being of the utmost importance and 12 being still important but a lower priority.
- ☞ In the next column I want you to put a score of 1 to 10 to indicate how much time, money, energy you have put into that value in the last month or so.
- ☞ Now – go through the list and reorder the values according to the score you have given them. 10's at the top and 1's at the bottom.

What you now have is a list of your values right now and a sense of the real time and energy that you give to them.

Is there congruence? Do your most important values get the best part of your time and energy?

Don't worry if there isn't congruence. That's why you're doing life dreaming.

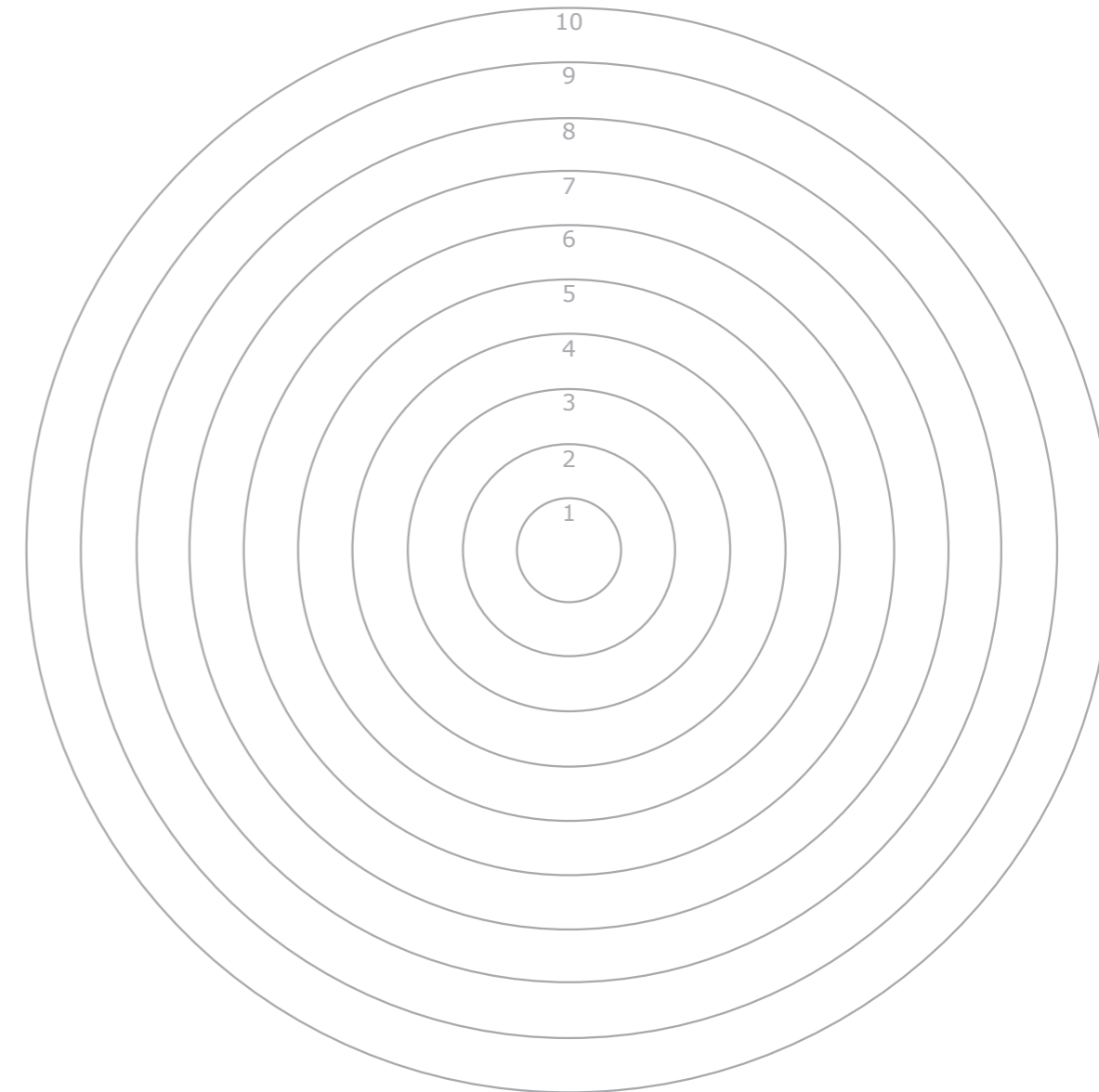


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activity

- ☞ Draw a line from the centre of the circles to the outside for each value/need. Write the values/needs you have chosen as important in your life now on the outside of a line.
- ☞ Look at each value/need and circle where you feel you are right now. When you have done each one, link up the circles.
- ☞ What do you see?
- ☞ Now - go back to each value/need and circle where you would like to be in 12 months or so. Link the circles.





lifedreaming the life web

activity

What are the ways I am good to myself?

What is working in my life right now?

What irritates/frustrates me in my life right now?

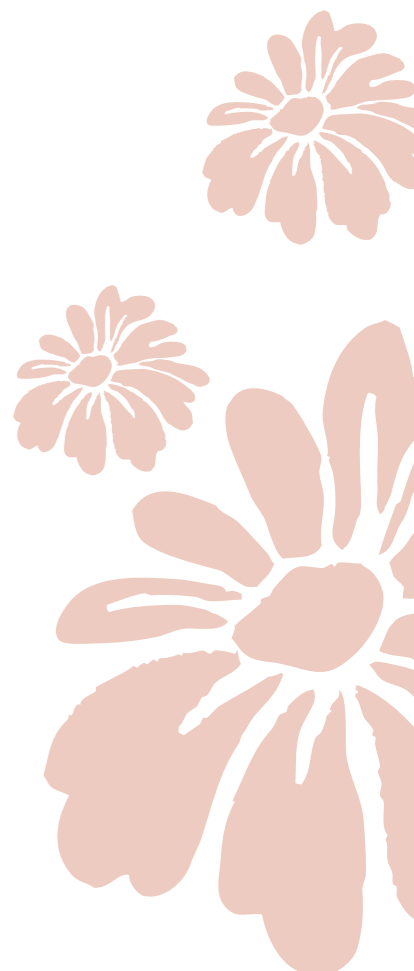
What are my joys?

What are the payoffs for staying where I am in my life – in not changing anything?

What skills and strengths do I bring to my life?



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Your unconscious believes that your beliefs about the world and yourself are real.

That's the good and bad news – because your unconscious will work to make it real. If you believe that you don't deserve love; aren't creative; are disorganised; crap with money; a great friend; full of ideas that never see the light of day; generous ... then that's how you will see yourself and your potential. You create your own self fulfilling prophecy – and other people will be happy to support it.

The language we use to describe ourselves and others has a huge impact on creating reality.

Here's an example of a word that means a whole range of things to people

SUCCESS

activity

List what came to mind when you read this word:-


How do the people close to you define it?

How do you think our society defines it?

How would you like to define it?

Our beliefs are formed by our experiences, our thoughts, our attitudes and a range of external stimuli such as parents, friends, and broader society. You have the power to define what success means to you.

To me – being a success means living my values and being as authentic as I possibly can. It's really about how I manifest my internal values into the external world. By my definition I'm a roaring success – by some others I'm not because I don't have the 'trappings' of a house, car, husband, children. I see value in all those things if they are important to you but they have never been important to me – although – I am re-looking at what kind of home I'd like to create over the next 10 years and the kind of intimate and fun relationship I would want with a man.



lifedreaming beliefs and self talk

You can choose to have the courage to begin a conversation with yourself and either affirm or challenge your beliefs and self talk. There are no absolutes and everything is open to challenge.

The beliefs we choose about ourselves and the world form a kind of lens that filters information in or out – so that we have ‘evidence’ and ‘facts’ to support our beliefs. They become what we define as reality.

What you think and feel critically affects what you believe is possible in your life.

A quote from a book I read when I was 30 has affected me for the rest of my life. Victor Frankl said:

Everything can be taken from you but ... the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.

I realised the power we have to make fundamental choices about ourselves and the world – rather than feeling we have no choice or control over our lives.

activity

- ☞ Pick one of the things that you value and want to change or improve. Write down a short sentence starting
- ☞ I want to change/improve/create ...
- ☞ Sit quietly and listen to what your internal voices are saying.
- ☞ Write down what you heard? Was it supportive or constraining self talk? Did you hear yourself saying “No way can I do that”; “Yeah maybe”; “I won’t have enough time/support/money”; “X won’t like it”?

activity

Finish this sentence

If I had a strong belief in myself I would ...

activity

On one side of a page write down all the limiting beliefs/self talk that you feel have not helped you in your life. On the other side of the paper write down all the supportive beliefs and self talk that you feel have helped you in your life. Look on the next page for some examples.



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lifedreaming beliefs and self talk

I don't deserve to be loved
I can't say no/yes
I can say no/yes
That's just like me
Men/women can't do that
It's 'either/or'
It's 'and'
People can change
I'm no good
I'd never do/try that
That's all I deserve
Yes but...
It's their fault
I'm too: bright/sensual/creative
I sound like an idiot
What will they think
'They'...
Everything has to be right first time
There's always room for failure/mistakes
I'll be happy when...
If only...
No one will want to know
Life is unfair
People never change
My idea hasn't been done therefore it's useless
I'll give it a go
I'm not perfect and I'll give it a go
I'm too scared to...
I must...
I should...
I can't trust anyone
They made me (unhappy, alone...)
I'm too old/young/female
I have power over my attitude in every given situation
I can't be vulnerable
I am powerful

I have great ideas that I can make real in the world
I can't manage money
I can manage money
It's too late to...
It's never too late
I'm kind and generous
I can trust in a healthy way
I can be either/or
I can be creative and bright and passionate and funny
I'm worth loving
I define my purpose in the world
I'm intelligent, passionate, creative, kind and generous
I really love my body as it is right now
If only I lost X pounds then I'd be loved/happy/famous...
Not enough time, money, people, love...
They won't want/love me if...
I can do...
What seems impossible can be made possible
I have the power to create a great life
Yes and...
I can't change
I'm not...
You can't change
Who will like me if I change?
Tried that before and it didn't work
I have no choice
I am able to change
I have choices
I am enough
I believe I can
I'm a fraud and someone will find out soon

activity

When you hear yourself using negative self talk consciously focus on it and then change the sentence to a positive.

Take a sentence/negative self talk from the previous activity and turn it into a positive sentence.

Now, say it to yourself a few times. How does it feel? Like trying on a new piece of clothing? Not quite comfortable?


That's okay because it's new and you will need to be more conscious of it.

You have the power to change your inner beliefs/self talk. It takes:

- ☞ Awareness
- ☞ Focus
- ☞ Time
- ☞ Persistence



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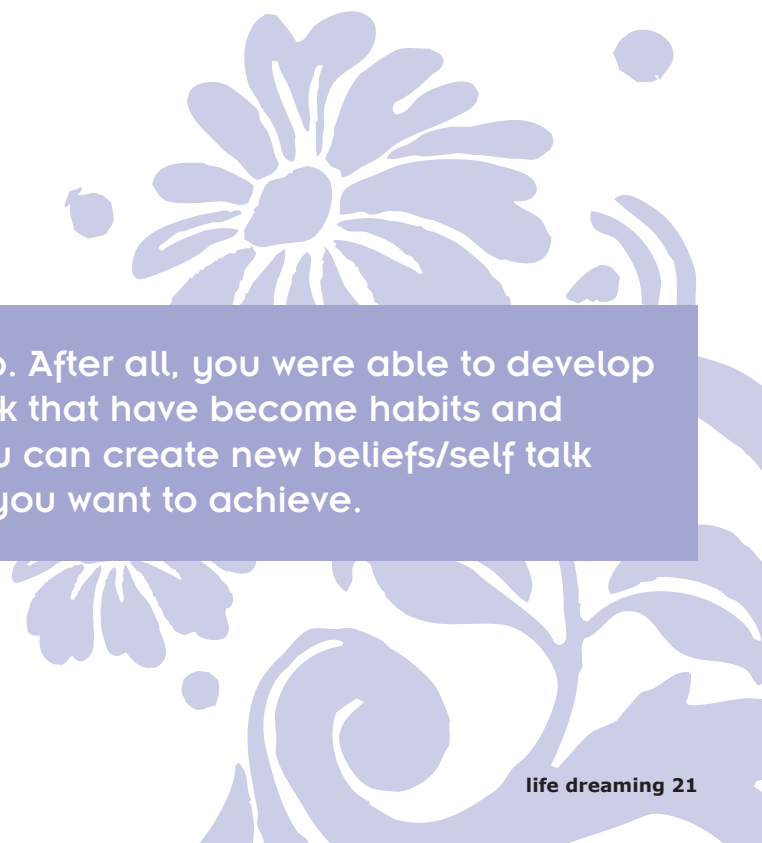
lifedreaming beliefs and self talk

activity for another time

- ☞ Take a day sometime (or even an hour) and become very aware of what kind of internal conversations you have about yourself and other people in all the situations you encounter. Don't judge. Just be aware.
- ☞ Note what you'd like to change and consciously create new sentences and dialogue in yourself. Then try the new sentences out in the world.
- ☞ One of my internal beliefs/self talk has been that "I'm really bad with money" and that has been reinforced by my family and friends "Oh that's just you Liz – you're bad with money". I have made a really conscious effort to change my own self talk as well as create better financial management habits. I also correct people when they use an old image of me and money and say "Actually, I'm not bad with money. I've paid off my debts and am working very hard to manage my finances and my issues about money."



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you can do it if you really want to. After all, you were able to develop a range of limiting beliefs/self talk that have become habits and behaviours and attitudes. So, you can create new beliefs/self talk that affirms you and the dreams you want to achieve.



lifedreaming dreams

We often limit the scale and scope of our dreams.

Our internal beliefs and self talk will either limit or help realise the expression of our true potential.

In this part of the workbook you can dream as wide and deep as you like.

True dreams are linked to your values, needs and passions.

activity

- ☞ Letter to yourself the week before your 80th birthday – or speech made by people who love you at your 80th birthday or a before I die I want to have done/been ...

activity

Take the values/needs from your life web that you want to focus on and:

- ☞ Write a sentence or two about what you would like to achieve in the next year or so. Make it a future positive statement.

e.g. It is December 2007 and I have just launched my new business – Lippylala. So many people turned up to buy the beautiful things and have a wonderful time in the Contemporary Bazaar. We sold everything and I am able to restock for the next event – and – give a percentage of profits to two local organisations. It feels fantastic and I had so much fun buying products and learning things.

Dear Liz,

It's a week before your 80th birthday and you look back on a life well lived. I write to you decades in to your future and want to thank you for so many things.

In 2007 you spent time reflecting on what was important in your life and realised a range of changes you wanted to make. You also realised that there were a lot of good things already happening and you brought them forward. Most importantly, you affirmed your belief in yourself and your capacity to create an authentic life that was driven by your values.

As you look back you should be amazed at what you created and experienced. You developed a range of ethical businesses and had a great time making them happen with the support of amazing people. After years of struggling with money issues you completely changed your self talk and behaviour and not only made money ethically but also were able to finance other people's dreams.

You always had a deep empathy and kindness for other people and have attracted many friends of all ages and backgrounds. Many of them will be at your 80th birthday party next week. You have a gift for celebration that you should treasure to this day. Your generosity has touched many people and given real depth to your life.

I'm writing at the desk you made. After years of believing you had no creative skills you tried woodworking and loved it. You also created a lot of space and time to explore your creativity beyond your work.





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imagination and intuition

- You unconscious has no idea what is 'real'. If you create and imagine a particular future (and your belief in your ability to make it happen) then your unconscious believes it is real and will somehow help you move towards it.

That's why it's so important to see/feel yourself in the best future you can imagine. All that energy acts as a kind of attractor. Have you ever met someone who seems to be 'lucky' in life. If you dig deeper you'll probably find that they have a strong sense of a positive future and a reasonable belief in themselves. On the other hand, have you met people who say "I only seem to attract bad luck and all sorts of accidents", - and they do.

How many times in your life have you said 'I had a gut feeling and I did/didn't listen - and - guess what happened?' Intuition is the non verbal signal in your life that something/someone is right or wrong for you.

listen and ask your intuition –
how am I feeling?
It's important to stay open to
possibilities and opportunities
and all the seeming coincidences
that happen when you make
very clear wishes. Use your
imagination and belief to attract
what you need.

How you think, feel and act can be rehearsed in your imagination. You can see, feel and believe yourself into the future - in the comfort of your own chair!

There is so much evidence in our own and other peoples' lives about the power of imagination & intuition. When you see yourself achieving your dreams - when you feel and taste the dream - it will act as a powerful motivator and energiser in the present. Link this with your positive self talk and a promise to action, and you have real tools achieve what's important for you in your life.

When you're stuck in the trenches of the day-to-day and the small steps of achieving your dream - it helps to step back and see the whole landscape - to see the dream coming true.

There's no special trick. All you need is a quiet few minutes and allowing yourself to daydream - to see and feel the future.

I keep saying see and feel because linking your vision to your feelings will more than double the power of the dreaming. Bringing the feelings of joy, contentment, excitement, satisfaction, safety etc. to your imagination helps to reinforce your motivation to move forward; and your hope when things don't always go well.

see and feel yourself in a
positive future.





imagination and intuition

activity

- ☞ Sit back and relax. Take a few gentle breaths in and out. Feel your body relaxing. Remember a time in your life when you felt really happy, loved, excited, content, satisfied. It could be a party where you felt really great; a walk with a friend; reading in bed; being told by someone that they love you; doing a great job on a project; looking at beautiful design; a great sunset; starting a new business ... I want you to see yourself in that moment. Now I want you to feel how you felt. Let the feeling spread through your body. Smile if you want to. Hold the feeling and at the same time place your thumb and any finger together. Remember the event and keep feeling. Relax your hands now. Relax and let other happy memories just wander through your mind.
- ☞ OK – I want you to remember a time/event in the last week or so when you felt frustrated; a little stressed; a little blue or blah. I don't want you to go to very dark memories, just find one that will bring up a small to medium feeling. Feel the feeling and now shrink it down. Make it really small. Take a few breaths and let it disappear.
- ☞ Back to the happier feelings. Put your thumb and finger together and remember one of the positive feelings. Hold it and relax.

This activity can be used in many ways:

- ☞ To bring the feelings of excitement and satisfaction forward as you imagine your future; and magnify their power.

- ☞ To bring up your fears and scale down their power - how they express themselves inside you.
- ☞ Switch from a negative to a positive feeling.
- ☞ Holding the thumb and finger together as you feel a strong positive emotion anchors the feeling. If you do it often enough the act of placing the thumb and finger together will call the emotion up.

activity

- ☞ Have a look at the sentences you wrote about your dreams in the previous section.
- ☞ Choose one that you feel is a real priority for you.
- ☞ Read it again
- ☞ Write down why it is important – what values and needs will it achieve for you?
- ☞ OK – relax, close your eyes and take a few gentle breaths.
- ☞ Imagine you have achieved your dream. What does it look like? How do you feel? Who else is there? What sounds and scents surround you? Keep seeing and feeling. Enjoy it for a while.

on a regular basis (daily, weekly, monthly) put aside five minutes to relax and imagine you have achieved one of the dreams you have created. See, feel and believe yourself in that positive future.





promises to action

Here's where you turn your dreams into positive intentions - focused beliefs and actions towards the future.

You make promises to yourself to take the necessary steps to achieve what's important for you in your life - to live your dreams.

having your needs met and living your values

Clarify them for yourself

Celebrate that you know them

Communicate with people who need to know

Concentrate on your next steps in making them real

Collaborate with others who can support your dreams

Commiserate when shit happens - allow space to feel frustrated & scared

Celebrate again and again - I believe in reward before, during and after effort

resources

You never have to do it alone.

Part of living and moving toward the future you want involves exploring the resources you have and the resources you need - and how creative you can be in getting them.

Personal - your resilience, self belief, flexibility, persistence in the face of the challenges and opportunities that your life presents

People - who will support, believe, assist, finance, and connect you

Skills - that you need to develop and/or buy/barter in

Information - that will assist and support your dreams

Money - to finance your dreams

Barter - for skills, information, and support

Buildings - to house you and your ideas

Ideas - gather and create ideas that will support and develop your dreams.

activity

Pick one area that's important to you:

- ☞ Write the statement you created in the Dreams section
- ☞ Mind map the major things that you would need to do to achieve your dream. For each major area add the smaller steps that may need to be taken.
- ☞ For each major area list the resources you need to move forward. What have you now and what do you need to attract?
- ☞ List two to three things you will do in the next three to four weeks to make a move forward.
- ☞ Take another dream and do another mind map.



- ☞ See if you can timeline the major action/progress steps for one of the dreams.
- ☞ Fill in the weekly planner that I have designed. Try and have at least one step towards your dreams scheduled in a fortnight.
- ☞ Once a week or month take some time to check your progress on each key dream. Change things if you have to and realign your actions.
- ☞ Build in rewards along the way.
- ☞ Note and celebrate your achievements no matter how small.
- ☞ Spend time relaxing and seeing/feeling the achievement of your dreams.

activity

Letter to self with some clear promises about movement to action on some key dreams.

Dear _____

Today I gave myself the time to really look at what's important in my life and I've made a few decisions.

I've decided what's important in my life right now and explored a few promises to action over the next three months:

☞.....

☞.....

I am important and I will do my best to keep these promises and get all the support I need to make them happen. If I don't achieve something I will explore why without giving myself a hard time and triggering all the old negative self talk.

Put the letter in the envelope and address it. Give it to Liz (or a friend) and she will post it to you in three months.



And so we come to the end of the workbook and the continuation of realising the things that you value in your life.

Life will throw you all the usual surprises and Life Dreaming is not about controlling your life – that just ain't possible.

What you can do through Life Dreaming is clarify what's important in your life and draw on all the resources you have (and can attract) to create and realise your dreams.

You're an adult so I don't have to tell you that there will be challenges along the way; and quite a few of them will come from inside you because of your self talk. You have the tools and ability to challenge and change old self talk/beliefs.

You have the capacity to dream the kind of life you want and take the steps to achieve it. You can attract the resources and support to make things happen.

Finally, you can enjoy not only the dream but also the journey.

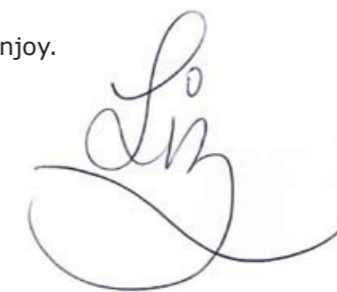
one final activity

- ☞ When you wake up each day take 10 relaxing breaths.
- ☞ Press thumb to finger and call up the positive feelings/memories. Enjoy the feeling.
- ☞ Now imagine one of your dreams being achieved and see/feel it. This should all take about three to five minutes.
- ☞ At the end of each day take three minutes to either write or just think about what's happened in your day/life that makes you feel grateful.

If you want to contact me to share you dreams and progress – please do.

focusedsolutions1st@gmail.com

Enjoy.



You never do it alone!

Life Dreaming (as with everything) didn't become a reality without the support of other people.

Emma, Trina & Shani – many thanks for your support, ideas and words work.

My family for more examples of courage, creativity, persistence, integrity, individuality and sheer good humour than you could poke a stick at – my love and thanks.

Aislinn – my dear niece who gave us all a lesson of beauty and courage in her life. Thanks darlin'.

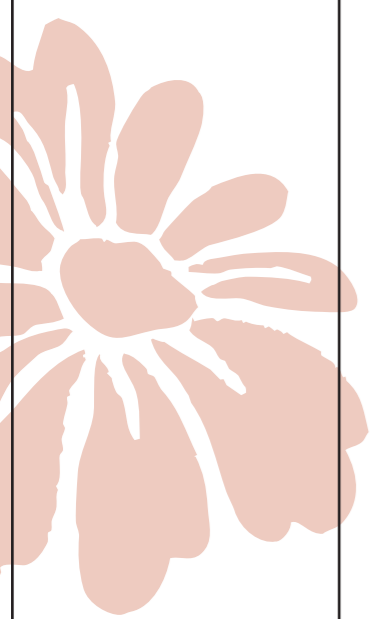
Me – for testing and living everything that informs Life Dreaming – no animals suffered in the development of Life Dreaming, only me!

To the thousands of people I have worked with over 20 odd years. I learnt so much from you as I listened, questioned and facilitated plans, research & ideas for individuals, organisations and whole communities. It really was an amazing learning experience – humbling, stumbling, exhilarating, frustrating, and deeply captivating – it continues to be so.

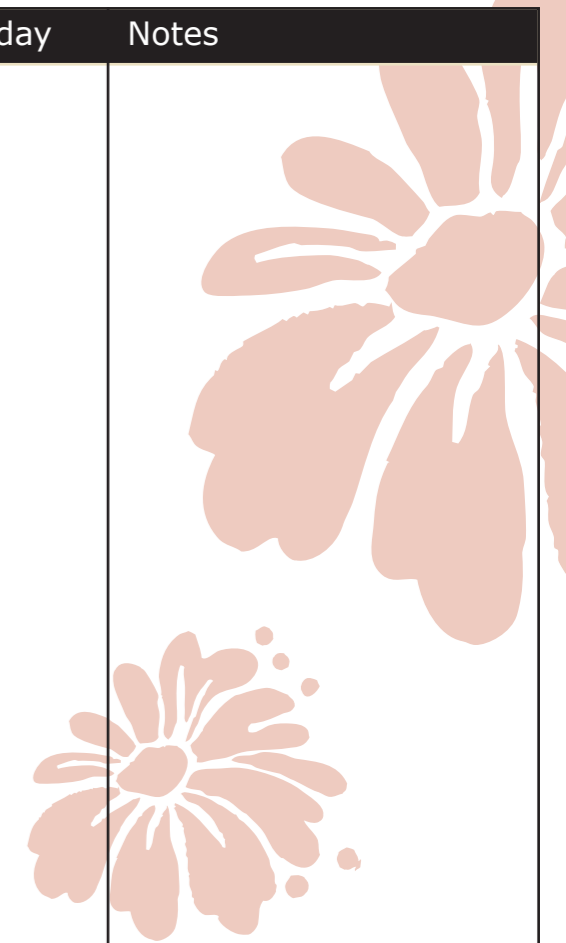
To my friends who live their lives with integrity and whose company is my constant delight and sanctuary.

My brother Marc. You are the creative design genius behind all my businesses. You transform my words and ideas into beauty. Your support and inspiration is one of my life's constants – and – you will never be lost in the crowd!

To you, the reader. If you're reading this workbook then there's a good chance you've attended one of my Life Dreaming sessions. So, I will have learnt something from you that I will bring not only to Life Dreaming but also to my life. **Thanks.**

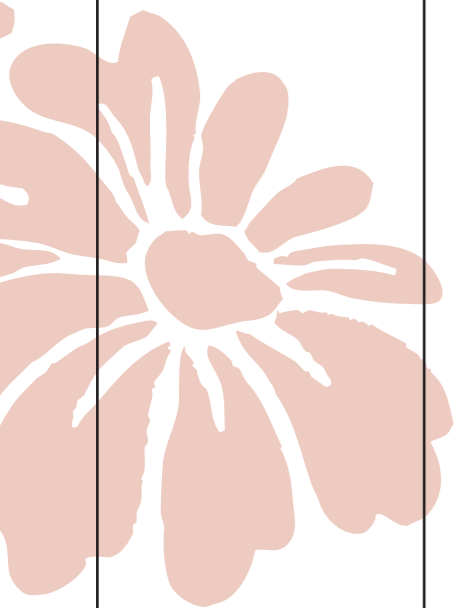


Life Focus	Actions	Monday	Tuesday	Wednesday

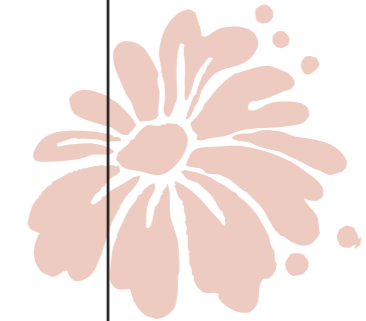


Thursday	Friday	Saturday	Sunday	Notes

Life Focus	Actions	Monday	Tuesday	Wednesday



Thursday	Friday	Saturday	Sunday	Notes



Life Focus	Actions	Monday	Tuesday	Wednesday
I work with People to Create Powerful, Just & Celebratory Places to Work and Live	Live Love Learn Self Awareness Conscience Creativity Will	Appointments	11-1 group session	
Lippylala	Make appt with import man	Travel Dublin Meetings 1-7pm	5pm Meeting club	
Life Dreaming	Book Venue	Morning		
Family	Ring mum Ring dad	Spirit/Intuition Swim	Spirit/Intuition Friends	Spirit/Intuition Swim
Friends	Lunch M Dinner S	Life Dreaming		Lippylala
Reading & Learning	1 hr 3 times week min	Afternoon		
Healthy, Fit Attractive Body	Swim 2 days Walk 20 min 2 days	Serendipity Walk/Play	Reading/ Learning	
Connection to Spirit/Intuition	10 min each day just stop			
Financial Health	Expenses written down	Evening		
Play Play Play	Anytime			

Thursday	Friday	Saturday	Sunday	Notes
				A good week.
Report due				Did most of the dreaming/goals. Felt really great.
				A few unexpected things and had to reschedule swim.
				Got finances done! So much easier now.
				Lovely chats with ma & pa.
				Emails every day to Marc - love our chats and creations.
Spirit/Intuition	Spirit/Intuition Finances	Spirit/Intuition Family	Spirit/Intuition Reading/ Learning	Lippylala moving. Next step is a cash flow. Need to attract a financial person to help.
				5 min spirit time has me fidgeting a bit. Calms/energises me for the day so will keep doing it.
Reading/ Learning		Walk	Walk	Friends well.
	Friends Play			Body feeling great.



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