



Lesson 1

What Is Within You
is Greater
than Anything Outside
of You



“Our life always expresses the result of our dominant thoughts.”

SOREN KIERKEGAARD

Do you have a dream or a vision for your life, or even goals for the next year? Sometimes in life, we find ourselves so busy with our day-to-day routine, that we become disconnected from our dreams. We may treat our dreams like fantasies that will never really come true. Perhaps we haven't even attempted to manifest our dreams because of fears, doubts, or worries that seem to stand in our way. Or perhaps we have tried many times and yet failed to make our dreams a reality.

That said, what if we shifted our thinking connected with our dreams, and began to accept these thoughts and ideas as viable possibilities for our lives? Consider how different our lives would be if we truly believed in ourselves and in our dreams. Consider what your life may be if you were consistently taking action steps aligned with your dream, and if you refused to give up, regardless of conditions or circumstances.

Would you be in the best shape in your life, feeling happy and healthy in your body and mind? Would your relationships with your loved ones be deep, meaningful and fulfilling? Would you be running that business you have always wanted to open, writing the book you have had in your heart for years, or working at your dream job and enjoying every minute of the day? Would you create financial freedom for yourself and your family? Would you be travelling the world in your free time, relaxing on the beach, or taking road trips to discover new places? Would you be volunteering for a great cause, or giving in philanthropic ways to causes that are significant to you?



Give yourself space to imagine the possibilities of what you would love for every area of your life, no matter what your current circumstances and conditions are.

Exercise 1

Define Your Dream.

Everything is created twice – first in thought and then in form. Take a moment to think of what your ideal life would look like in the areas of your Health & Well-Being, Love & Relationships, Vocation, and Time & Money Freedom. Allow your imagination to come alive as you picture in VIVID DETAIL what you would love in all of these areas. Then write down whatever comes to your mind, no matter how impossible it may appear or how different it is from your current reality. Do not be concerned about the “how” for now. We are going to “put the how on hold” and release any limitations while allowing ourselves to dream as freely as possible. Use this page of the Guidebook to journal the ideas that come to you.

For each querent start with : I am so happy and grateful now that

*I'm so happy and grateful
now that....*

1 Health and Well Being

2 Love and Relationships

3 Vocation

4 Time and Money Freedom

Exercise 2

Patterns of Thinking.

Have you ever noticed yourself being affected by the thoughts you think? Write down three patterns of thinking you notice in your life and the results those thoughts create .

PATTERN OF THINKING

RESULT

1.

2.

3.

Exercise 3

Beliefs.

We have seen some amazing accomplishments in the past 100+ years. We have put men and women into space. Mother Teresa started charitable organizations in over 123 countries in just one lifetime. The first African American President of the United States was inaugurated in 2009. People of all different socioeconomic areas have continued to achieve what many would see as impossible. The world wide web can connect us across the globe with a push of a button.

In light of all of these tremendous feats, what causes us to shelve our own dreams and accept our circumstances as the defining factor for our lives? The answer is we create limiting beliefs from our current perception, and then we repeat that pattern .

Identify three limiting beliefs that you are currently holding on to that might prevent you from manifesting your full potential, and then identify the opposite beliefs that would support you in building your dream .

For example, a limiting belief may be, “I lack a formal education so I cannot succeed” and the supporting belief would be, “Because I didn’t spend four years in college, I gained many life experiences that have given me knowledge and talent to succeed.” Another limiting example could be, “I’m the provider for my family and work full time so I don’t have time to pursue my dream.” And, the supporting statement would be, “I provide for my family and now realize I have time to take classes on the weekend to serve my dream.”

Limiting
Belief

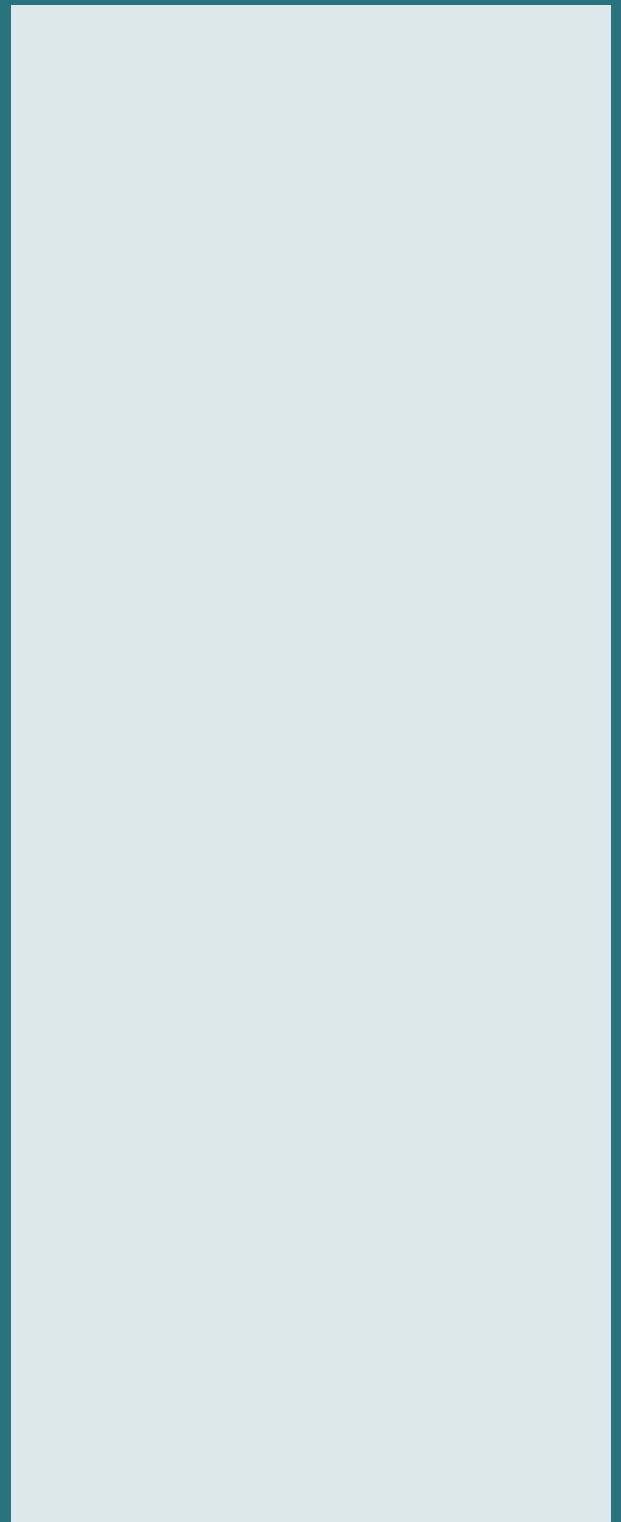
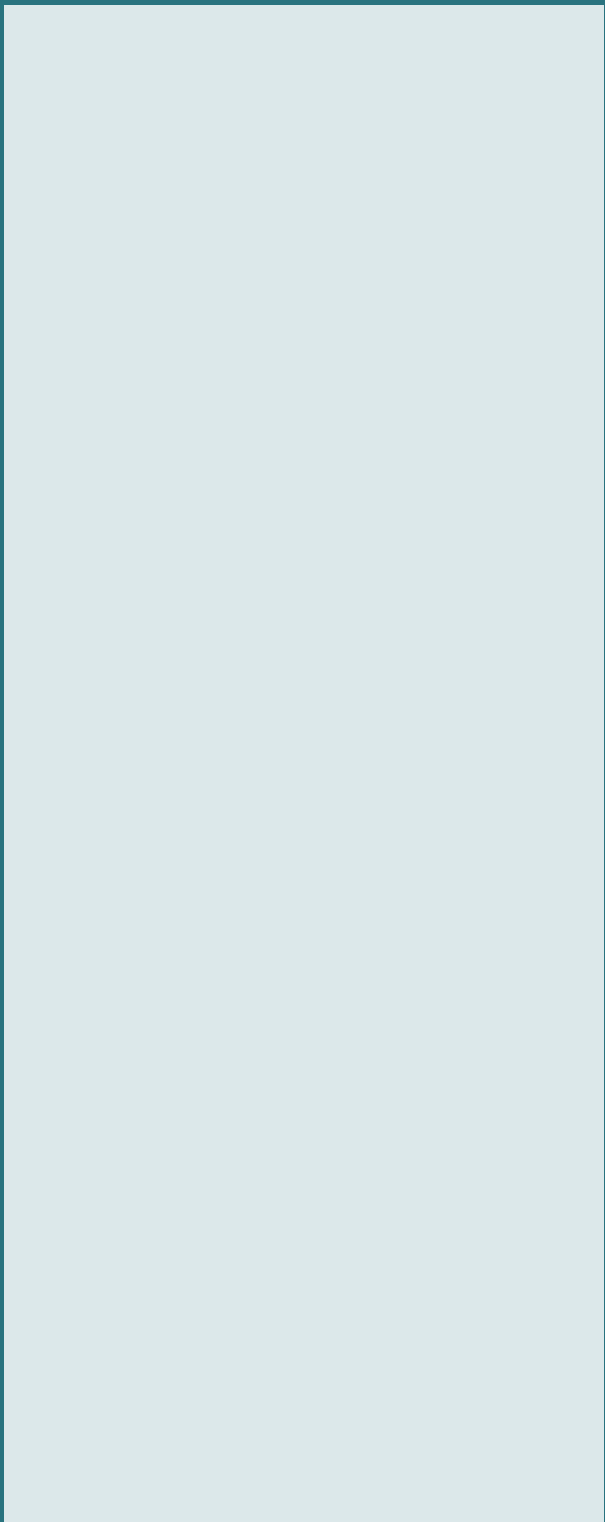
vs

Supporting
Belief

01

02

03



Let's Get Started!

SCHEDULE A FREE 60 MINUTE STRATEGY SESSION

Brenda's holistic view of business has grown out of decades of experience as a political activist, community organizer, and practitioner of the healing arts. Brenda truly embodies the idea that through empowering women in their own lives, we can infinitely change this world for the better. In working with hundreds of women business owners, Brenda knows that a business can truly thrive only after one has made the commitment to unmasking limiting beliefs, discovering one's worth, practicing self-love and nurturing the soul.

Reach out to her and find out which of her programs is the best fit for you - Dream Builders Program, Life Mastery Program, and Badass Warriors Circle Mastermind.

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