

The *Essential Self* Workbook

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The key to unleashing your essential self is allowing yourself to DREAM.

Not your parent's dream. Not your former college professor's dream. Not the dream society expects you to have. Hell. No. We're talking about YOUR dream. Big, small, size doesn't matter—so suspend all judgment about what a "good" and "proper" dream should be.

I'm asking you to take twenty or thirty minutes to deconstruct those rusty, rigid boundaries and s-t-r-e-t-c-h your sense of self. Be impractical—for now. We'll do some reality-checking later down the line, but right now, carve some mental space for free-flowing ideas and long-forgotten truths.

First, let's set the scene. Turn off the TV, shut down the computer, and (gasp!) turn off the ringer on your iPhone or Blackberry. Hide that sucker under a pillow, if you need to. You could even dim the lights, light a scented candle, and pop your feet up on the couch. Go ahead. I'll wait right here.

Are you loosened up? Fab. Let's dive in.

1. What's your bigger-than-big dream? Which fantasy brings you total and complete elation, but simultaneously fills you with self-doubt and apprehension?

2. Why is this dream so closely pinned to your heart? Specifically, what about it makes you light-headed with excitement?

3. List 5 reasons why your bigger-than-big dream is (allegedly) totally bonkers, unrealistic, illogical or just plain cray-cray.

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4. List 5 blindingly brilliant reasons why your bigger-than-big dream is totally worth pursuing, cray-cray or not.

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5. Fast forward, 10 years from today. You're being given an award for the stellar work you've done over the last decade. The audience is filled with grateful, appreciative people that you've served and impacted, as well as industry leaders, powerful mentors (and all those critics who thought you were, well, cray-cray). Why are you getting this award?

6. What is repetitive in your life that you would you like to stop doing?

7. What's missing from your current relationships, both romantic and platonic?
What would make your love life and social orbit juicier, richer, and more satisfying?

8. List 5 (potentially grandiose) actions that would help cultivate the romance you desire, or the supportive social circle that you need.

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9. Rattle off the top 5 character and personality traits that make you swoon over your current partner (or future / ideal / fantasy partner). And lady, when I say “character traits” I ain’t talking about hair color, height, or a summer home in the Hamptons. I’m talking about soul-qualities, like kindness, sense of humor, social activism, and compassion.

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10. Is this “top 5 partner” in your life, right now? If not...why not? Did your ex-partner or did your ex-spouse exhibit these qualities? Did you know that these qualities were important to you, in past relationships?

11. What are you most proud of yourself for? What do you think your personal genius is? This isn't a job interview, so keep it real, lady.

12. The top 3 priorities I would like to concentrate on are:

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All right, lady. Let's reel it back, wind it down, and shake it off.

You may have crossed old boundary lines, revisited dusty plans, felt a sting of remorse for actions not-yet-taken...or perhaps taken-too-soon. You might've unleashed an array of new possibilities, allowing elation to seep into your heartzone...

...and this is just the beginning. So let it simmer. And I will leave you with one last question to ponder, as you sink into your bed tonight:

WHY do you want what you want?