



## “Think & Grow Harmoniously” Master Heart Dream List

~ Envisioning Paradise on Earth ~

**Master Heart Dream List, Envisioning Paradise on Earth consist of 3 parts;- 1: / Am, 2: / See, and 3: / Act**

**Part 1: / Am**– It’s all about You! This is where you seek to find out more about yourself by delving deep into your heart and soul. Remind yourself that You are by the Creator, of the Creator, for the Creator and co-creating with the Creator, and Ask yourself the questions: What do I really want? What do I really value? Why are they important to me? And you will get to come up with the following:

- List your core values which you stand for and that guides your actions.
- Discover your “Why” and develop your story.
- Create your Desire Statement, Mission Statement, and a list of affirmations/declarations using I Am statement.

**Part 2: / See**- It’s all about defining the End Results, the destination - Visioning and Creating YOUR Dreams! It helps to ask yourself if you were free to choose to witness one event in the past, present or future, what would that be? This is where you develop your personal Master Dream List, focusing on the end results. If you choose, you can begin by listing your past wins and celebrations, and by completing this list, it will help to see where you have been and where you are now, and to envision a powerful & bold dreams with confidence. Then describe the end results in the following aspects of your life in your dream come true state:

- Relationship & Family Dream List where you describe your dream relationships & family connections you choose to have. This can include qualities, attributes & characteristics of your dream relationships, what is perfect for you, what makes you and them tick, what you want them to expect from you and who you get to be as a result of having your dream relationships & family connections.
- Physical Dream List where you describe how your dream body look and feel, your dream home and other material things you choose to have around you.
- Emotional & Mental Dream List where you describe your dream emotional & mental state, aspects of your mental ability you choose to have and how you see yourself and choose to feel.
- Career & Financial Dream List where you describe the things you dream of doing in order to generate money & wealth you choose to have.
- Social & Community Dream List where you describe your dream contribution you are choosing to make in your society & community.

**Part 3: / Act**- It’s all about taking Attractive Action, i.e. putting your car in gear and then be prepare to be astounded! Taking attractive actions, allows you to feel guided. Your actions are empowering, the feeling you have while taking an attractive action is good. Attractive actions keep you on course and in alignment with what makes you tick; it is perfect for you.

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