JOSSELYNE HERMAN-SACCIO

THE FOUNDATION FOR BEING *Unmessablewith*

5 WEEK COURSE

WEEK 3: DISCOVERING YOUR DREAMSOURCE

FOUNDATION WORKBOOK
DREAMSOURCE DISCOVERY METHOD 1

GO BACK TO WHEN YOU WERE YOUNG.
TRY TO PICTURE YOURSELF AT FOUR OR FIVE YEARS OLD.
WHAT DID YOU WANT TO BE WHEN YOU GREW UP?

WHAT WERE YOUR DREAMS?

FOUNDATION WORKBOOK
DREAMSOURCE DISCOVERY METHOD 1

SEE IF YOU CAN GET BACK TO THAT TIME AND ACTUALLY EXPERIENCE WHAT IT WAS LIKE AS A FOUR OR FIVE YEAR OLD. WHAT QUALITIES ARE THERE? (LOVE, JOY, SELF-EXPRESSION..?)

ARTICULATE THE QUALITIES THAT ARE ACTUALLY PRESENT AS YOU ARE SIMPLY BEING THE FOUR OR FIVE YEAR OLD DREAMING ABOUT BEING A MOVIE STAR, FIREMAN, BALLERINA, ETC...

NOTICE THAT THE QUALITIES PRESENT HERE ARE NOT CONNECTED TO ACTUALIZING THE DREAM, BUT SIMPLY THE **DREAM PROCESS ITSELF EVOKES THESE QUALITIES.**

FOUNDATION WORKBOOK
DREAMSOURCE DISCOVERY METHOD 1

SEE IF YOU CAN CAPTURE THE ESSENCE OF WHAT IS INSPIRING IN A FEW WORDS:

WHEN YOU ARE ABLE TO CAPTURE IT IN ONE, TWO, THREE WORDS...
THAT IS YOUR DREAMSOURCE. WRITE THAT DOWN.

FOUNDATION WORKBOOK
DREAMSOURCE DISCOVERY METHOD 2

WHEN YOU THINK OF ANY AREA OF YOUR LIFE THAT REALLY MATTERS TO YOU (YOUR CAREER, YOUR FAMILY, YOUR IMPACT ON THE WORLD, ETC...) WHAT IS YOUR IMMEDIATE GOAL?

IF YOU ACCOMPLISHED THAT GOAL, WHAT WOULD BE AVAILABLE IN YOUR LIFE THAT IS NOT CURRENTLY AVAILABLE?

FOUNDATION WORKBOOK
DREAMSOURCE DISCOVERY METHOD 2

NOW LET'S SAY YOU HAD ALL OF THAT, EVERYTHING YOU JUST WROTE, WHAT WOULD NOW BE AVAILABLE FOR YOU THAT WAS NOT AVAILABLE BEFORE?

AND IF YOU GET THAT, WHAT QUALITY OF LIFE OR WAY OF BEING WILL BE AVAILABLE?

FOUNDATION WORKBOOK
DREAMSOURCE DISCOVERY METHOD 2

YOU COULD ASK YOURSELF THAT QUESTION MANY TIMES BEFORE COMING TO YOUR DREAMSOURCE.

BUT, **AT THE END** OF THE QUESTIONING, WHAT YOU FIND THERE IS WHAT WE ARE CALLING YOUR **DREAMSOURCE.**

WRITE DOWN THE ONE, TWO, OR THREE WORDS.

FOUNDATION WORKBOOK
DAILY PRACTICE

WHERE AND WITH WHO I PRACTICED COMING FROM MY DREAMSOURCE ON **DAY 1:**

WHAT WAS YOUR EXPERIENCE COMING FROM THAT SPACE?

WHAT WERE THE BODY SENSATIONS (FEELINGS, MOOD) THAT SHOWED UP FROM THAT NEW SPACE?

WHAT DID I SAY/DO THAT CAME FROM THE SPACE OF MY DREAMSOURCE VS MY DEFAULT?

FOUNDATION WORKBOOK
DAILY PRACTICE

WHERE AND WITH WHO I PRACTICED COMING FROM MY DREAMSOURCE ON **DAY 2:**

WHAT WAS YOUR EXPERIENCE COMING FROM THAT SPACE?

WHAT WERE THE BODY SENSATIONS (FEELINGS, MOOD) THAT SHOWED UP FROM THAT NEW SPACE?

WHAT DID I SAY/DO THAT CAME FROM THE SPACE OF MY DREAMSOURCE VS MY DEFAULT?

FOUNDATION WORKBOOK
DAILY PRACTICE

WHERE AND WITH WHO I PRACTICED COMING FROM MY DREAMSOURCE ON **DAY 3:**

WHAT WAS YOUR EXPERIENCE COMING FROM THAT SPACE?

WHAT WERE THE BODY SENSATIONS (FEELINGS, MOOD) THAT SHOWED UP FROM THAT NEW SPACE?

WHAT DID I SAY/DO THAT CAME FROM THE SPACE OF MY DREAMSOURCE VS MY DEFAULT?

FOUNDATION WORKBOOK
DAILY PRACTICE

WHERE AND WITH WHO I PRACTICED COMING FROM MY DREAMSOURCE ON DAY 4:

WHAT WAS YOUR EXPERIENCE COMING FROM THAT SPACE?

WHAT WERE THE BODY SENSATIONS (FEELINGS, MOOD) THAT SHOWED UP FROM THAT NEW SPACE?

WHAT DID I SAY/DO THAT CAME FROM THE SPACE OF MY DREAMSOURCE VS MY DEFAULT?

FOUNDATION WORKBOOK
DAILY PRACTICE

WHERE AND WITH WHO I PRACTICED COMING FROM MY DREAMSOURCE ON **DAY 5:**

WHAT WAS YOUR EXPERIENCE COMING FROM THAT SPACE?

WHAT WERE THE BODY SENSATIONS (FEELINGS, MOOD) THAT SHOWED UP FROM THAT NEW SPACE?

WHAT DID I SAY/DO THAT CAME FROM THE SPACE OF MY DREAMSOURCE VS MY DEFAULT?

FOUNDATION WORKBOOK
DAILY PRACTICE

WHERE AND WITH WHO I PRACTICED COMING FROM MY DREAMSOURCE ON **DAY 6:**

WHAT WAS YOUR EXPERIENCE COMING FROM THAT SPACE?

WHAT WERE THE BODY SENSATIONS (FEELINGS, MOOD) THAT SHOWED UP FROM THAT NEW SPACE?

WHAT DID I SAY/DO THAT CAME FROM THE SPACE OF MY DREAMSOURCE VS MY DEFAULT?

FOUNDATION WORKBOOK
DAILY PRACTICE

WHERE AND WITH WHO I PRACTICED COMING FROM MY DREAMSOURCE ON **DAY 7:**

WHAT WAS YOUR EXPERIENCE COMING FROM THAT SPACE?

WHAT WERE THE BODY SENSATIONS (FEELINGS, MOOD) THAT SHOWED UP FROM THAT NEW SPACE?

WHAT DID I SAY/DO THAT CAME FROM THE SPACE OF MY DREAMSOURCE VS MY DEFAULT?

BE UNMESSABLEWITH,

Josselyne

SEE YOU NEXT WEEK

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