

Seize Your Dream

A Breakthrough Vision and Goal Setting
Process to Create a Life You Love



*Seize Your
Dream*

Virtual Workshop

**You May Want Additional Guidance In This
Process:**

Text SEIZEDREAM to (818) 210-4341

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your purchase: SEIZEDREAM

You are about to learn the exact tools I teach to clients all over the world to help them release toxic habits, align quickly with desired results, and create a freedom lifestyle they can sustain forever.



SEIZE YOUR DREAM Mini-Masterclass

with Melissa McFarlane

Founder of Creative Successful Entrepreneurs

I'm going to help you start fresh from wherever you are. You'll be able to create a confident plan for reliable, abundant income, powerful, meaningful relationships, and work you absolutely love.

Feel complete about the past.

Create a breakthrough for your future.

The SEIZE YOUR DREAM Mini-Masterclass

This mini-masterclass includes:

- **The SEIZE YOUR DREAM Process**
- **Your Freedom Lifestyle Plan**
- **Mindset Reset (Unconscious & Conscious)**
- **Prescribed Practices**

The SEIZE YOUR DREAM Mini-Masterclass

In this rapid mini-course you will learn how to:

- 1. Remove Barriers**
- 2. Uncover What Matters Most to You**
- 3. Define short term goals**
- 4. Focus Your Intentions and Actions (& get a plan)**
- 5. Support Yourself to maintain the change (Practice, and Make Good on the Promise of Your Life)**

Let's Get Started!

Seize Your Dream

The SEIZE YOUR DREAM Mini-Masterclass

1. Remove Barriers

Wins

List any Wins, Accomplishments, Completions you can remember having in the past year	What strengths, skills or qualities were developed as I created this win?	
<i>Example: I graduated from my masters program.</i>	<i>Example: I have confidence that I can complete things. Discipline, Persistence.</i>	
<i>Example: Forgave my ex-spouse.</i>	<i>Example: Open mindedness. Flexibility. Compassion. Self Love.</i>	

Wins

List any Wins, Accomplishments, Completions you can remember having in the past year	What strengths, skills or qualities were developed as I created this win?	Rank: 1= not complete 10= totally complete
<i>Example: I graduated from my masters program.</i>	<i>Example: I have confidence that I can complete things. Discipline, Persistence.</i>	
<i>Example: Forgave my ex-spouse.</i>	<i>Example: Open mindedness. Flexibility. Compassion. Self Love.</i>	

The Perspective Scale

(page 6 in your workbook)

Now that we've fully captured your wins and successes from the past, it's time to look at clearing out your failures, losses and incompletions. Next in your workbook you'll find our Perspective Scale, showing numbers to identify various perspectives.

1. Fill out the inventory of losses, failures and incompletions. Then, utilize the scale as you think about each failure, loss, or incompleteness on your chart.
2. Next to each item, write the number of the perspective that best describes how you feel about each of your failures, losses and incompletions.

(Remember, it is possible that you feel quite good about certain failures, losses, and incompletions from the past.

The Perspective Scale (cont'd):

1 = Despair / Torment

2 = Insecurity / Guilt / Unworthiness

3 = Hatred / Rage / Anger

4 = Discouragement / Worry / Blame /
Doubt

5 = Disappointment / Overwhelm

6 = Frustration / Irritation / Impatience

7 = Pessimism / Boredom

8 = Contentment / Hopefulness

9 = Optimism / Positive Expectation / Belief

10 = Enthusiasm / Eagerness to take action

11 = Freedom / Joy / Empowerment / Passion /

Total Faith



Losses / Failures / Incompletions

<p>List any Losses, Failures, Incompletions, Disappointments you experienced in the year just passed:</p>	<p>Rank: 1= not complete 10= totally complete</p>	<p>What have I made this <u>mean</u> (about me or my future)? What is the PERSPECTIVE I am currently holding in relation to this Loss, Failure,...etc.?</p>	<p>What will it take to move 2 points higher on the scale? What needs to happen for this to be at a 11?</p>
<p><i>Example: My financial records are a mess.</i></p>	<p>3</p>	<p><i>Example: I'm incapable of losing managing money; I'll always be broke or out of control financially.</i></p>	<p><i>Example: a "5" would be setting aside a half hour a week to manage my accounts. A "11" would be having an accountant and solid financial management system.</i></p>
<p><i>Example: I didn't lose those 10 lbs.</i></p>	<p>6</p>	<p><i>Example: I'm incapable of losing weight and I'll always be in a body I hate.</i></p>	<p><i>Example: "9"=stopping sodas & weekly walks;"11" = 135lbs, happy eating plan, easy w/exercise</i></p>

Lessons I've Learned

Considering both of the above two lists, what did you learn in the year or time period just passed? Write a statement of learning as if it were an instruction to guide you into the your future. Example: "I learned that sometimes it is more important to be kind than it is to be right."

Lesson 1:

Lesson 2:

Lesson 3:

The Completion Ritual

To close out the past, I have a ritual for you to perform. **This ritual is a way for you to formally leave the past exactly where it belongs: in the past.** I recommend that, once you have filled in each line on the next page,, you read this aloud to yourself or to a witness. This act of reading it out loud will officially close out your chosen review period.

The Completion Ritual

As I complete the past...

I celebrate (Wins/Successes/ Accomplishments):

I release (Failures/Losses/Incompletions):

I will remember (Lessons):



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2. Uncover What Matters Most to You

“Was Your Life A Complete Success?”

- Gay Hendricks

What if today was your *last day*?

Write down your most emotionally “charged” regrets.

I wish I had: _____

I didn't get to: _____

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“Was Your Life A Complete Success?”

- Gay Hendricks

**Create LIFE GOAL Statements That Will Erase the
Regrets You Identified:**

I now enjoy a life in which I have/can be/do the
following:

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Identify Your LIFE GOALS

Here are my life goals:

- Funded adventure for myself and others
- My children want to come home
- Right relationships, blissful love
- Healthy mind, body and spirit
- No Creative Regrets

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3. Focus Your Intentions and Actions (and get a plan)

The Worthy Goal Process

Select a goal:

The following 5 Guidelines will help you to set and meet great goals.

Make sure your goal is:

- ❑ Specific
- ❑ Measurable (Must answer - How will I know I've achieved this goal? and By when will it be achieved?)
- ❑ A stretch (somewhere between too easy and unbelievable)
- ❑ Public (goals are more likely to be met if you have support).
- ❑ A soul-driven goal vs. an ego-driven goal. (Basically, a soulgoal is inspired by happy desire, vision and excitement; by what you want. For example: I will create a body I love to be in. An ego-goal is inspired by fear, or what you don't want. For example: I will lose the weight if it kills me!)

The Worthy Goal Process

Test your goal:

The goals you choose to ride to your happy destiny must be worthy. They must be your own and in line with your purpose. The questions below will help you determine if you are pursuing a worthy goal or not.

In order for your goals to pass the test, you must answer YES to all five questions:

1. Am I the first and most important reason I am pursuing this goal?
2. Do I want to pursue this goal?
3. Do I believe I can achieve this goal?
4. Is there fun in this goal?
5. Is there joy and happiness in this goal?

The Worthy Goal Process

Test your goal (continued):

In order for your goals to pass the test, you must also answer NO to the three questions below:

1. Does anything about this goal punish me (pain me)?
2. Was there fear present as I created this goal?
3. Is this an ego-driven (vs. a soul-driven) goal

Commit To Your Goals

Time Frame	1ST - LIST CATEGORIES OF LIFE FOR FOCUS			
1 Month				
3 Months				
6 Months				
1 Year	3RD - REVERSE ENGINEER A PLAN TO ACHIEVE THE LIFE GOALS!			
LIFE GOALS	2ND - LIST YOUR CORRELATING LIFE GOAL HERE...			

Take a **STAND**

Well done! To continue to make the lessons real and lean into change **consider WHO you'll need to BE to achieve these goals.** Do this by consciously: **choose a STAND** for a period of up to a year ahead.

Your STAND declares how you will walk In the world in the pursuit of your mission or goals. It's a description of a behavior and perspective you adopt. It will have you **step out of your normal behavior & patterns**, thus allowing you to BE in the world differently.



Take a STAND

For example, if you are a person that puts everyone else before yourself, *Me First* or *Selfishness* would be a great STAND for you to choose. If you are a person that is great at starting projects, but never completes them, *Finish Line* or *Completion* would be a great STAND for you. Below you'll find a list of stands that people have chosen over the years in our workshops. Feel free to choose one of these, or create your own stand.

Sample STANDS:

- Wonder
- Innovation
- Celebrity
- Baby Steps
- Messiness
- Finish Lines
- Forgiveness
- Peace
- Wake up call

Moving forward I STAND For: _____



The Creation Ritual

Now you are ready to commit completely to your goals and this new way of being in the world. The CSE Creation Ritual will help you “lock in” the change you wish to see in your world. Ritualizing your STAND and goals is an excellent way to embed true commitment. At Creative Successful Entrepreneurs, we like to say that up until now while doing this work you have been solidly *In The Land of Good Ideas*. This ritual invites you to step into *The Land of Commitment*.

We recommend that you read this aloud as a proclamation of your STAND for the year; perhaps even read it aloud to a loved one to create more commitment. Many of our clients then post their STAND in a place where they will be reminded of their commitment for the year (car, bathroom mirror, office, closet etc.).

“To succeed, we must first believe that we can.” –Michael Korda

The Creation Ritual

This year I STAND For: _____

In order to honor my STAND and achieve my Goals...

I will say YES to:

1. _____
2. _____
3. _____

I will say NO to:

1. _____
2. _____
3. _____



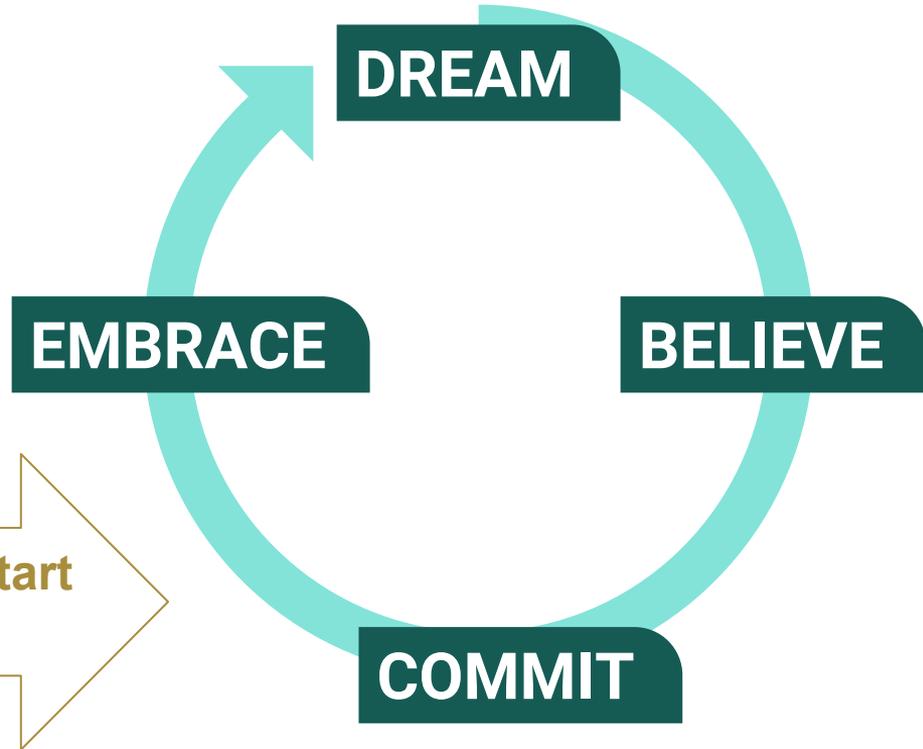
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5. Practice! (Support Yourself to Maintain the Change, so you can Make Good on the Promise of Your Life)

**LET'S TALK
PRACTICES!**

**The *Seize Your
Dream* steps mirror
the CSE Success
Practice Cycle**

**(With each new endeavor you'll start
the cycle again.)**



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LET'S TALK PRACTICES!

Morning Practice - train toward the future:

1. **GRATEFUL** - Focusing on what is working in your life, what you are thankful for, trains your brain to see safety, abundance and your own strength/skills
2. **RELEASE** - Filled w/gratitude you'll be more easily able to see what's holding you back, and let go of it on the spot.
3. **RECEIVE** - From this fresh place, what do you NOW want? Ask for it, even if you don't know how it will come.
4. **DELIVER** - What are the 1-3 things you will take action on today?

Begin to Retrain Your Subconscious Via Your Conscious Mind

Find this in your workbook.

THE POWERSPECTIVE DECK

We all have negative perspectives that we unconsciously attach to events in the past. These negative beliefs are perpetuated every time the conscious mind focuses on a similar event or tries to consider a different outcome than what we remember from the past. For this reason, despite a strong willpower to do otherwise, we often continue to struggle without success. If you want to experience more success and new results, you will need better thoughts, stories, and beliefs to direct your automatic focus and conscious actions.

Create a "flipdeck" with flashcards and a key ring. Then write some new thoughts/stories that you think a powerful, successful, enlightened person – your "best self" or someone you greatly admire, for example - would have when faced with your disappointments and failures, or with the task of meeting your life goals. These new thoughts are called, "Powerspectives." Write your new Powerspectives on flashcards and continue to capture new ones as needed.

Sample Powerspectives - Powerspectives are present tense and in the first person:

- "My heroes started out just like me!"
- "I am a masterpiece in progress."
- "I am a financial whiz. Money comes easily and effortlessly to me."
- "I am healthy and vibrant."
- "I am a GRACEFUL CEO"
- "I stand for FINISH LINES"

How to use your new Powerspective Notebook:

On each page write down one message to yourself - a powerspective, LIFE GOAL, a personal STAND you're taking for yourself, and so on. Then, flip through your Powerspective Deck daily, weekly, or monthly to retrain your brain towards the future you want.

THE POWERSPECTIVE DECK

Sample Powerspectives (Powerspectives are present tense and in the first person.):

“My heros started out just like me!”

“I am a masterpiece in progress.”

“I am a financial whiz. Money comes easily and effortlessly to me.”

“I am healthy and vibrant.”

“I am a GRACEFUL CEO”

“I stand for FINISH LINES”

How to use your Powerspective Flipdeck:

On each page write down one message to yourself - a powerspective, LIFE GOAL, a personal STAND you're taking for yourself, and so on. **Flip through your Powerspective Deck daily, weekly or monthly to retrain your brain towards the future you want.**



What is the Promise of Your Life... And How Do You “Make Good” on It?

Your soul wants something of you.

Learn to listen (slow down to speed up)...

Stretching toward your soul requires that you
support yourself

Repeat this process (annually, quarterly, monthly, daily).





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**“You’ve Got to Slow Down...If You Want to Speed Up”
Invest in the complete workshop NOW!**

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(Pay only \$25): SEIZEDREAM

You can go farther with a little extra help:

Support Yourself to Succeed

*** CSE Clarity Coaching Sessions ***

With these two 45-minute sessions we will take a look at...

...where you are

...the goals you worked on in this workshop

...the STAND you are taking

...and help you Seize Your Dream faster!

Text CLARITY to (818) 210-4341

Seize Your Dream

A Breakthrough Vision and Goal Setting
Process to Create a Life You Love

THANK YOU!