



Lesson 2

Discovering Whether
Your Dream Is
Right for You



“The very best thing you can do for the whole world is to make the most of yourself.”

WALLACE WATTLES

In this lesson, you will go through the process of testing whether your dream is worthy of you. In order to do that, you decide for a dream or a possible future for your life. Remember, we don't get to not create a life. If we keep breathing another 365 days, we will create another year of life. So, even if you're in the phase of discovering your dream, it's important that you begin to make up a possible life that you would absolutely love to live.



Exercise 1

Testing Your Dream.

Once we decide for a dream, then it is time to test it. The reason we test our dream is to determine if the dream is worthy of our time, energy, and soul force. Our most precious resource is our time. It is non-refundable and we only have this one precious life. The way to determine if your dream is worthy of you is to make sure that it aligns with the following criteria of the five-point DreamBuilder Test:

- Does my dream give me more life?
- Does my dream align with my core values?
- Does my dream require me to grow?
- Does my dream require help from a higher power?
- Does my dream have good in it for others?

The first criterion to determine if your dream is worthy of you is to notice if it gives you life. This means that when you imagine living this dream life, you feel more alive; it will feel life-giving and your energy will feel more expanded. Your life force will never lie to you. If you imaginably move into your vision and you feel a sense of contraction or resistance, then the dream doesn't pass the test for it being worthy of you. Your dream will be for a more expansive life, the forms of which will be unique to you.

Exercise 2

Core Values.

In order to go through the exercises in this section, you will want to be very clear on what is important to you. If your dream is out of alignment with what truly matters to you, there is a high possibility of being off course. In addition, even if you stay the course and achieve what you set out to do, you may find that the results are not sustainable. Take time to write down five of your core values.

An example may be “My family is an important part of my life and my dream must align with maintaining strong relationships with my spouse and children.” Another example may be having fun, as in “I make sure that I plan and prioritize fun in my life.”

YOUR Core Values.

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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.

CONTACT

Brendarbryan@gmail.com

(503) 728.8700

www.BrendaRBryan.com

