Mary Morrissey’s Dream Builder Toolkit

Career
Health
Relationships
Money
Mark Twain once said he could teach anyone how to get what they want; he just couldn’t find anyone who truly knew what they wanted.

Most people don’t know what it is they really want to achieve. They often know what they don’t want, but then that’s where their focus and energy goes—to what they don’t want. Another challenge is that we have stifled our ability to imagine what we truly want. The “adult” inside of each of us that systematically measures the thing we want and immediately asks the question, “Is this possible?” This type of question is like poison that eats away at our budding dreams.

Dreams can come from your longings and discontent or from your passions and desires. It ultimately doesn’t matter what is pulling you what’s important is to listen to your heart and ask this question: What would I love? That is the question that is the gateway to your soul’s purpose. Keep asking that question working through this 3-step dream building process.
Getting Started

It’s tough to get to where you want to go unless you know where you’re starting. Below is a great tool for accessing your starting point, which we will call your “Point A.”

Treat this tool as a litmus test to assess your current life as you view it today. Place a check mark on the line where you would rank your life on a scale of 1 to 10 in each of the four domains below. The score 1 means you feel discontent or unhappy, and you’re not seeing the results you desire in that domain of life. A score of 10 means you feel content, happy and like you’re fully living your dreams in that particular domain of life.

Be honest and thorough with your assessment, as no one will see this but you. The more energy you put in to this exercise, the more value you will gain.

Once you have assessed your Point A, proceed to the questions below.

**Health**

1------------------------------------------------------------------------------------------------- 10

**Relationships**

1------------------------------------------------------------------------------------------------- 10

**Creative Expression**

1------------------------------------------------------------------------------------------------- 10

**Financial Supply**

1------------------------------------------------------------------------------------------------- 10
STEP 1: Finding Point A

Consider these questions, and journal in the space below:

1. By what criteria in each domain did you use to score yourself? ______________________
   ______________________
   ______________________
   ______________________
   ______________________
   ______________________

2. How do you feel about your current state in each domain of your life? List those feelings below.
   List at least one feeling for each domain.

   Health: _____________________________________________
   ______________________
   ______________________
   ______________________

   Relationships: _______________________________________
   ______________________
   ______________________
   ______________________

   Creative Expression: _________________________________
   ______________________
   ______________________
   ______________________

   Financial Supply: ___________________________________
   ______________________
   ______________________
   ______________________
3. Replace any negative emotions you wrote in question two with the emotions you would prefer to experience in each area of your life and list them below:

Health: ________________________________________________________________

______________________________________________________________

Relationships: ________________________________________________________

______________________________________________________________

Creative Expression: ________________________________________________

______________________________________________________________

Financial Supply: ____________________________________________________

______________________________________________________________
It’s easy to get caught up in thinking whether or not what we desire is possible, reasonable, or attainable. Especially when our bank account is screaming that there is no way on God’s green earth that what we want is possible. “Is this dream reasonable and achievable?” is a perfectly good adult like question to consider. However, there is also a perfect time to consider these types of questions, and it is NOT during the imagining phase. Asking attainability questions during the dream-designing phase is like trying to blow up a balloon wearing tack-covered gloves. It destroys the very space holding your fragile idea.

How to Harness Your Imagination

Locked inside each one of us is a child like part that knows that all things are possible, that loves to dream, that revels in big thinking, and is unconcerned with how to make the dream come true. All things are possible to this aspect of us, and it is in this place that the power of our imagination is rooted. As you let the child like side of yourself begin to dream and get emotionally involved with ideas that enliven you, you enter a new realm of possibilities. This new realm of possibilities comes with new solutions that were previously unavailable to you. Remember, we live in an abundant Universe, and by Law you cannot ask a question without the answer being available. As Napoleon Hill once said, “What the mind of man can conceive, it can achieve.”

As you begin designing your dream, make yourself a deal: lock the adult side of you out of the room. Don’t worry. The adult in you will definitely get its chance. But for now, let the child side of you – the part of you that loves to imagine and dream big – run, play, and have full reign of this exercise.
Let’s begin…

Imagine in your hand is a magic wand. This magic wand gives you the power to create anything you want simply by wishing for it. Now, think about the exercise in Step 1. Use the full power of your imagination and answer this question. In each of the four domains, what would my life look like as a perfect 10?

In the journal space below describe vividly what your life would look like ranked as a perfect 10.

Health

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
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_____________________________________________________________________

Relationships

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If you want to know how to laugh at your worries and fulfill your dreams you need to align yourself with your soul's purpose, your inner calling.

The more you listen to your inner calling, the more you will naturally find yourself letting go of struggle and stress, replacing those negative, destructive emotions with joy and inspiration.
Key Exercise: Core Values Alignment

It is important that the dream you put your energy into is one that is in alignment with your core values. Core values help us understand what truly matters to us.

An example of a core value might be “my family” and if you’ve written under creative expression and financial supply that you’d like a new position or job that pays more but you also know that it may require that you must travel more. This may point to a potential mis-alignment with keeping strong relationships with your spouse or children.

Knowing this will help you explore and be clearer with your dream. Take a self-inventory of your core values and below write down the top five.

1. ________________________________________________________________
2. ________________________________________________________________
3. ________________________________________________________________
4. ________________________________________________________________
5. ________________________________________________________________

Key Exercise: Daily Visioneering

1. Fill in the domains on the vision board on the next page with short bullet points that describe your life imagined as a perfect 10.
2. Print out two copies of this vision board and place one near your bed and tape the other copy on your bathroom mirror.
3. Read your vision board everyday and allow yourself to get emotionally involved with your #10 life.

Dream Building Tip!

Watch for and be keenly aware of opportunities and resources that begin to make themselves available to you. When these new opportunities cross your path, say, “Yes.”
I’m so happy and grateful now that...

Health

Relationships

Creative Expression

Financial Supply
What is your **WHY**?

Too often, when people become intuitively aware of something they deeply want in their life, they quickly jump to the question . . . “How can I make this happen?” When you set out on your dream-building path, the first question you should ask is not *How*, but rather, “**Why** do I want this?”

When you get in touch with your “**Why**”, which is your passion and the deep driving desire for what you want, something magical happens. Getting clear on your **Why** puts you on the same feeling tone, aka vibration, as your dream. By connecting to the vibration of your dream, you begin to access what Thomas Edison called, “The Land of the Solution”. As you get emotionally involved with your “**Why**”, by Universal Law, you will begin to see the “**Hows**” show up in your life. You’ll begin to receive ideas, resources, and connections that will transform your dream into a reality. Remember, you cannot get to your dream; you must come from it. How do you come from your dream? That’s easy – get a clear on your **Why**.
When the *Why* is big enough, the *How* will appear.

My *Why* is…

Cut out this box and put it up in a place you’re sure to see it everyday.
Congratulations!

You have just laid a strong foundation for the manifestation of your dreams. From this point forward, read your vision board and your Why everyday. For 15 minutes in the morning, imagine your life as though your dream has already come true. Put yourself in the feeling tone of living your dream as a reality and hold that image as best as you can.

Don’t be surprised if you notice strange coincidences beginning to happen. Resources, opportunities, and people will move into your life that will help your dream become a reality. Our job is not only to make our dreams happen, but more importantly to make them welcome.

Here is your next step: Register today for my free content packed webinar that accompanies this ebook. I will share with you the final magic touch, that thousands of empowered dream builders have used to create joyful and fulfilling lives.

Here is your link to register for free: [www.DreamBuilderProgram/webinar](http://www.DreamBuilderProgram/webinar)

Many Blessings,

Mary Morrissey
About Mary Morrissey

International Speaker, Best-Selling Author, CEO Consultant, Visionary, Empowerment Specialist

Speaker, best-selling author, and consultant for over three decades, Mary Morrissey’s transformational talks and seminars have made her one of the elite teachers in the human potential movement. She is the president and founder of LifeSOULutions, an international company providing programs and products that transform dreams into reality. She is also the Founder and Director of Life Mastery Institute. Her work takes her weekly to different parts of the globe.

Mary is the Co-Founder and the first President to the Association for Global New Thought. Along with Dr. Michael Beckwith, she became the first New Thought minister to be appointed to the Executive Counsel of the Parliament of World Religions. She has spoken three times at the United Nations as the national Co-Chair for A Season of Non-Violence, and has received the honor of being inducted into the Martin Luther King Order of Preachers.

Representing the Association for Global New Thought, she has co-convened and facilitated 3 different weeklong meetings with His Holiness The Dalai Lama in leading conversations with world leaders, and addressing the most significant issues our world is facing. In addition, as part of the Gandhi-King delegation, she met with Nelson Mandela in Cape Town, South Africa.

She is the author of two best-selling books, No Less Than Greatness and Building Your Field of Dreams, which became a PBS special. Featured in the movies The Moses Code and Beyond The Secret Mary Morrissey has also authored several audio programs, including the popular co-produced audio, Working With the Law with Bob Proctor. As a highly sought after inspirational speaker, executive coach, and corporate consultant, Mary has 30 years experience of empowering individuals in achieving new heights of spiritual aliveness, wealth, and authentic success.

Mary has a Bachelor’s Degree in Education, a Master’s Degree in Counseling Psychology, and an honorary Doctorate in Humane Letters. She has been an ordained minister for more than 30 years. While Mary holds some significant degrees and achievements in higher learning, she says her two most important degrees are the two black belts she has earned: one in success and the other in failure.