

## **Dreamwork Practice Module 1. Writing Assignment 1A.**

Start by writing down the things that you are already conscious of, that hold you back. If it helps to be more specific, write down 6 things and divide them into two categories. Things that hold me back: Category One - Things in the World, Category Two - Things inside of Me

## **Dreamwork Practice Module 1. Writing Assignment 1B.**

Write about your life's goals. Again if it helps to have a more specific assignment, write 6 life's goals. Write About Your Life's Goals: Category One - Goals in the World, Category Two - Goals inside of Me

By outer world obstacles and goals we are referring to things in the world like financial situations, relationships, physical health etc. By inner world obstacles and goals we are referring to your inner emotional state, your level of self consciousness and capacity for presence.

## **Optional - Address writing to your dreams or to the divine.**

Actually begin the conversation. Say something to the effect of: Hello Dreams, These are the things that I am working on. These are the things that I could use some help with...

**If you are willing then please share your writing in our Private Facebook Group.**



STUDENTS  
OF THE  
DREAM