

# YES, YOU CAN!

## Live Your Dream

THE 12-STEP COMPLETE MANUAL



*Make your dream a reality.  
A step by step manual  
with specific actions and  
tools to help you reach  
your biggest dreams.*

MARIA & MATS LÖFKVIST

# ***Yes, You Can!***

***Live Your Dream***

**The 12 Step Complete Manual.**

**The 12 Steps Manual**

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## Acknowledgements

**When the student is ready, the teacher will appear.**

There have been so many exceptional teachers that have crossed our path to make this book a reality. We hold our upmost respect for our parents, who have been our first and most important teachers, holding and believing in us throughout the process of life and the creation of this book.

**To our teachers, our family:**

***Maria:*** To my loving and supporting husband, Guillermo, for always being there with kind words of encouragement. To our children, Mathias, Marina, Itzel and Memo, for their patience and inspiration in sharing the needs of young people of today.

***Mats:*** To my beautiful wife and best friend Sia, for supporting all areas of my life, including my many unusual projects. To our eight children, Alofa, Miracle, Rica, Cim, Seipepa, Uiti, Rex and Leon, for their loving care for Mum and Dad.

## Introduction

### Who we are!

**Mats:** *Internet marketing consultant and brave dreaming coach, former general manager for major hotel resorts, captain of large sailing yachts, and Lieutenant in the Swedish Navy.*

**Maria:** *Inspirational speaker and brave dreaming coach, registered nurse, spa designer, director and instructor for the, “Swedish School of Massage Therapy” in Mexico.*

They are a brother and sister from Sweden and founders of the non-profit organization, *Global Mentor Aid*, an online mentoring program for young people.

*“We grew up in Sweden, but in our early twenties we left and went onto different paths, only seeing each other at rare family occasions. Life took us on incredible journeys with vast ranges of experiences. From traditional education and traveling the world, to sailing across the Atlantic Ocean ten times and later living abroad with indigenous people for over twenty-five years each. For Mats, it was Samoa, a small island in the South Pacific, and for Maria, it was Tulum, Mexico. We lived in cultures that were extremely different from our own.*

*We formed our families with many children because of our love for little ones. Our lives have been filled with joy and sorrow, times of abundance and periods of scarcity. We experienced blazing sun, endless beaches, hurricanes, and tsunamis. The lessons we learned and the knowledge we obtained emerged from our authentic life experience.”*

### Why are we doing this?

Our primary focus has always been to create and manifest our dreams, to do what we wanted in life. We made our life journey without having money, but with the trust that we could make our dream come true. We transformed this experience into a step by step manual of how to create *your* dream. We realized that if we'd had this information at a younger age, everything would have been much easier and we would have gotten to our goals more quickly. Now we want to share our experience and relevant awareness with you.

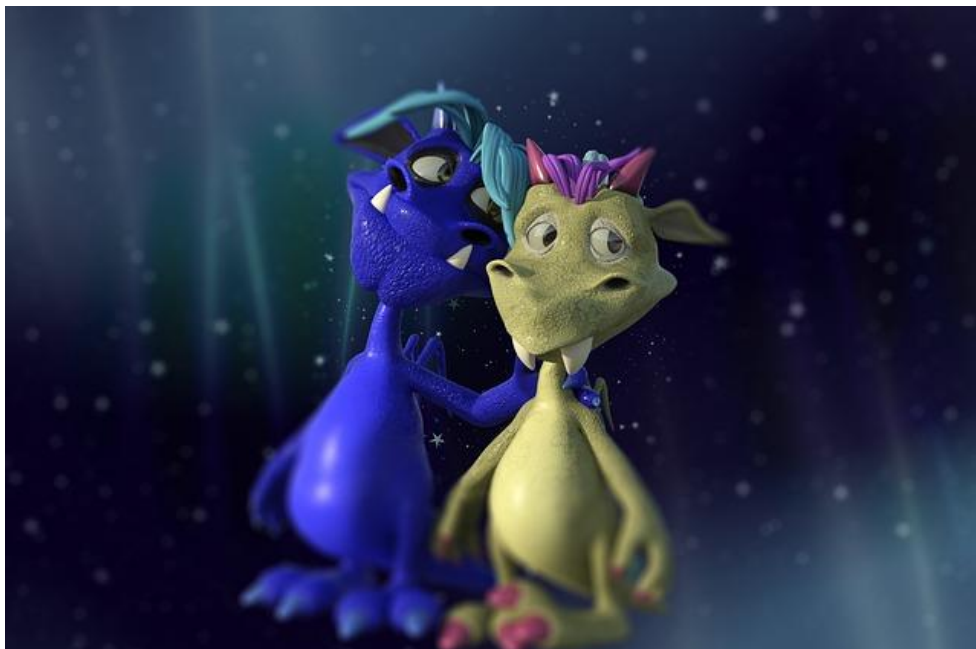
**It is all about you.**

We believe in **you**, and we know that you have something special to share with the world. You are here for a reason, and you are unique and perfect just as you are right now.

**The clarity will come from inside of you, not from outside information.**

We will take you step by step on a journey inside yourself, where **your** internal voice will guide you in which direction to take. To find the path that is right for you. We won't impose any belief on you. You will find out who you are, with all your strength and inspiration in life. We want you to treat yourself with integrity and respect, learning self-love and how to be gentle with yourself when life doesn't go your way.

**Let's put it simply. We want to be your mentor, to get you on your unique path in life, which will make you happy and fulfilled, no matter what you do.**



**Mats & Maria**

## **How to Use this Manual.**

- Get a notebook and name it your, "**Brave Dreaming Journal.**" Make sure you always write down the exercises in your journal. Later it will become your proof that your dream is in creation.
- Our manual presents a step by step process to create your dream. Do every step in order, as each level builds on the previous step. Don't stop in the middle of the process thinking that you are clear, and start skipping the last steps. You need the whole manual to make the movements for creation into a reality. Take it in your own time; there is no pressure.
- Go back and repeat previous exercises for more clarity, if needed.
- Do all the exercises and write them down, as they are the key to opening you up to the creation of your dreams. Some of the exercises entail working on similar aspects of your dream, but each exercise is meant to take you deeper and give you more clarity, allowing yourself to see your goal from different angles.

## **The Purpose**

When you finish this course, you will have:

- A step by step manual to create your dream.
- A handbook that you can apply to any desire and follow for the rest of your life.

## **Important: Before You Get Started**

- We are all different, and you need to be completely open for how your dream will come to you. The experience is different for every person.
- Your dream might not manifest during the time of the course. Depending on what you want to bring into your life, it can take one day, one week, one year or maybe ten years.
- You need to continue getting clear, doing the exercises, and holding your intention and dream vision until it manifests, knowing that it will happen.

## **These symbols will help you to recognize the following:**



Exercises and Summary Exercise Tools.



Writing in your Brave Dreaming Journal.



Visualization.



Summary of each Step.



What you have done so far.

## **Step 1**

### **Creating Your Dream Lab.**

#### **Are you ready to create your future?**

You create your future whether you are aware of it or not. Now it's time to know how to do it on purpose, *intentionally*. You will learn how to dream up every part of the future you desire. You are the only person who can make and change your future, and now you will learn how to create it, as YOU like.

#### **Everything starts with a thought, a dream.**

Since you were a small child, you've always had daydreams. Your dream content might change with age, but you never stopped dreaming. Every dream starts in your mind as an imagined future. Some thoughts don't stay for long and briefly pass you by, and others are charged with feelings and desires and stay forever. Maybe you got confused about your dream because of outside influences from parents, school, religion, and society. Once you get clear about what makes you happy, you will gain your direction.

#### **You are the most important person right here and right now.**

I bet this is new for you - to have that attention on your own importance. But the reality is, without you, the future will not be the same. In life, we often think that we don't matter and can't see how our participation can make a difference. But as time passes, as we like to tell you, it's not that way; you are precious.

***You are outstanding and unique with an individual and clear purpose in life.***

***This purpose will make you happy and give your life meaning.***



## **We all want to be happy, but what is happiness?**

Did you know that being happy has nothing to do with outer circumstances? It is an internal feeling. Happiness is attainable for all of us, at all times. Often it is a choice to be happy and to feel good. Happiness starts with your inner contentment. It is available to you independently of your finances, your health, or your living situation. You have the ability to be authentic and genuine to yourself, finding your own internal, true happiness.

Life will take you on a journey with ups and downs, triggering all possible emotions, and it's easy to get off track. When you have your toolbox of how to get back to your inner happiness and peace, it makes for a smoother ride.

## **Before you can have more, you need to see what you already have.**

One of the tools is to count your blessings. Often, we think we don't have enough "stuff." Maybe you think you don't have enough clothing, shoes, expensive toys, electrical gadgets, telephones, computers or something else you desire. Wanting more all the time is normal. That is perfectly fine, but it is important not to forget what you already have. You can get blind to it by being so used to having it, and being so accustomed to wanting more. You might hear that your friends got something new and you are feeling that longing inside, that desire to have the same thing.

## **Count your blessings.**

Now, we are not talking about material things like clothes or other possessions. We are talking about, *that which most matters in life*. The blessings that you were born with, the foundation of your life. It is essential to become aware of these gifts so you may begin to count them and feel gratitude.

The first blessing is that you are alive. You are here physically, and even if you are not completely healthy or your body doesn't function the way you wish, you still have many blessings.

- If you have all your body parts working, you are blessed to see with your eyes, hear with your ears, and talk with your mouth: think about how it would be to be blind, deaf or mute.

- You can move your body, walk, run, moving your arms and hands: what about if you were paralyzed?
- You can think with your brain: what if you didn't understand anything when people talked to you?
- Your heart is beating and you are breathing. Without your breath, you would not get air and oxygen to your heart, which is necessary for you to stay alive.

These things are all taken care of without you paying any attention to them. Your body is a marvelous living machine. These are blessings that you might not think about, but if you lost any of them, you certainly would. It is easy to get lost in only thinking of what you want in the material world and forget the parts that matter.

Remember the magnificence of who you are and say, **“Thank You!”**

When you feel that you don't have enough or that you are not good enough, then count your blessings one by one. I can see, I can move my body, I can smell, etc...

When it all feels dark inside, and you have lost your confidence, then remember that **one** spark of light takes away the darkness. Your blessings are the light.

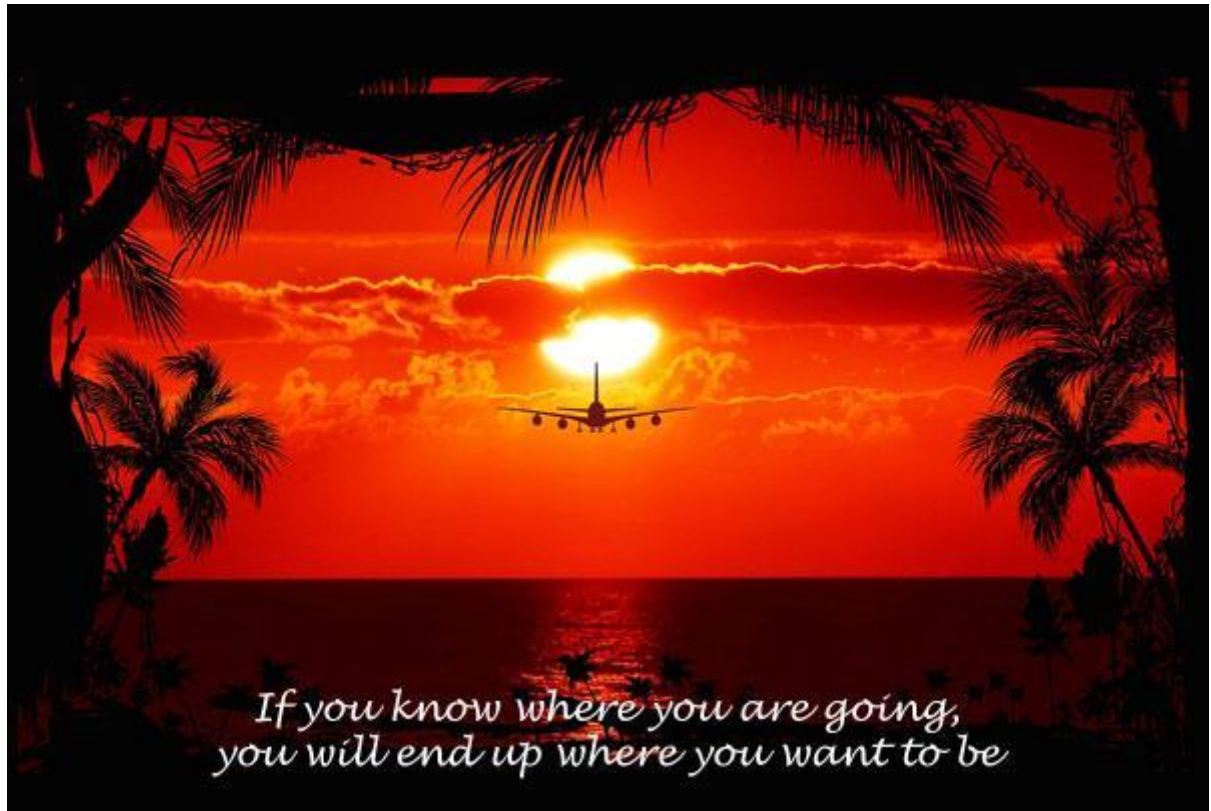
***To receive more in life, first be thankful for what you already have!***



#### **Exercise Tool 1: Say, Thank You!**

- **In the morning**, when you wake up, start to count your blessings and say **thank you**.

- **At night**, before going to sleep, **express your thanks** for the day and remember your blessings and every small thing you received during the day.



## **Let's start finding out more about your dream.**

This first part of the course is the most important: to get clear about your dream. If you are crystal clear about what you desire, then you can do the rest.

### **I know what I want! Why do I need to get clear about my dream?**

It is great if you already know what you want. Maybe you want to become a doctor, lawyer, nurse, engineer, pilot, singer, actor, painter or some other type of professional. Perhaps you are dreaming about traveling or having a house and family. Maybe your dream is to help nature, people and animals in the world to create a sustainable future. Once you have your dream, you need to get clear. It is one thing to have an idea of what you want, but another thing to make it clear. What is its meaning? How will you get there?

As long as your dream stays fuzzy and cloudy, it won't happen. You make it happen by clarifying it, which means **knowing all the details of what you desire**. With clarity, manifestation occurs. Your dream becomes alive and you can see it as already created. Everything will first form in your mind; then the other steps will follow.

### **Imagine you want to travel.**

Just wanting to go on holiday won't take you anywhere. You must know exactly where you'd like to go and plan how you will get there. You will need to know where to buy a ticket, what day and time you can leave, what you need to pack for your trip, which hotel to book, what to do at the new place, and much more. Otherwise, how could you ever end up at the place you'd like to visit? Your goals and desires work the same way; the clearer you are about your dream, the easier it is to create it.

### **You need to know what you want, to get what you want.**

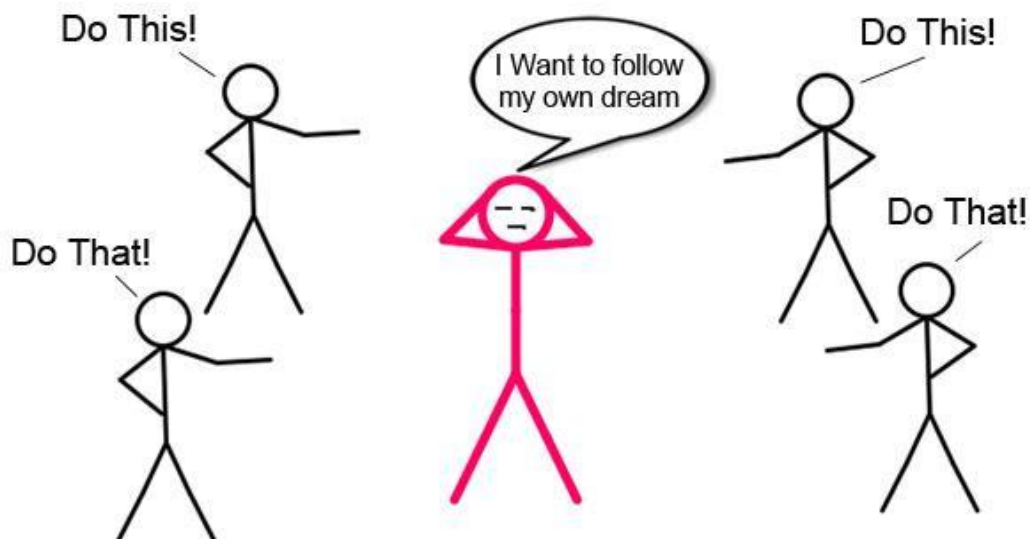


### **Why are you not already clear about your dream?**

- Maybe you have never been told that you are the maker of your dreams, the creator of your future. Perhaps you have been conditioned since your upbringing not to believe in yourself. It's likely that you were

affected by limiting social norms, and comments from friends, parents, and teachers who told you what to think, feel and how to behave to fit in.

- Maybe you have been taught to focus on what society wants you to do, and not to follow **your dream**, of what makes you happy.
- Maybe nobody has seen your personal abilities and strengths. Or you didn't dare to focus on them yourself, and it all got forgotten in trying to fit in and to be accepted.



Many times, we are following what other people want just to fit in and be accepted.

### The benefits of getting clear and following your dream:

- You are no longer functioning in reaction to what other people think and feel about you. You follow your personal path of what makes you happy.
- You will know the exact education or knowledge needed to start in the direction of your dream. You enjoy learning whatever you need to get your dream going.

- When you are doing what you love to do, it doesn't feel like work anymore and you will enjoy every minute of it.
- People with the same interest will start approaching you and you will have the possibility to help others, which in turn helps you.
- When you are clear about what you desire, everything in life starts to work in your favor, and it will come to you.
- When you do what you love to do, you can use it to help others and easily make it into your own future business.

### **Obstacles to getting clear of what you desire:**

Here are a few things that you might experience when you start getting clear on your dream:

- You might feel afraid it will not work out the way you want.
- You have the feeling of not fitting into your old world anymore.
- You get impatient while waiting and stop trusting in your dream.
- People who you thought would support you show a different side of themselves.
- You can feel lonely, unsupported and scared.

There could be millions of other reasons why you feel discouraged.

### **We know you are ready for this!**

Getting clear about your dream is an exciting road to walk and remember, it is not a race. It is the actual journey, appreciating every small step, which will take you towards your dream. So, enjoy your time and **walk slowly, don't run.**

### **Just to clarify!**

When we are talking about your dream, this doesn't mean that you can only have one dream. You can, of course, have as many dreams as you like, big

and small, in many different areas of your life. When you do the exercises, it is recommended to work on one dream at a time.

**Before we take you into your dream lab, let's make sure you enter with what is right for you.**



### **Exercise Tool 2: What makes you feel happy right now?**

Close your eyes and be still in your body.  
Breathe deeply and start to think about;

- Something you would love to do or have right now.
- Something that you are longing for and it would make you completely happy.
- Let your mind make up anything you desire!

Open your eyes and finish the questions and write down the **first five** things that come to your mind. Don't judge whether it is possible or not.

1: I would be totally happy if I had or could do...

2: I would be totally happy if I had or could do...

3: I would be totally happy if I had or could do...

4: I would be totally happy if I had or could do...

5: I would be totally happy if I had or could do...

Look at the above statements and feel the significance they have in your life right now.

**Ask yourself:**

**If I could only have one of these five statements, which would that be?**

Look at your five statements of what makes you completely happy and feel the one that is most important to you at this time in your life. Take this statement out and make it your “number one.”

Then continue with the following four statements and ask the same question again.

**If I could only have one of these four statements, which would that be?**

Do this over and over until you have a sequence from 1 to 5 of what makes you happy right now.



Write down in your **Brave Dreaming Journal** the question:  
**What makes me feel happy right now?** Followed by your five answers.

With these five answers vividly situated in your mind, enter into the dream lab to explore them in more detail and make them into your dream.



**Exercise Tool 3: Making your Dream Lab.**



**3:1 Visualization.**

(Please read through the exercise once before you start)

**Relax:** Make yourself comfortable. Sit or lay down, close your eyes and keep them closed during the whole exercise. Take some deep breaths to relax your entire body. Relax all parts starting with your feet. Relax all the way up through your legs, your back, arms, head, and face. Relax your mind and let go of the thoughts you have.

**Dream Lab Key:** You are now going to create your dream lab. Imagine that you have the key in your hand to your private space, where you can do anything you want, your personal dream lab. Open the door and step into the



most creative and peaceful place where your mind can be entirely free to make up anything you want.

**Where are you?** Your dream lab could be at any location you like, in the jungle, on the beach, on a mountain, in your bedroom, or at any other peaceful place. Take your time to see the place, smell it, feel it, look at the colors around you. Can you hear anything? What sound is there? Look at where you are.

**How do you feel?** Take a deep breath and pay attention to how you feel inside. Enjoy your time and get deep into the feeling of being totally free, limitless and happy. There are no fears, no worries, and no obstacles. The dream lab is your safe and secure place where you can feel good and create any future dream that you want.

**Remember what makes you happy:** See it in front of you. Let your imagination run wild making it up just the way you want. See what makes you happy and make it into a dream. See it as vividly as possible, pay attention to all the small details. What do you do? Where are you? How does it make you feel? Stay with it for as long as you like.

**Come back:** When you are ready, take some deep breaths and imagine that you walk back again, towards the door. Before you leave, turn around and take a good look at your beautiful dream lab. A place of peace and creativeness, where you can come back anytime.

With your dream and all the great feelings fresh in your mind, you walk out the door, and you lock it with your key. Only you have the key to your dream lab. Take another deep breath and start to come back, feel your body and open your eyes. Stretch yourself and continue with the following exercise.



### 3:2 Writing about your dream.

Describe your dream in your **Brave Dreaming Journal** as detailed as possible with all your positive and strong feelings.

Write the answers to these following questions:

1. Where were you?
2. What did you experience in your dream?
3. How did it make you feel?



### Exercise Tool 4: Look at your dream continually.

- Keep your **dream vivid**. Look at it and feel it as many times as possible and remind yourself of it before you go to sleep at night.



Go back into the dream lab and make changes, adjustments, and freely add or take away parts. Make your dream clearer every time and write down all the details in your **Brave Dreaming Journal** whenever you come back.

## **I have many dreams, what do I do?**

If you have many dreams that you want to manifest, you still have to take just one at the time into the “dream lab.” If not, your mind will fluctuate in between different dreams, and you won't get clear on any of them. Decide on one dream, and let the mind create the details.

*Know that you are creating your life every day by holding onto your dream. Start to become aware of it, letting your dream form your future.*

***You create your dream. Become a brave dreamer.***



### **Summary:**

- You have made your dream lab.
- You have started to get clear on what you desire.
- You have lived your dream in your mind.



### **Summary Exercise Tools:**

- 1 Say Thank You!
- 2 What makes you feel happy right now?
- 3:1 Visualization - Making your Dream Lab.
- 3:2 Writing about your dream.
- 4 Looking at your dream continually.



### **What you have done so far:**

Step 1: You have made your dream lab.

## Step 2

### Observe your thoughts and feelings.

Did you know that your thoughts and feelings are the real creators of your life? Now let's get right into finding out how they create and affect your *dream*.

**The thoughts** that you keep in your mind and think over and over will slowly take a form and become your reality.

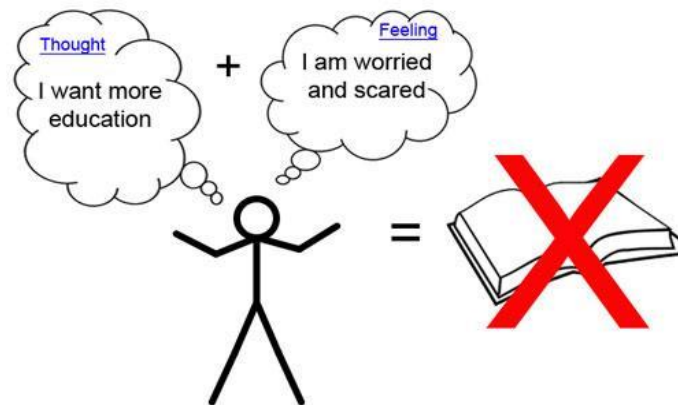
**The feelings** that you hold inside are the fuel to empower your thoughts. The stronger the feelings you add to your thoughts, the faster your mind will begin to manifest your dream.

**Thoughts and feelings work in both positive and negative directions.**

*For example:* If you want a new phone but you feel you can't get one. Everyone else around you has a new phone. But you're convinced that it would be impossible for you to get one, so then most likely you will not get it.

*But...*

What if you want a new phone and you feel worthy of having one? You feel it with certainty and passion throughout your whole body. Sooner or later your mind will find a way to get it.



### Why is it like that?

Because you need to have **your thoughts and feelings saying and wanting the same thing** for your dream to happen. It is vital to become aware of what is going on inside of yourself; not just hoping, wishing and thinking you know what you want.

Be clear of the messages that both the thoughts and the feelings are telling you. It must be the same message from both of them. Most of the time you think you know what you want, but it is only once you start to observe your thoughts and feelings that it will become evident.

**Strong negative feelings and worries will create more negativity and fears.**

These feelings will not take you to where you want to go. They will only produce more of its kind. It's okay to feel anxious; it can be a natural reaction to situations in life. It is the constant negative feelings and worries that create the negative result.

***Focus on what you desire and not on what you don't desire.***

**Feelings and thoughts have to want the same thing.**

**You can't think feelings!**

**You feel feelings, and you think thoughts.**

Well, that sounds obvious! But it isn't. I bet you are often *thinking* your feelings instead of *feeling* them. For instance; when you like the bullied girl or boy but ignore them from fear of getting bullied yourself. You may start to think like the "cool" people just to be accepted. Or you'd like to help the bullied classmate in the corner, but from fear of standing out, you just stand there doing nothing. You are thinking one thing and feeling another.

**Are you feeling your feelings or thinking your feelings?**

When you take action out of habit, you are usually thinking your feelings instead of feeling them. It's ok and totally normal because maybe no one has ever told you how to see the difference between your thoughts and your

feelings. Honestly, very few people in the world have learned this. Now you have the chance to become aware of it.

**Let's have a closer look at the difference between a thought and a feeling:**

**Observe what you are thinking.**

Start to observe what you are thinking related to your dream. Since your thoughts create the reality through your mind, you first have to find out what you are thinking. You have thousands of thoughts going through your head every day. Most of them are made up from:

- How you think about life, related to your previous experiences.
- Your present situation.
- What you have learned from society.
- Your dream about the future.

Most of your thoughts are recurrent, which means that the same thoughts come back again and again but with different words.

**Common recurrent thoughts include:**

**Scarcity thoughts:** I can't have it. It is too expensive. I am not worthy of it. They can have it but not me. I wish I could have it. It is impossible. I am too poor.

**Fearful thoughts:** I tried, but it didn't work. I can't do it. I don't have the time. Easy for you to say, but I can't. I don't know how to do it. It is too difficult. I am not intelligent enough.

**Lack of self-esteem thoughts:** Nobody loves me. I am always alone. I always lose. Nobody understands me. I have no friends. Nobody likes me. I am too shy. I always make mistakes.

**Become aware of your negative thoughts:** You probably have no idea what kind of thoughts are recurring in your mind. The thoughts go on automatically. When you first start to observe your thoughts, then you are able to see them clearly, as well as the effects they have on you.

- Negative thoughts will hurt you and bring you away from your dream. When you become aware of what you are thinking, you can **catch yourself** having those negative thoughts.
- Catching yourself doesn't mean that you are changing your thoughts, but you will **become aware** of them. You just know that you have negative thoughts, and you know what they tell you.
- **Don't judge** yourself or analyze where the thoughts come from, **just observe them**.

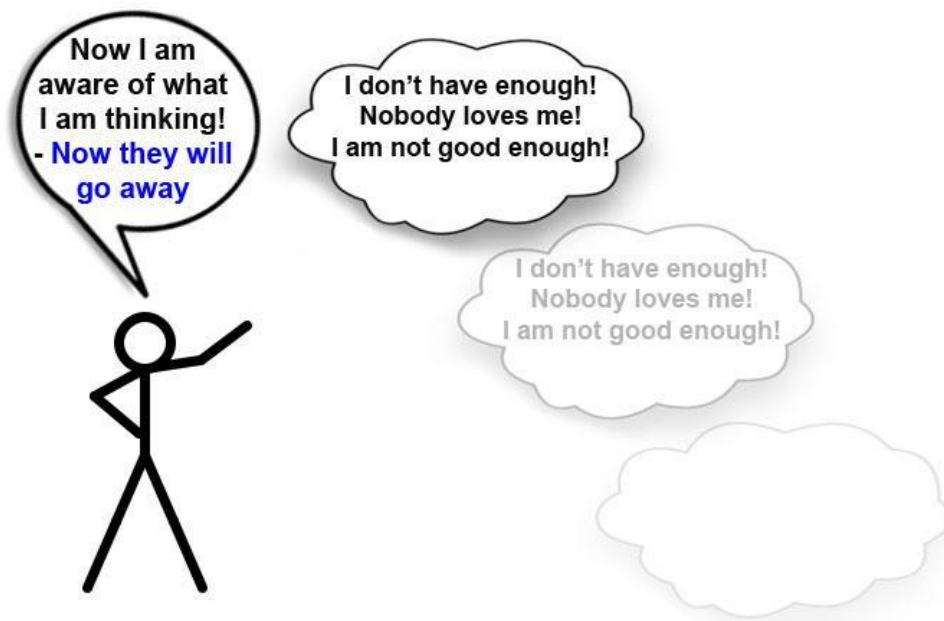
### **Observing your thoughts will change them.**

Being aware of your thoughts changes them. There's nothing more you need to do other than being constantly aware of your unwanted thoughts. It is like turning on the light in a dark room, the darkness disappears on its own. The darkness just doesn't exist anymore. When you are consistently aware of your negative thoughts, they change on their own. Don't fight them or try to change them, just learn to observe them. That is how your negative thoughts will go away.



It might sound too easy or simple, but this is how it works. Start to train your mind to remember to observe your thoughts. The mind is easily distracted and wants to do what it has always done, so it takes an effort to begin watching and becoming aware. It is not enough to just do it once or twice; you need to do it continuously to catch your negative thoughts.

**Focus your energy on STAYING AWARE of your thoughts and NOT on trying to change them.**



Practice observing what you are thinking to become aware of it. Never judge if it's right or wrong, just listen and find out what your thoughts are telling you.



### **Exercise Tool 1: Listen to your thoughts.**

(Read through the exercise before you start)

**A miniature you.** Imagine that you shrink yourself down to a tiny figure, sitting on your shoulder listening to your thoughts.

**Listen to your thoughts.** Take some deep breaths and relax. Close your eyes and just let yourself be. At first, the thoughts might try to trick you by being quiet. Have patience and be still and continue to observe. The more you relax, the more the thoughts will run wild. Thoughts are quickly jumping from here to there. It is easy to get carried away or distracted and forget to be the observer.

**Practice staying present and observe the thoughts for 2 minutes.** If you find this difficult, say out loud every thought that comes to your mind for one minute. Yes! You will then hear all that comes out!

**Listen to your mind chatter.** Listen within to your inner conversation and realize that this mind chatter talks all the time in your head, even when you try to concentrate on other things. These thoughts go on and on unconsciously, even if you don't listen to them, but they sure can be distracting.



## ***Your Feelings Determine Your Life.***

### **Observe what you are feeling.**

Feelings work in a similar way to your thoughts; they affect you unconsciously.

**Did you know that all decisions are feeling based?** First, comes a feeling that creates a thought, which in turn might create another feeling. All of this happens so fast that you won't know what comes first, the feeling or the thought.

**For example:** When meeting a new person, in the first ten seconds you have decided if you like him/her, making up a list of things about who you believe this person to be.

First, comes a feeling; **Wow Yes!!! (liking)**

That creates a thought; **I like him/her.**

That creates a new feeling; I **feel shy.**

### **Observing your feelings will change them.**

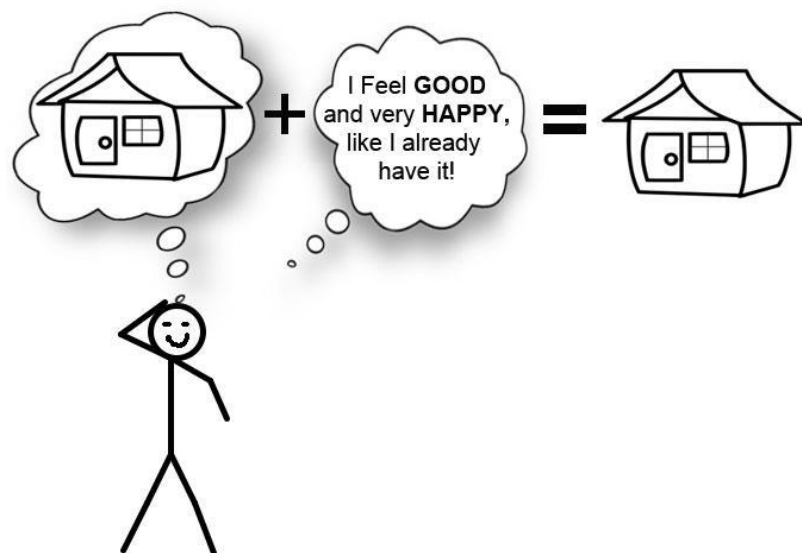
- When you watch the feelings connected to your thoughts about your dream, you will start to see where you have hang-ups and fears. These will determine whether or not you reach your desired goal.
- When you observe your feelings, you might find feelings that you had no idea existed inside, like anger, irritation, regrets, resentment, sadness, loss, pain, shame, guilt, jealousy, envy, fear, happiness, joy, contentment, excitement, ecstasy, etc...
- Don't try to fake it, thinking that your feelings don't exist, hoping they would be different. It is all perfect as it is, just accept whatever feelings you have.
- It is crucial to be honest with yourself and to become aware of the feelings you hold about your dream for your dream to become real.
- Again, it is your honest awareness and observation of your feelings that will change them. **Do not** attempt to change them by trying to feel different. So, don't judge or try to correct your feelings. Be very honest and start to observe your unwanted feelings continuously, and they will change on their own.

***Only what you are aware of can be altered. By being conscious of the thoughts and feelings that don't serve you, they will change on their own.***

**Here is an example:** Let's say you want to become a doctor and earn a good amount of money by helping many people. At the same time, you have a negative feeling inside because you believe that money is evil and it makes you a bad person for receiving it (which is of course not true).

If you are not aware of this negative feeling, you will probably become a doctor but work for free and never feel worthy of receiving money. It will always stop you from earning money and having the life you desire.

Becoming aware of your feelings is critical. Just like everyone else, you have a storage of negative feelings inside. Start to observe them now. When you become aware of them, don't judge them, just observe them, and they will slowly dissolve by themselves.



*When you have a clear thought or dream in combination with a strong positive feeling, you have all you need to create it. In fact, it's already created. It's only a matter of time before it will show up.*

Again, your feelings give the fuel and the power to your thoughts. The more positive and happy feelings you can add to your dream, the faster it will manifest.



## **Exercise Tool 2: Observing Your Thoughts and Feelings.**



### **2:1 Visualization.**

(Read through the exercise before you start. First listen to the thoughts, then to the feelings. Don't mix them, take one at the time).

#### **Relax.**

Sit or lie down, close your eyes and keep them closed during the whole visualization. Take some deep breaths to relax your entire body. Relax all parts starting with your feet. Relax all the way up through your legs, your back, arms, head, and face. Relax your mind and let go of any sticky thoughts.

#### **Go into your dream lab.**

Bring your key and go back into your dream lab.

Once you open the door, look around inside. Is it different today?

Watch if there is anything new, listen to the sounds.

Start to let the feelings of safety and relaxation come back to you.

Find your favorite place inside, relax and bring up your dream in your mind.

Look at it and while you see all the details, start to listen to your mind.

Listen and observe, don't try to change anything.

#### **Relax and watch your thoughts.**

Are there any negative thoughts connected to your dream?

*Maybe thoughts like:*

I don't have the money to get what I want.

They won't let me do what I want.

I am not good enough; I don't know how to do it.

They can do it, but I can't.

*Just listen and observe, don't change anything.*

### **Relax and watch your feelings.**

After watching your thoughts, pay attention to the feelings connected to your dream. What are the feelings telling you? Feel and listen.

*Maybe feelings like:*

Who will take care of everyone if I do what I want?

I can't support myself.

They will laugh and ridicule me.

No one believes in me.

*Just listen and observe; don't change anything.*

### **Give thanks.**

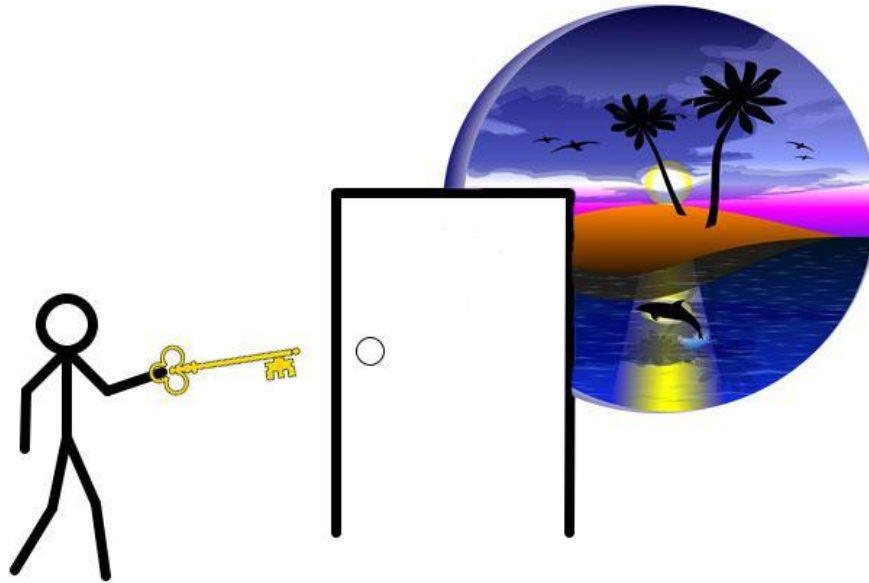
Give thanks to your thoughts and feelings for letting you know about them.

Treat them with love, like scared little children inside of you.

### **Come back.**

Take a deep breath and in your visualization, walk back towards the door. Before you leave, turn around and view your beautiful dream lab. Remember all the wonderful feelings of love, peace and safety this place gives you. Walk out and lock the door from the outside. You are the key holder and this is your secret place.

Take a deep breath, come back into the here and now by starting to feel your hands and feet, and slowly open your eyes. Come back to being completely awake.



## 2:2 Writing.

- Start to write in your **Brave Dreaming Journal** what your thoughts and feelings were telling you. Get clarity if there are any things inside of you that are stopping you from reaching your dream.
- As you write down your thoughts and feelings, read them out loud and look at them as scared children.

What would you do with a frightened child? You hold them and love them. Don't fight, judge or try to change them; they will change just by being loved and observed.



## Repetition trains you to become aware.

- Repeat this exercise as many times as possible to practice being present watching your thoughts and feelings. You will then become aware of the real, *underlying mind shatter* and fear that keep you stuck.
- Remember to write everything down after each time you do the exercise. Your mind will trick you into forgetting your dream or tell you that your dream is impossible. If you ever get discouraged by somebody who doesn't believe in what you desire, you need your Brave Dreaming Journal as a reminder that your dream is real for you.



### Exercise Tool 3: Draw your dream symbol.

- Make your secret symbol that represents your dream and reminds you of it. It can be anything like a star, flower, geometrical symbol or anything else.
- Draw this in your brave dreaming journal, put it on the wall, draw it in your hand or in any place where you regularly see it.
- This symbol will remind you of your dream every time you look at it and give you strength, courage, and trust that you are on your way towards it.



### Summary:

- You are becoming aware of the thoughts and feelings you have inside.
- You are observing your thoughts and feelings related to your dream.
- You made a special symbol reminding yourself of your dream.



### **Summary Exercise Tools:**

- 1 Listen to your thoughts.
- 2 Observing your thoughts and feelings.
- 2:1 Visualization.
- 2:2 Writing.
- 3 Draw your dream symbol.



### **What you have done so far:**

Step 1: You have made your dream lab.

Step 2: You are observing your thoughts and feelings.

## Step 3

### The Unlimited Dreamer.

It's great that you are determined to continue to get to know yourself and to reach your dream. You are on your way to creating the future you desire, and we are excited for you.

Now, it's time to get into the details of shaping your dream into something much greater. Something that you might not even believe you can have at this point in life. Now you will connect with your unlimited dreamer.



Ask yourself the question:

**What would I do if I had unlimited time and money?**

**You can dream up anything you like;**

without any limits,

without thinking if it would be possible or not,

without thinking if you will have the money to do it or not,

without any fear,

without anyone stopping you,  
with all the time and money that you need and want.

## **What would your dream look like?**

### **Your Unlimited Dream.**

It doesn't matter what you are dreaming about, as long as you **love doing it, having it and being it**. It could be anything from studying, painting, writing, reading, filming, cooking, walking, talking, gardening, sports, selling, buying, hugging people, to any other thing that makes you feel happy and fulfilled.

### **Inspiration and passion fuel your dream.**

When you do what you love to do, you get so inspired that you frequently lose track of time. You get totally absorbed and you want to do it over and over until you reach your perfection. You don't feel like you have to give up anything since it gives you such a feeling of meaningfulness, complete harmony, and passion. You just can't stop doing it.

### **It's time to go deeper and look closer at what makes you happy.**



#### **Exercise Tool 1: Finding out what you love to do.**

Ask yourself the following questions and **feel the answers**.

#### **What do I love to do?**

- Something that fills me with happiness
- Something that gives me joy and passion
- Something I have a real interest in
- Something that is so easy for me that I lose all sense of time doing it
- Something I keep myself updated on because it is so exciting and fun
- I would do this all the time if I had more time and money
- I am totally inspired

**What would that be for you?**



Write it down in your **Brave Dreaming Journal**.



**Exercise Tool 2: Be the unlimited dreamer**



**Exercise Tool 2:1 Visualization**

(Please read through the exercise once before you start.)

Go back to your dream lab bringing in all the things you love to do along with the good feelings they give you. Use them all to make your dream bigger.

**Relax:** Take a moment to relax. Close your eyes and see yourself in your dream lab being completely unlimited with time and money. Allow your mind to create the dream with what you love to do. Using all your internal strength, abilities and talents.

**Dream Bigger:** Feel it inside and trust yourself. Know that anything is possible and that you are truly unlimited, so allow yourself to **dream bigger than before**. Be free, and dream about what seems impossible.

Remember, you are the creator of your life. Know that you are worthy of having what you want and that it is all possible. **You can have it, you can be it, and you can do it.** Trust yourself.

**Come Back:** Stay with your dream and explore it for as long as you like. When you are ready, take a deep breath and come back.



**Write down** all the details as vividly as possible into your **Brave Dreaming Journal**. Remember, you are the unlimited dreamer, make your dream as big as you possibly can.

## Your Dream and the Future You.



### Exercise Tool 3: How will your life be in 10 years from now?

Let's imagine that you are ten years older than now. Take your dream and your visions and imagine how your life will be when you have unlimited money and you can choose to do anything with your time. Let your mind run wild connecting with your inspiration and passion.

#### Answer the questions:

- Where do you live?
- How do you live?
- With whom do you live?
- How do you dress?
- What do you eat?
- What are you doing in a typical day?
- What education do you have?
- What kind of work are you doing?
- How does it feel to be completely happy and content with your life?
- How does it feel to have unlimited money?
- How does it feel to have unlimited time and always be doing what you want?
- What are you doing with the extra money and time that you can't use for yourself?



Write down every detail that you envision for the future in your **Brave Dreaming Journal** as if you already have it now.

***Example:** I am a teacher, I work in a big school with a lot of children. I dress in a jacket and tie. My day looks like... I feel like...*

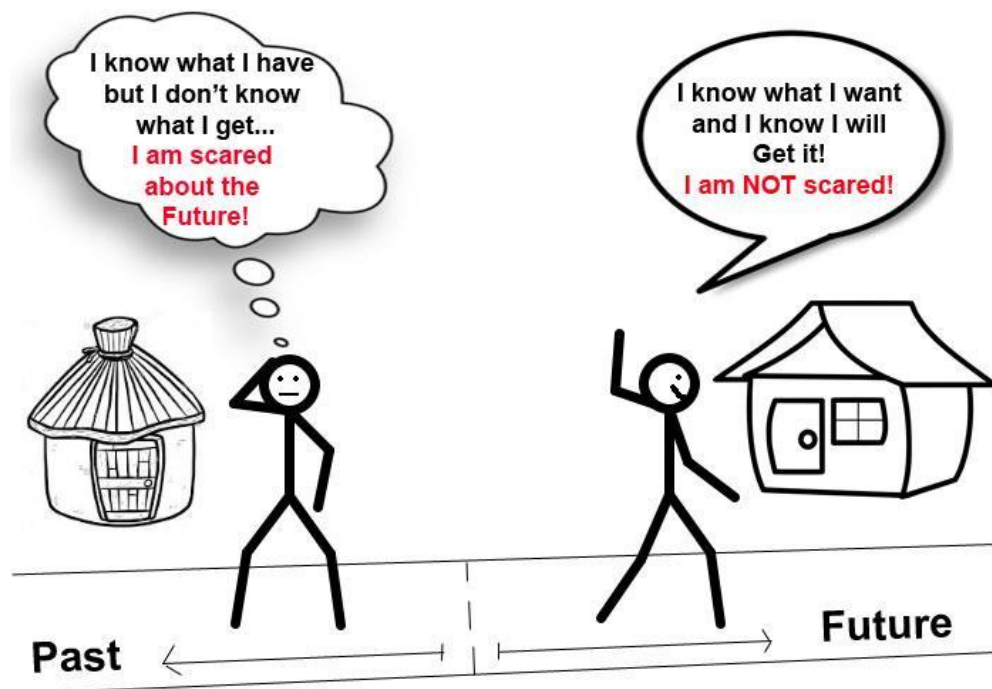
***Example:** I am the boss of my own company, dressing in a relaxed way, eating healthy foods. My day looks like...I feel like...*

## Obstacles Inside of You.

To follow the dream that makes you happy can sometimes feel unrealistic. The mind will try with every possible argument to tell you why you can't have your dream, and most of those arguments are fear based. This mind chatter and these beliefs can become your obstacles and you need a way to overcome them.

The future is a threat for your mind. Your conscious mind only knows your past experiences and cannot understand the future. It will do anything to keep you where you are, comfortable and safe. The saying, "**You know what you have, but you don't know what you might get**" is meant to keep you where you are and fearful of making changes.

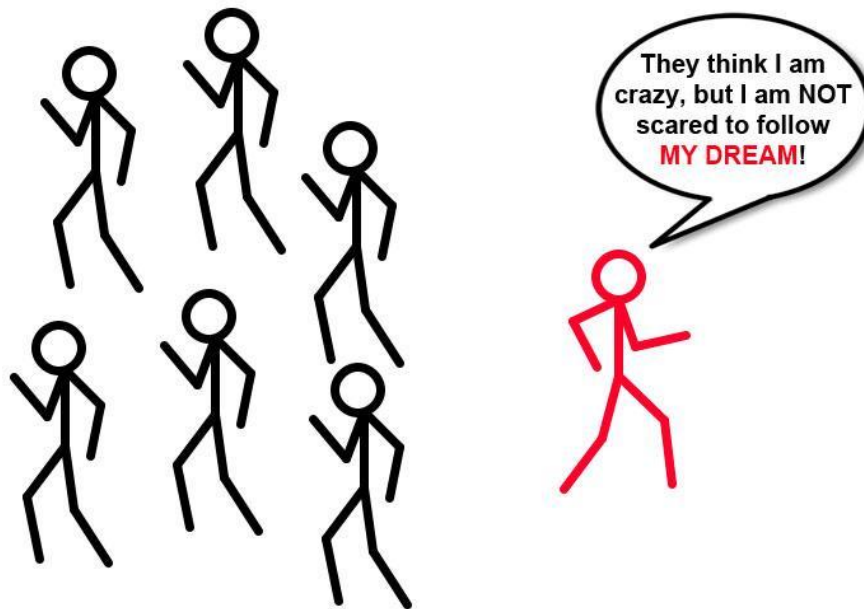
When you live your life the same way every day and never question why you do and say things the way you do, the mind feels safe and secure. Then life goes on autopilot, repeating itself and all the things you have learned to accept. Nothing changes and life will continue to stay the same.



*Your conscious mind (ego) only knows what happened to you in the past. The future is a threat and the ego will try to keep you safe and away from it by **not** allowing you to do anything new.*

## **Be brave to overcome the obstacles.**

To live your dream, you must be brave and do what you and other people think is scary and uncomfortable. It doesn't mean taking dangerous risks. To be brave is to take action while walking towards your dream, even if you feel scared doing it. That is how you will overcome the obstacles.



*Sometimes people will not understand. They might think that you've lost your mind because they never had dreams like you have. You must do what other people consider to be scary to be able to follow and reach your dream.*

***If you know exactly where you want to go,  
you will get to the place you want to be.***

## **Create Your Dream Statement.**



Now you are ready to make the first dream statement. It is a short description of what you desire, your dream. It is a personal definition about the content of your dream. We will come back to this more in detail later and you will change your dream statement many times during this course. But for now, you will create your first short statement.



#### **Exercise Tool 4: Create your short dream statement.**



Write down in your **Brave Dreaming Journal** a short sentence defining what is your dream. Write your statement like you already have it; I am..., I have... etc.  
*Examples: I am a pilot, traveling the world. I have my private red house on the beach.*

Fill in the blank below.

***My Dream Statement is:***

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***I have patience and trust that my inspiration and passion are making my dream statement come true, even if I don't know how and when. Yet!***

***Congratulations!***

***You are a huge step closer to your dream - you have defined it.***

**It's time to take yourself to the next level!**

Although you already have information that very few people know and understand, it's still only the beginning of a much deeper knowledge that will

change the way you live your life. From now on, you will start to create and bring your dream into reality in an active and conscious way.



### **Summary:**

- You connected with the unlimited you through answering the question:  
*What would your dream look like if you had unlimited time and money?*
- You looked into obstacles to your dream.
- You found what you love to do.
- You made your dream statement.



### **Summary Exercise Tools:**

- 1 Finding out what you love to do.
- 2 Be the unlimited dreamer.
- 2:1 Visualization.
- 3 How will your life be in 10 years from now?
- 4 Create your dream statement.



### **What you have done so far:**

- Step 1: You have made your dream lab.
- Step 2: You are becoming aware of your thoughts and feelings.
- Step 3: You are defining your dream with unlimited time and money.

**Thank you for reading the 3 first steps in our book “YES, You Can! Live Your Dream”.** What you have learned and done so far is more than what 95% of all people will ever learn in their lifetime... Please don't stop here, get the final part of the book.

*There are **9 more steps** in this great book, deigned to quickly take you on a straight path to your dream...*

You can get your own personal book or a complete download on [Amazon.com](https://www.amazon.com) or [Barnesandnoble.com](https://www.barnesandnoble.com)

**Finally**, remember that fulfillment and happiness in life is an inside job. Nothing in the outside world will create lasting happiness. Only when you find your peace and happiness inside can you have **everything outside** and live without attachment.

Please let us know how this knowledge has impacted your life. We would love to hear from you.

*Lots of Love... until we see you again.*

**Mats & Maria Löfkvist**

Founder of Brave Dreaming

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