



Conscious Dating Tele-Seminar Series



Conscious Dating: How to Connect With Your Life Vision

Study Guide

Date	Thursday, August 2, 2007
Time	6:30 PM Pacific/9:30 Eastern
Call-In Number	218-486-3694
Pin #	9170752#

Introduction:

You do not _____ your vision; you _____ it.

You do not have _____ over it. Your vision is an inseparable aspect of who you are and serves as your inner _____ system, driving you toward certain _____ and away from other _____.

We are not taught about the importance of _____ and _____ - _____.

Most people think in terms of the _____ perspective – what do others think about me, what do I need to do to conform so I am accepted. They don't think in terms of what will bring me _____ and _____. They look at life from the _____, instead of from the _____.

Give yourself permission to find and let your _____ dream _____.

Being clear on your _____ and _____ is just one of many tools that will help you determine whether you and a potential partner are _____.

Limiting Beliefs

_____ can hold you back from achieving your _____ .

Here are some steps to eliminate limiting beliefs:

» _____

» _____

» _____

» _____

Important Notes:

Five Steps to Creating your Life Vision

Step 1: Uncovering What is _____

There are 2 areas that you need to _____, for different reasons:

A. Your _____ and _____

B. Your _____

1A. Your _____ and _____

There are a few simple exercises that can help you become more in tune with your aspirations.

- Create a _____ of _____ and words that resonate with you.
- Make a list of _____ that you would like to _____, _____ and _____
- Identify your top five _____

1B. Your _____

There are a few exercises that can help you identify your limiting beliefs. Start with a simple two column list: In the first column identify what you _____ about your life and in the second what you _____ about it. Assess the results. What does the information reveal?

Another good exercise is to write out your _____ about the key areas of your life. For example, start a sentence with “_____ is...” and then complete it with the first thing that comes to mind. Some other examples are:

Relationships are...

When I meet new people I...

I am...

People think I am...

I can't...

My job is...

I am afraid people will find out...

Step 2: _____ & _____ the _____

In order to get where you are going, you need to know where you _____ first.

Assess your life based on what you _____ about it and what you _____ about it.

Step 3: Clarifying the _____

Write a _____ that describes what you do. Write the story of your _____ life.

Make it real by bringing all _____ into the story.

Rate every sentence out of _____.

Ask yourself – does this make me feel joyful and excited about my life. If it does, you are on track. If not, go back and keep refining your vision.

Create a holistic 360 degree view of your life.

Step 4: Shifting Perspective

Adopt an attitude of _____. Give yourself the _____ to allow yourself to step into the life you dream of.

Focus on _____. Remember, you deserve it!

Step 5: Keeping the _____

Your _____ is the _____ that will help you make the _____ that support your life _____.

Keep it _____ of _____.

For the complete written transcript and MP3 audio recording of this seminar please visit www.consciousdatingseminar.com

Upcoming Programs

➤ **Thursday, September 6** - 6:30pm pacific/9:30pm eastern –
Conscious Dating: Managing the Internal Conversation between Inner Critic and Inner Voice.

➤ **Thursday, August 23** - 6:30pm pacific/9:30pm eastern –
Free Info Call- Are You Ready for Love? An Introduction to the Conscious Dating 4 Week Singles Training Tele-Class lead by Frankie Doiron, which starts on September 18th. To register for this call, visit <http://www.consciousdating.com/ready.htm>

Thank you for participating in tonight's program!

- To order the hardback version of *Conscious Dating* at a 50% discount and get the retail audio CD FREE visit – <http://www.consciousdating.com/discount.htm>
- Got a question about Conscious Dating? Help us plan future seminar topics by visiting- <http://www.askconsciousdating.com>
- Feeling stuck? Conscious Dating Spot Coaching now available! For more info visit- <http://www.consciousdatingspotcoaching.com>

Until next time! *David Steele and Frankie Doiron*

