

**“Seven Steps to Creating
What You Want”
Ecourse Workbook**

(Beta version)

Step 1

Seven Steps to Creating What You Want – Step 1

Preparation

(Time: 10 min.)

1. Before starting the "Seven Steps to Creating What You Want" ecourse, take a few minutes and write down what you hope to get from the ecourse. What attracted you to it? Why do you want to do it? What are you expecting will happen as a result of your participation in it?

2. What support systems do you need to put in place in order to be successful and complete the ecourse? Do you need to block time in your calendar? Do you need an accountability buddy?

Step 1: Where are you starting from?

(Time: 20-30 min.)

In order to measure progress towards a goal, you need to know where you're starting from. Otherwise you only see how far you are from a goal vs. how far you've come. The latter is far more empowering!

1. Present Results

To figure out where you are, look at your present results. On a scale of 1 to 10, with 10 being great, how would you rate each area of your life? Write down a line or two about why you gave yourself that rating.

Finances:

Career:

Health:

Relationships:

Fun:

Contribution:

Other:

2. What belief(s) would be held by a person with these results?

Answering this question will give you a glimpse at the beliefs, both empowering and limiting, that are currently running your life. Awareness is required before change can occur.

3. What would make each area above a 9 or 10?

What would each area of your life look like if it were a 9 or 10? Write a few lines or even a few pages describing each area. You'll use this in the next step.

Finances:

Career:

Health:

Relationships:

Fun:

Contribution:

Other:

Actions for the Week:

1. Complete the exercises on pages 2-4.

2. Morning (5 min.)

Daily Question: What do I want to be, do, have, contribute and experience in my life?

Ask yourself this question each morning and let it go. As answers come to you during the day, record them (on a small pad of paper you carry around with you or leave a message to yourself on your cell phone).

3. Evening (10 min.)

Gratitude book

In order to have what we want, we need to want what we have. It's about raising our energy levels. Before you go to bed each night write down 5 things you're grateful for that day and why.

I am grateful (fill in blank) because (fill in blank).

If you're really keen, do this in the morning as well.

Daily Relaxation

When we take the time to relax or meditate, we open ourselves to 'hear' and receive answers and guidance from the universe or God.

Before you go to bed each night, spend 5 minutes meditating or doing relaxation breathing. It's as simple as sitting on the edge of your bed, closing your eyes, and just focusing on your breaths in and out. If you're new to calming your mind, try thinking 'in' on inhalations and 'out' on exhalations.

Progress Tracking

Week of:

Day	Ask Daily Question	Gratitude Book (5 items)	Relaxation / Meditation (5 minutes)
Sat			
Sun			
Mon			
Tue			
Wed			
Thur			
Fri			

Simply place a check mark when you have completed each task for the day. If you choose to write in your gratitude book in the a.m. and the p.m., then place two checkmarks in the box. If you really like keeping track of details, you can record how many items you recorded in your gratitude book and how many minutes you meditated for.

- Preparation Exercise
- Present Results Exercise
- Beliefs Exercise
- Make It a 10 Exercise

Check the box when you have completed the corresponding exercise.

Remember to celebrate the progress you made this week!