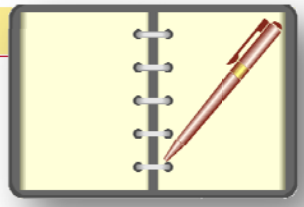
Mom Inventors



Living Dream Exercise

Today is your birthday. I am lighting a candle for you!

Now, close your eyes and make a wish. Even if you are by yourself right now, say the wish out loud. Say it out loud with conviction! Shout it if you have to! Say, "My intention is to make [blank] happen." This will help you begin creating your living dream.

This living dream is how you'll transform your fantasy into reality. With your living dream, you are stating your bold intention—a necessary step that will help you internalize your decision, believe it yourself, and turn that fantasy into something tangible.

Writing it down is critical. Don't edit as you write. Allow yourself the freedom to write and don't give your internal critic any airtime. If you hear the critic, shout "STOP!" if you have to. This technique may seem ridiculous; however, it is part of re-training your mind to do away with the internal critic. In psychological terms, this is called ***Cognitive Restructuring.*** (See the side bar entitle "Cognitive Restructuring on page 45 of Chapter 2 in Secrets of Millionaire Moms.

This is your time to be free to explore without anyone criticizing the process (including you).

My **Living Dream** is to… _____

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