

An aerial photograph of a coastline. The top half of the image shows a vast expanse of deep blue and turquoise ocean water. The bottom half shows a rugged coastline with dense green trees and some bare, brown branches. The text is overlaid on the water.

Find Your Dream

PLAYBOOK

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*nicola lennon*

*Connect with me*

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# Welcome

I am so happy you are here.

When you were a child, you probably had big dreams. Life was fun, a grand adventure. Then somewhere along the way to adulthood, you lost your dreams and life lost its sparkle. This playbook is here to help you find those dreams again!

For the time you spend on this playbook, I am going to ask you to open your mind to the idea that anything is possible. I am going to invite you to awaken your inner child and let her/him play to her/his heart's content.

Before we begin, **a few important points:**

- Whatever you choose to do with your life must not be harmful to other people or any living thing.
- You are willing to accept that you are worthy and deserving of all the good life has to offer you.
- You are ready to receive what it is you have dreamed of and asked for.
- You agree to take 100% personal responsibility for your thoughts, feelings and actions.
- You are prepared to take action to make your dreams a reality.

We'll start by **setting the scene**, then we'll move on to **finding your dream**, and at the end, we'll look at how you can begin **living your dreams**.

So let's get going!

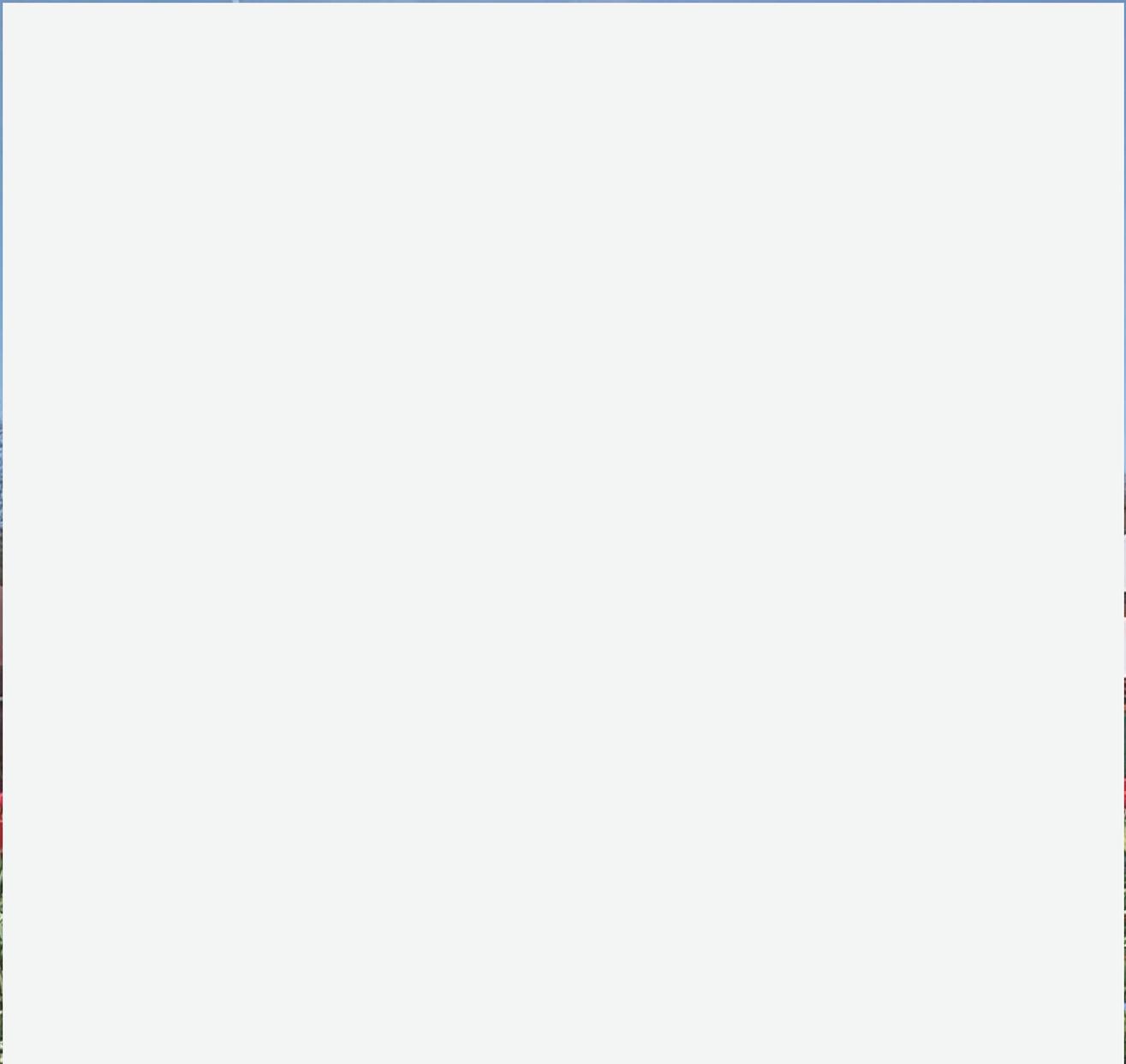
Nicola



# Setting the Scene

Before you begin to play with the idea of your dream life or what you dream of being, doing and having, first take a moment to think of all the things you are **GRATEFUL** for today.

Spontaneously write down what comes to mind in the space below:

A large white rectangular area for writing, framed by a photograph of a tulip field. The photograph shows a vibrant field of tulips in various colors (red, purple, orange) and small white and blue flowers. In the background, there is a large white tent structure and a green lamp post. The sky is clear and blue.

# Setting The Scene

## An Attitude of Gratitude

No matter what your life looks like right now, you have a choice: you can choose to **focus on the positive** or the negative of any situation you are going through. All your energy is going to whatever you are giving your attention to.

As you begin to focus on the positive things in your life, you can take it one step further and **be grateful for everything**.

You can start by being grateful for the things you think are extraordinary. That's the easy part!

Then you can be grateful for the ordinary things, the things you often take for granted (such as how your body functions, or running water and electricity).

Then try being grateful for the not-so-good things, and then the difficult things in your life.

You may be wondering why you should be grateful for the bad things that happen to you. When you approach every situation in your life with an attitude of gratitude, you shift the vibration you are in and you attract solutions to the problems and challenges you face.

Also, the bad times help us grow. If you think back on your life, I'm sure you can remember a moment that you thought was awful then but which, if it hadn't happened, wouldn't have led you to the better place you are now.

One of the benefits of gratitude is that it helps us develop a **Positive Mental Attitude**. When we approach every situation in our life with optimism and hope, we attract positive change and increase our level of achievement. Our mindset is one that continuously looks for, finds and acts in ways to achieve a desirable outcome regardless of the circumstances.

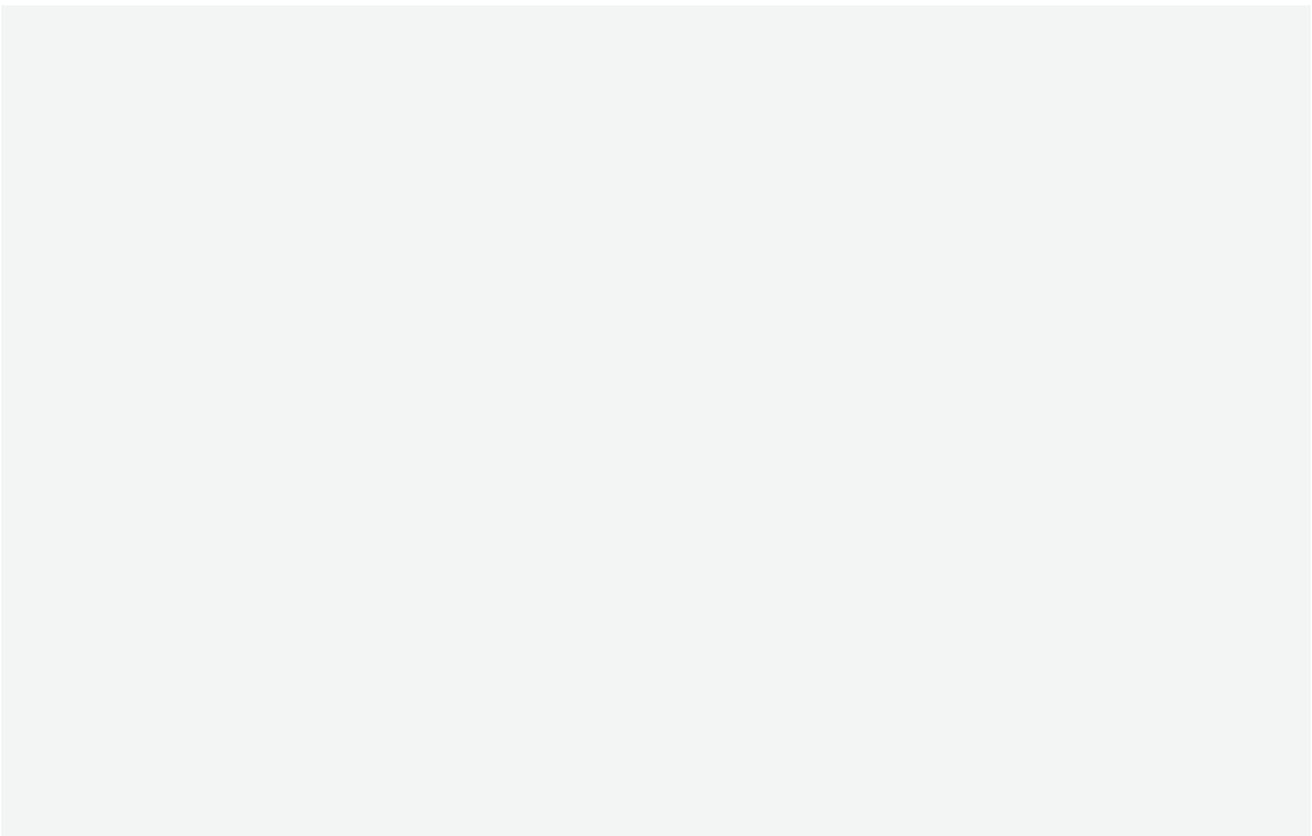
# Setting The Scene

To assist you in developing the habit of being grateful, here's something you can try:

Use your **MEMORY** to remember the good times you've had in the past, rather than the bad times. When we use our memory in this way, it creates positive emotions, which are like **fuel for our dreams**.

If we only remember the negative events in our past, we drag them continuously into the present. Then we end up wondering why we're living the same things over and over again, getting the same old outcomes, replaying that same old movie in our mind.

Find a picture of a moment in your life where you felt really happy or which triggers positive emotions in you. It might be of a carefree time in your childhood or a beautiful sunset you witnessed. Place it in the box below and refer back to it when you find yourself becoming negative or feeling down in the dumps.



# Setting the Scene

## DAILY RITUALS

Finally, here are a few things you can do to help you develop the **habit of practicing being grateful** every day.

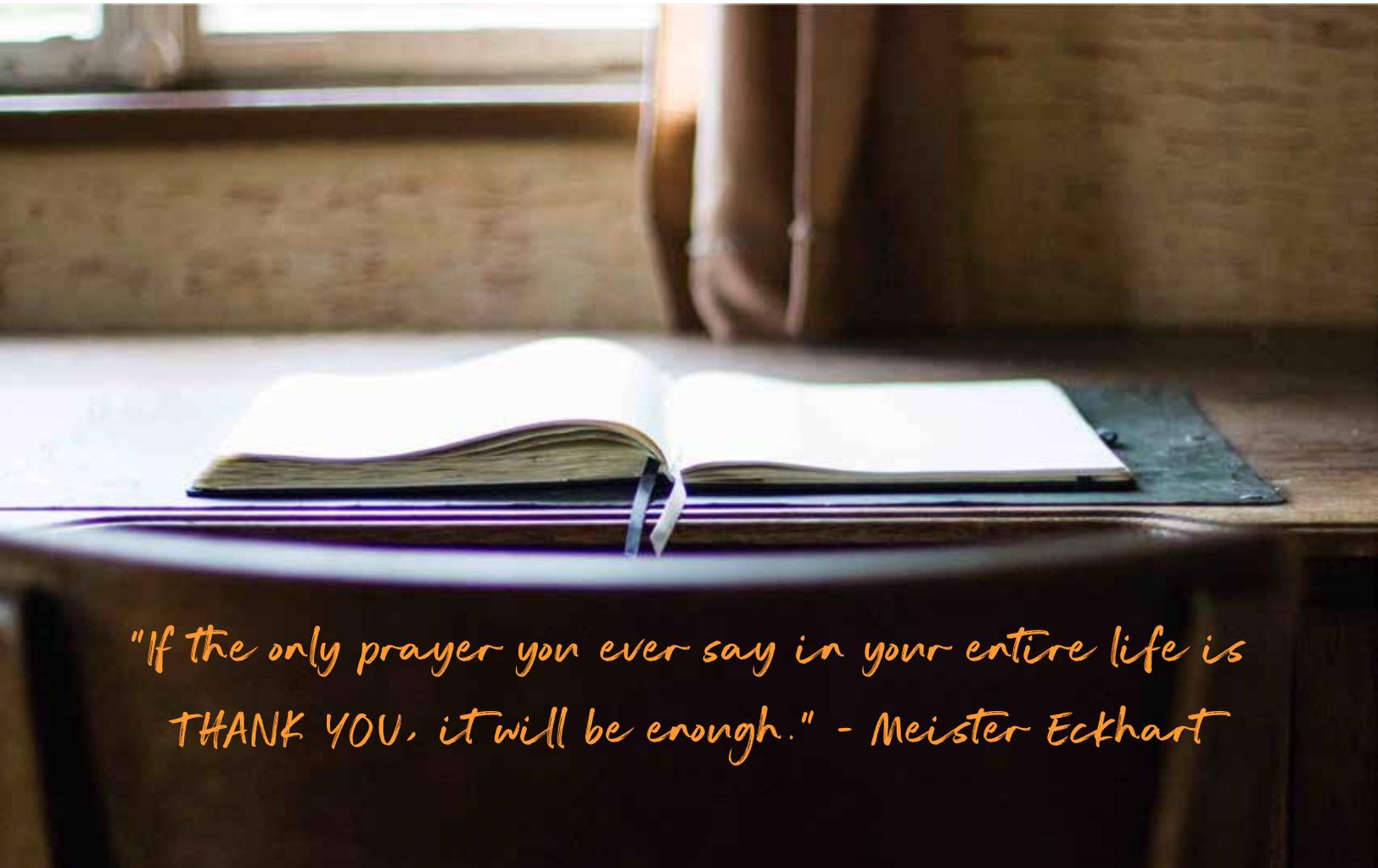
1) **Every morning**, take a moment to reflect on all the things you are grateful for. Use a **gratitude affirmation** to set the tone for your day.

For example, I start off every day saying the following affirmation:

*"I am so grateful for the talents and gifts that have been bestowed upon me, for the work that I am able to do, for how I am able to spend my days, for the people I have attracted into my life. Thank you, Thank you, Thank you, I am so totally grateful!"*

2) **In the evening**, take a moment to write down in your journal your gratitude for everything you experienced during the day.

Send thoughts of love and forgiveness to anyone who bothered you.



*"If the only prayer you ever say in your entire life is  
THANK YOU, it will be enough." - Meister Eckhart*

# Setting the Scene

## DAILY RITUALS

### 3) Gratitude game

As you go about your day, act in ways where you do things that trigger those whose paths you cross to say "Thank You" to you (for example, you hold the door open for someone). At the end of the day (or time you set aside to play this game), write down how many "Thank You"s you got.

You can also count the number of times you said "Thank You" to others when they did something kind for you (for example, they let you go ahead of them in the queue).

When you play this game, if you come across a person who doesn't say "Thank You" when you do something kind for them, whatever you do, don't

start getting annoyed with them or start thinking how rude they are. This will just counteract all the benefits of this game. Instead, silently wish them well (I like to direct a silent "Namasté" to them) and remember that no one does anything inappropriate given how they see the world.



***Once you are in the habit of being grateful for everything in your life, you will be well on your way to finding and living your dreams.***

# Finding your Dream

Imagine your life is a story. What kind of story is it? A comedy, a drama, an adventure, a romance? When you dream, you are looking for the bigger story in your life.

## PASSION AND PURPOSE

What would you love to do if time and money were not an issue? What are your **deepest desires**?

When I talk about desires here, I'm not talking about what our ego wants. When we **desire with conscious awareness** we are connecting to **what our true self wants for us**.

Most people don't know what they really want. They think they do but, if asked, they probably don't have written down the top 10 things they want to be, do or have.

Taking time to decide what you really want and writing it down is invaluable. It allows you to not only dream, but to pursue your dreams and realize them. It helps you set goals and make plans to achieve them.

And it is **PURPOSE** that is the foundation for what we want, for our dreams. Purpose is not like a goal. You can't achieve it. It is not something you create. Purpose is your WHY. It is something you discover.

Discovering your purpose answers the question "Why am I here?" In other words, ***purpose is what gives life meaning***.

If at this point you are thinking that you have no idea why you are here or what your purpose in life is, **take a moment now to think about it**.

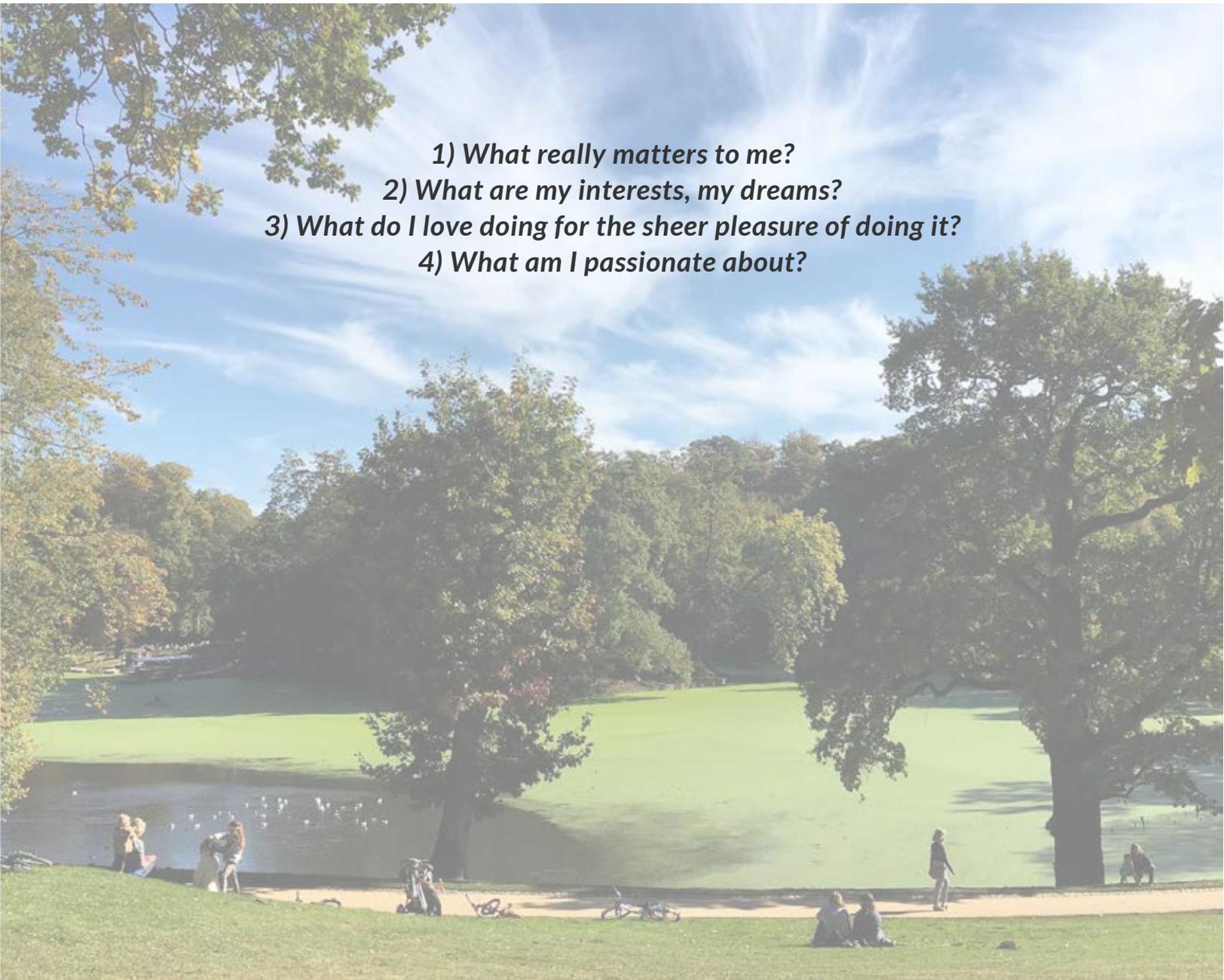
# Finding your Dream

## Make a date with yourself

Take time out of your busy schedule and get quiet. Breathe. Still your mind. If you don't have time now, get your diary and **program in a date with yourself**. No other people. No mobile phones. No laptop. Just you and your thoughts.

You can do this in a quiet space in your home or, if you prefer, go to a place in nature that you love (seaside, forest, etc.). **Bring a pen and a notebook with you** so you can write down all of the ideas that come to you when you reflect on the following questions:

- 1) *What really matters to me?*
- 2) *What are my interests, my dreams?*
- 3) *What do I love doing for the sheer pleasure of doing it?*
- 4) *What am I passionate about?*



# Finding your Dream

## ASKING FOR HELP / CALLING IN YOUR ALLIES

### Intuition

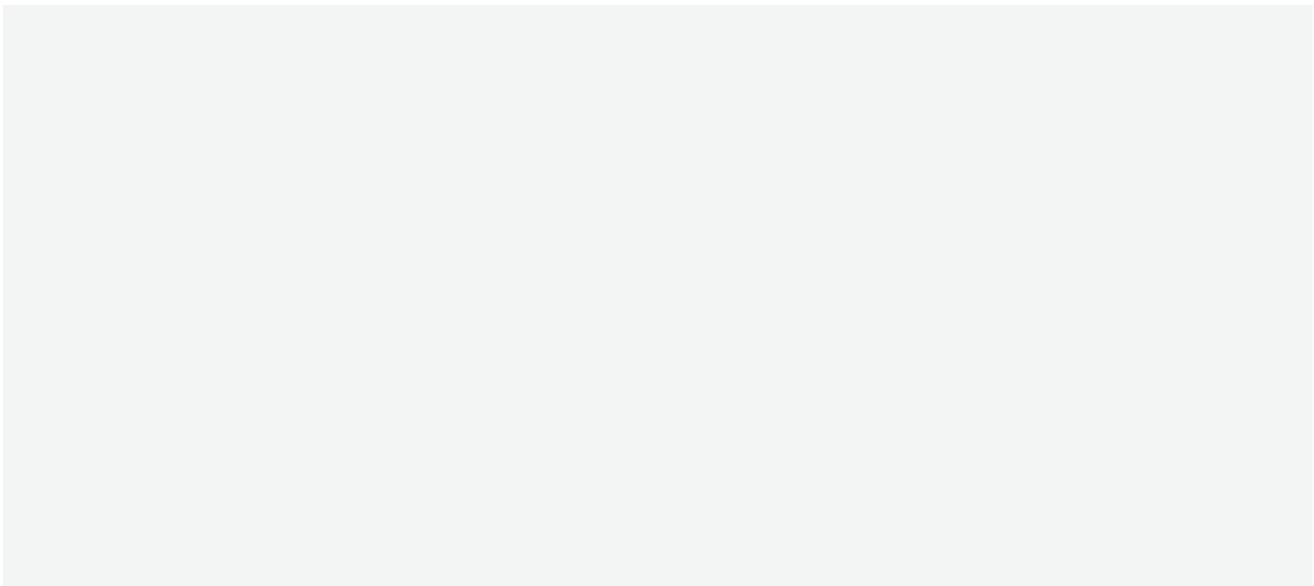
To help you discover your purpose, your WHY, you can call on your **INTUITION**, which is *your inner knowing, your inner guide*. When you ask a question to the Universe, the answer is already there. Intuition gives us the answer, when we **pay attention to our feelings**.

How can we tell when it's our intuition guiding us and not our ego?

Your intuition is always working from the spiritual side of your nature, your creative side. It expands your perception and understanding. It offers you choices. It keeps you dreaming.

The ego, on the other hand, functions from the competitive side of your nature. It focuses your attention outwards on your conditions, circumstances and environment. It rationalizes what you want to do. It stops you dreaming and reaching for your deepest desires.

When you come back from your quiet date with yourself, look at the ideas that came to you. See if you can notice a thread running through your interests, your dreams, your passions. **Write down the ones that feel good to you right now.**



# Finding your Dream

## ASKING FOR HELP / CALLING IN YOUR ALLIES

### Coincidence

The Universe is always speaking to us if we will just listen. Once you start thinking about your interests, your dreams and passions, pay attention to the things you notice as you go about your day. See if a pattern unfolds, see who you bump into "by accident," notice if you find yourself saying, 'what a coincidence.'

In the evening, write down in your journal all the synchronicities and anything out of the ordinary that showed up during the day.



### Night dreams

When you wake in the morning, do you remember your dreams? If you do, do you take a moment to write them down? Our **night dreams** are a **rich source of inspiration and guidance**.

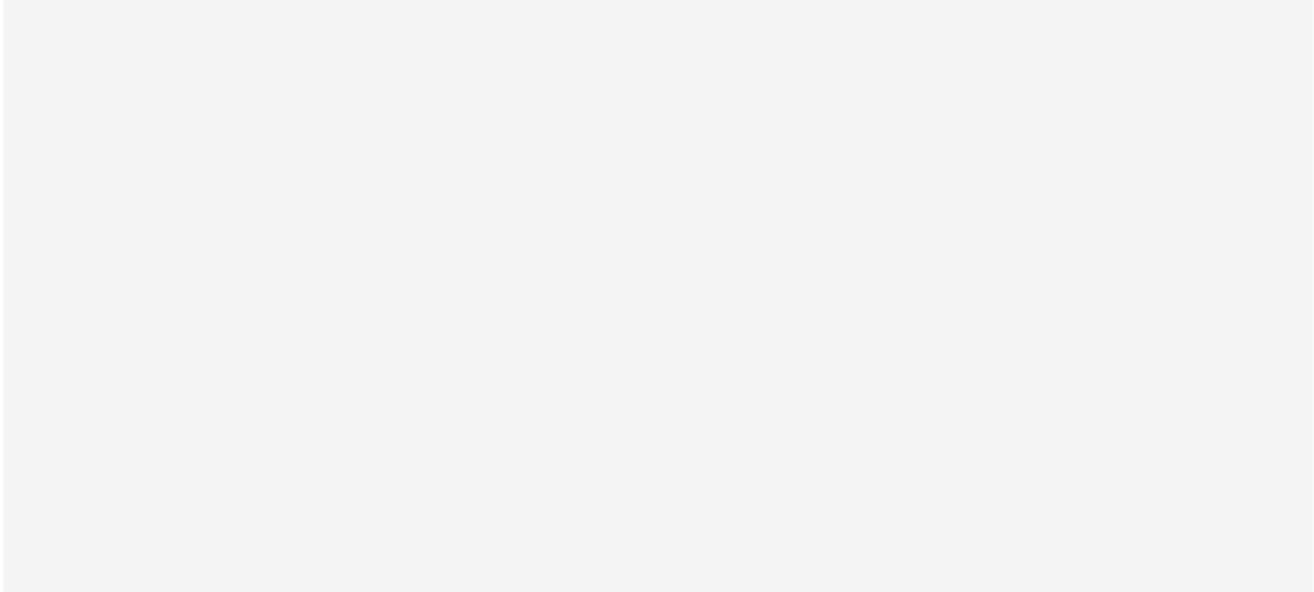
If you haven't yet developed the habit of writing down what you remember from your night dreams, begin first thing tomorrow morning. **Add this to your daily morning ritual** and see what ideas reveal themselves to you.

If you would like to go further with this topic and receive helpful feedback on your dreams from a supportive group, send me by e-mail a request to join one of my **dream circles**.

# Finding your Dream

## State your purpose

You might now feel ready to **state your purpose in simple terms** (If not, don't worry. You can come back to this later on):



Some examples are:

*My purpose is to inspire people to grow and to live their dreams.* (Nicola)

"My purpose in life is to heal, to make everyone I come into contact with happy, and to create peace." - Deepak Chopra

"My life purpose is to motivate, inspire and empower people and organizations to live their highest vision in the context of love and joy." - Jack Canfield

"My purpose: To be happy; to encourage, to educate, to enliven others; to grow as a spiritual human being; to evolve and discover the wonders within myself; to love; to open deeply to all that love can teach me; to live life to its fullest; to be a lifelong student of learning; to be an excellent partner, friend and lover of life." - shared by Mary Morrissey

# Finding your Dream

## DESIRES, DREAMS, GOALS

We continuously fulfill our purpose in every moment of our life by setting ourselves goals. **Goals are like stop-offs along our life's purpose.** The best goals to pick are the ones we REALLY want.



The goals we WANT come from our dreams and are originated through the effective use of our **imagination**. They are ones we have no idea how we will achieve them. They will require inspiration and massive growth.

Look back at all the things you wrote down after your quiet date with yourself. Which of your interests, your dreams, your passions would you love to do the most? Which are the most important to you *right now*? Which ones do you REALLY want?

Take some time now to **pick a dream** that will help you **express your purpose**. It is important to be clear and definite about it, so that you can start building a mental picture of it and setting goals to achieve it.

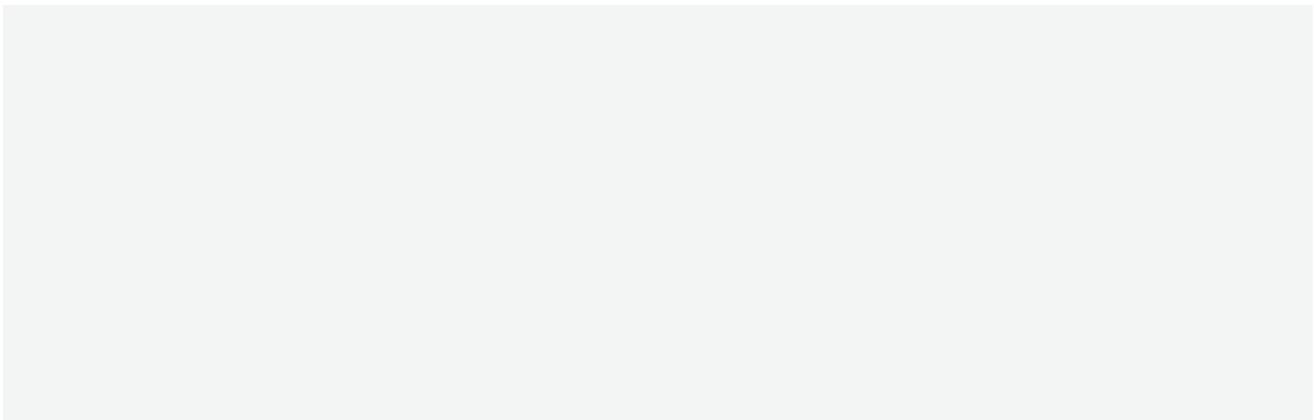
# Finding your Dream

## Choose your dream

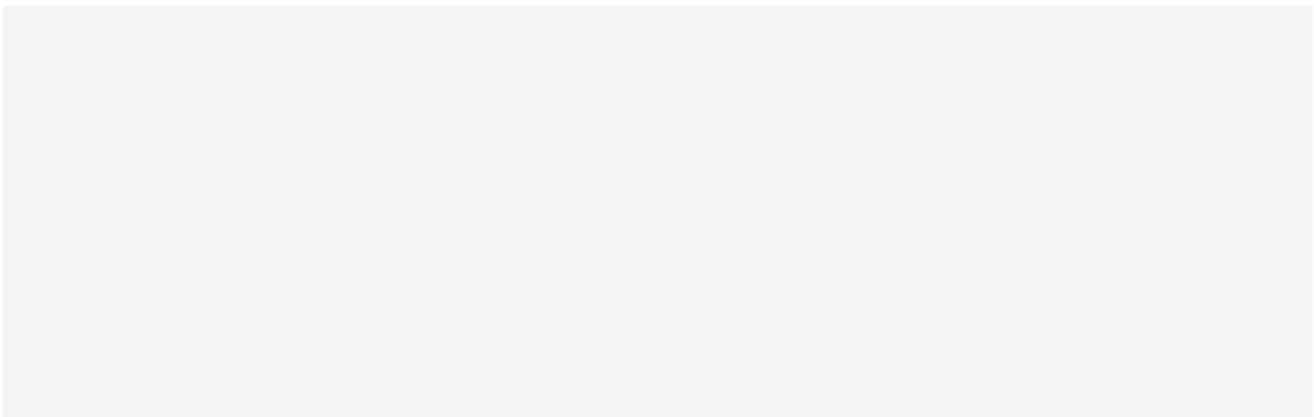
To help you decide, answer the following questions in the spaces provided below. For the first question (passions), take the answers you gave earlier (on p. 10). For the second question (skills), write down everything that comes to mind. Ask friends or colleagues if you have trouble thinking of your skills.

Once you have your answers to the first two questions written down, read them aloud to yourself. Then, calling on your intuition, ask yourself the third question and see what ideas and thoughts come to mind. Don't try to force an answer. Really allow your inner guide, your inner knowing to inspire what it is you REALLY want *right now*. You will know you have hit an inner truth if your answer passes the **tingle test** (you get shivers up your arm)!

*a) What do you love doing for the sheer pleasure of doing it? (passions)*



*b) What are you really good at? (skills)*



# Finding your Dream

## Choose your dream

*c) With this combination of passions and skills, what can you see yourself doing in life right now?*

(If nothing comes up the first time you do this, don't worry. You can come back to it another day and try again.)

A large, empty light gray rectangular area intended for writing or drawing.

# Living your Dreams

If we use the analogy of a movie, then your **Dream** is the big picture. Your **Purpose** is your starring role in it. And your **Goals** are the action. Remember, nothing happens until we act. To live your dreams, you must **take action**.

## CREATIVE PROCESS

Once you have decided what it is you really want *right now*, you can begin to build a mental picture of it using **Creative Visualization**.

Visualization is the process of using your thoughts and emotions as tools to consciously create your physical reality. It is the plan – the **blueprint** – you design. Then you construct your life from that.



It is part of the **Creative Process**, which starts with a **desire** from which you build the **dream**, using your imagination, of what it is you **REALLY** want, your deepest desires.

# Living your Dreams

## CREATIVE PROCESS

You must believe you are able and decide you are willing to do what is required to realize your dreams. Don't let your outside circumstances influence you.

It is important to hold to your dream and get emotionally involved with it. By using your **IMAGINATION**, you can build an image in your mind of your dream life. To help you do this, you can create a **Vision Board**.

The final step in the process is to move into action, and more particularly what I like to call, **INSPIRED ACTION**.

*"Almost everything you truly need or want is here for the asking; you only need to believe that it is so, truly desire it, and be willing to accept it." - Shakti Gawain*

This is just the beginning of Living Your Dreams!

To help you go further with this process and the different techniques involved, please **connect with me** via my website or on social media and find out the **next steps** you can take.

With love & gratitude,

*Nicola*

