

3 Steps to Create a Knock Your Socks Off Life...

Without Stubbing Your Toes

Health

Career



Relationships

Time and Money

About Lori Carbonneau



Lori earned her Bachelor of Arts degree in Family and Consumer Resources and her Master of Arts in Teaching from Wayne State University. As a teacher she taught Life Skills to high school students. Even then, she was teaching the principles to achieving a better life.

After retiring from teaching she entered the real estate market and in 2006, during the onset of a severely declining market, she opened her own real estate company. In 2011, the Women's Council of Realtors named her Entrepreneur of the Year.

After the devastating housing crisis ended Lori felt a longing to help those whose dreams had crashed as well. She expanded her business and became a certified life coach. Once again, she found her passion for teaching, but with a different approach.

Now she helps individuals connect with their dreams and live a life they love living. Whether one is striving for professional advancement, career transitions, or personal or financial fulfillment, Lori helps them unlock their true potential and achieve outrageous success.

Fulfilling some of her own dreams, she has become an accomplished children's book author and a motivational speaker.

Live Your Dreams! Blueprint

Are you living your dreams, or are you just living? Let's be honest for a second, life happens fast. And with so many things demanding our time and energy...how do you close the gap from where you are now...and who you want to be?

- ◆ Perhaps you want to experience more prosperity and balance in your life?
- ◆ Are you pouring your heart and soul into your work and still not getting the results you want?
- ◆ Perhaps you dream of finding the love of your life, writing a book or opening your own business
- ◆ You strive to eliminate fear, doubt, and worry and move toward your goals with confidence.

But it's just not happening....

Hello. Lori Carbonneau here, certified Life Mastery Consultant and motivational speaker. I am on a mission to help individuals break through the day-to-day monotony and architect the life of their dreams!

Whether you're striving for professional advancement, career transitions or personal fulfillment, I am thrilled to invite you to reclaim your passion for life, eliminate self-doubt and finally create the life you deserve.

But first, let me back up.

In my 'past' life I was a real estate agent with my own company. When I first started it was my passion. I loved getting up and going to work!

But as the years went on...passion soon gave way to apathy. And even though business was good, my soul felt like it was slowly going stale. You know the feeling? What I was doing didn't MATTER! My passion was gone, but I was trapped.

I couldn't leave, right? How could I give up a job that was fueling my entire life? How could I possibly ever start over somewhere else?

I guess you know exactly how that feels. Every day, drifting further and further away from the person you want to be and the life you deserve to live. Stuck in a rut, with no support, and no way out.

Well, that all changed when someone finally helped me be honest. "You're not happy. Your heart's not in this," she said.

That one moment of honesty changed my life forever and now I couldn't be happier!

I could never have rediscovered my passion for life, and reclaimed my joy, my meaning...***without someone else's gift of clarity into my own life.***

And I am honored to help you do the same!

As a Life Coach, I teach a program called DreamBuilder. There is a 10-step process that I take my clients through so that they can break through the challenges that are holding them back from living the life they would love to be living. This booklet gives you the three most important steps you can apply to your life, right now, so that you can start living a life you absolutely love. They are:

1. Creating a vision of what you would love.
2. Making a firm decision for what you want.
3. Taking action.

I have been working with my mentor, Mary Morrissey, founder of Life Solutions, for several years now. The work I share with you is part of her curriculum, "DreamBuilder®".

So, let's get started!

We are going to focus on four domains of life: Health and Well-Being, Love and Relationships, Career or Creative Expression (if you're not working), and Time and Money Freedom. (Do you have the time and money to do the things you want to do, buy the things you want to buy or give the things you'd like to give?)

First, let's assess our starting point. We must know where we are in order to get where we want to go. So, use the next page as a map to chart your way. Assess your current life as you view it today.

Place an X on the line where you would rank your life on a scale of 1 to 5 in each of the four domains. The score 1 means you are ineffective in that domain of life, and a score of 5 means you couldn't be any happier in that area of your life.

No one but you is going to see this assessment, so be honest and thorough with yourself. The more honest you are, the more value you will gain.

Once you have assessed your Point A, proceed to the questions on page 6.

Find Yourself

Where are you at right now?

Career

1-----5

Health and Well-Being

1-----5

Relationships

1-----5

Time and Money Freedom

1-----5

Consider these questions, and journal in the space below:

1. By what criteria in each domain did you use to score yourself?

2. How do you feel about your current state in each domain of your life? List those feelings below. List at least one feeling for each domain.

3. Replace any negative emotions you wrote in question two with the emotions you would prefer to experience in each area of your life and list them below.

Now that we know where we are, it's time to determine where it is we would love to be.

This leads us to the first DreamBuiler principle:

Designing Your Dream

*“A dream cannot come true unless
you dream that dream.”*

Oscar Hammerstein

STEP 1:

Designing The Dream

So, I ask you, “What would you really love in each of these four areas of your life? What’s interesting, is that most people have a pretty generalized idea of what they want, but very few have a crystal-clear image, a crystal-clear blueprint of what it is they want.

What we now know about the human brain is that when we are crystal-clear on what we want we wake up to circumstances, opportunities and resources we would have otherwise missed. What we pay attention to, we will see.

Have you ever bought a new car, then suddenly you start seeing the car you just bought everywhere? Guess what? They were there all the time. You just weren’t paying attention to them before.

The same is true for our dreams. Instead of asking what we would really love, most of us have learned to stifle our dreams and instead focus our thoughts on, what’s safe, what’s reasonable, what’s missing, what problems we might face, and why it won’t work.” These are all very important thoughts to consider, but not at the beginning of the process!

If we want to change our results we must start by changing our focus. Highly successful people begin with the END in mind.

So, ask yourself, “What would I really, really, really, really LOVE in my life? I want you to think like a child, where nothing is impossible. I know it seems normal to ask “how?” but just allow the child in you to participate in this exercise. As a matter-of-fact, lock the adult in you out of the room you’re in and let your imagination flow, being unconcerned about how to make your dreams come true. Get emotionally involved with the ideas that enliven you, and you will enter a new realm of possibilities.

“What the mind of man can conceive,
it can achieve.”

Napoleon Hill

Let's begin...

Using the full power of your imagination, answer this question for each of the four domains: What would my life look like as a perfect 10? Start with, "I am so happy and grateful now that..."

Describe in the journal space below what your life looks like ranked as a perfect 10. Be sure to write in the present tense. (Use additional paper, if necessary.)

Career

Health and Well-Being

Relationships

Time and Money Freedom

Key Exercise: Create a Vision Board

1. Fill in domains on the vision board on the next page with short bullet points that describe your life imagined as a perfect 10.
1. Print out two copies of this vision board and place one near your bed and tape the other copy on your bathroom mirror.
2. Read your vision board everyday and allow yourself to get emotionally involved with your #10 life.

Bright Idea! Be keenly aware of opportunities and resources that begin to make themselves available to you. When these new opportunities cross your path, say, "Yes."

For even better results create a full-size vision board using pictures and descriptive words from magazines. Hang it up where you will see it every day and envision that you are already living that life!

I'm so happy and grateful now that...

Career

Health

Relationships

Time and Money

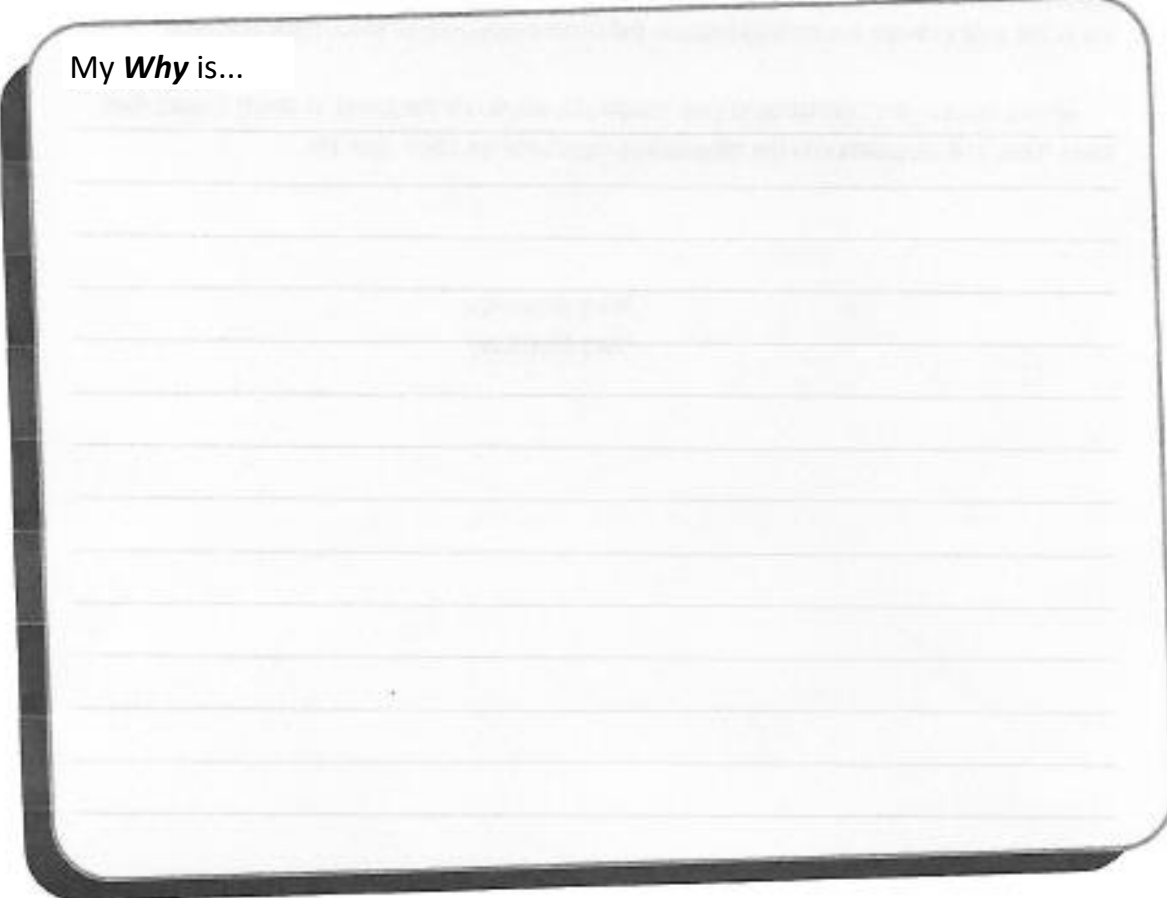
What is Your *Why*?

Too often, when people become intuitively aware of something they deeply want in their life, they quickly jump to the question . . . *“How can I make this happen?”* When you set out on your dream-building path, the first question you should ask is not **How**, but rather, *“Why do I want this?”*

When you get in touch with your *“Why”*, which is your passion and the deep driving desire for what you want, something magical happens. Getting clear on your **Why** puts you on the same feeling tone, aka, vibration, as your dream. By connecting to the vibration of your dream, you begin to access what Thomas Edison called, “The Land of the Solution”. As you get emotionally involved with your *“Why”*, by Universal Law, you will begin to see the *“Hows”* show up in your life. You’ll begin to receive ideas, resources, and connections that will transform your dream into reality. Remember, you cannot get to your dream; you must come **from** it. How do you come **from** your dream? That’s easy—get clear on your **Why**. (Mary Morrissey, “DreamBuilder Toolkit”)

When the *Why* is big enough, the *How* will appear.

My **Why** is...



Cut out this box and put it in a place you’re sure to see it everyday.

STEP 2:

Deciding For Your Dream

Nicely done! This is the beginning of designing a life you would love. Now that you have a defined dream, we can move on to Step 2 of creating the life you would love: Deciding for your dream.

You must make a firm decision about what it is you want before you will bring any dream into reality. It's the decisions we are willing to make that shape our lives. If we make wishy-washy decisions...sort of, kinda, maybe this is what I want, then we get wishy-washy results.

Commit to Your Dream

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness.” - William H. Murray

If you want to cash a check, you must first sign your name on the back of it. So, you must sign your name to your dream, without waiting for other things to change first. There can be no “When the economy is better.” “When I have the education.” “When I have the money, when I have the time, then I will pursue my dream.”

You have a splendid dream. To achieve your dream you must decide for it over and over again. You must decide for it over opposing circumstances. You must decide for it when it's inconvenient. You must decide for it when it's uncomfortable and you don't feel like it.

No new process can begin, and no new path can be forged until a decision has been made. But once you make a firm decision, even in the absence of perfect conditions, a whole manner of things begin to occur and rush to the aid for the fulfillment of your decision.

Make a Firm Decision for Your Dream!

Judy's Story

Here is a first-hand story of how making a decision works. Judy's situation was most likely very different from yours, yet the steps she took are EXACTLY what you can take to achieve your dream, no matter how big your dream is.

Judy was a mom of two young children. She had minimal education, barely finished high school. She worked in a fast food restaurant during the day and did alterations as a seamstress at night.

She lived in a tiny one-bedroom apartment. She shared the bedroom with her daughter, her son slept on the pull-out couch. Her dream was to have a HOME for her family.

Judy came across the Dreambuilder® Program. She decided that if she was ever going to change her life she needed support. So, she took a huge leap, made a DECISION for her dream and enrolled in the DreamBuilder Program.

She told her coach her dream was to have a home for her children, but she only had \$500/month to spend on rent. She believed there was no way she could EVER buy, or even rent a house for \$500/month. Her coach asked Judy to describe the house she dreamed of, but Judy had difficulty doing that.

(Now, when you form the mental picture of your dream, get it as crystal clear as you can in your own mind's eye. Because when you're clear you become a magnet to resources you don't even know exist.)

So, Judy's coach helped her become definite in her dream, to pay attention to what it is that she would really love so that she had a very clear mental picture; a very clear mental blueprint of the dream home for herself and her children.

Judy painted the picture of a house where she and her children could live. In this home, there was an arched doorway, three bedrooms so each child could have their own room. There would be a fireplace and there would definitely be a window over the kitchen sink where she could watch her children play in the yard while doing the dishes. And it would be fenced so that they could get a dog! She wanted an older home, something that she could add her own touches to. Yes, and a picket fence. Now, she had a clear picture of the house she wanted.

When she described this house to her coach she ended with, "But I don't have the money. It's impossible to get his kind of a house for \$500/month." The coach said ok, now that you are clear about what you would love, let me ask you this, "If you didn't believe it was impossible, what would you do?" Judy said, "Well, I would be looking for the house."

The coach said, “Ok, so go look for it.” Judy thought, “this doesn’t make sense to look for a house I can’t afford, but I am willing to at least try the process.”

Judy started house hunting. Two weeks later, Judy came to her coach and she said, “I found a house! Oh my gosh! This house has an arched doorway. It has a little picket fence. The house needs some work, but I can do it! It has a window over the sink, has three bedrooms, it has a little fireplace and it has a fenced backyard.

But the rent was \$900 a month. Then she started to cry. Judy said, “I don’t understand this. I feel worse than before... I can see what I want, but I can’t have it. It’s right there. I can’t have it. Four hundred dollars a month more than I have? There’s no way I can do that.”

Her coach agreed, “Yes, with that thinking, it is impossible. But we want to stay in the mind of possibility. Suppose a part of you didn’t know it was impossible for you to have this house. What would you do?” Judy said, “I don’t know.” Again, she was convinced by the condition it was impossible. Her coach said, “No. Stay in the question. If you didn’t know it was impossible, if you really thought there was a chance, what could you do?” So Judy decided to stay in that question.

Now, remember the quality of your life is framed by the quality of questions you are willing to ask. Most of us learn to ask very weak questions of the universe. What do I think I can do? What does my bank account say I can do? What does my current job say I can do? So, she is learning to ask a bigger question here.

“Ok, if I didn’t believe it was impossible, what would I do?” Her old mindset was telling her it was impossible and as long as she agrees with that old mindset, then that becomes the **limit** of her possibility. The truth is we live in an abundant universe that is infinite in scope and has unlimited ideas for any size dream you want.

So perhaps right now in reference to your own dream, there may be a thought that’s limiting you. Those limiting thoughts are actually constricting the flow of solutions and possibilities. You must connect with the part of you that is open to possibilities in order to **attract the ideas** that will bring the fulfillment of your dream.

Encouraged by her coach, Judy came up with an idea. She wrote a letter to the owner telling him about her and her children, and what she would do with the house if he would let her live there for one year for \$500 per month.

She described the kitchen with the counters polished, the floors refinished and the cupboards painted. She described the backyard planted with grass, and the picket fence repainted and how she would plant little flowers growing along the walkway

from the front door to the picket fence. She listed about forty things that she would do if the landlord would let her have the house for five hundred dollars per month. All he had to do was provide the supplies; she would do all the work.

Then she drew a picture of the house as she was imagining it. She put it in the letter and she took it to the mailbox and she said **this or something better** and she let it go.

Three weeks later she got a call from the owner. In a very gruff voice he said, "I don't know why I'm doing this. I have 2 full price offers on my desk, but there's something in your letter that just won't leave me alone. So, here's the deal, you sign a contract outlining what you'll do every quarter and I'll let you live in the house for one year, for \$500/month.

Judy called her coach and with a big smile on her face she said, "We are moving in thirty days!" Thirty days later Judy moved into her dream home.

The story doesn't end there. See what happened for Judy over the next year was that she experienced herself as a much bigger person. Much more capable, much more creative. And that's what happens with Dreambuilding. Within the next year she was promoted to manager of that restaurant. And within three years she became a district manager.

As for the house, a year later Judy took out a lease option on that dream house. Within three years she bought that home.

Now, if she had stayed caught in the idea that there was no way she could have this dream then that would have been exactly what would have happened for her.

What about you and your dreams? It starts with making a decision. It starts by saying to yourself, "Today's the day I'm going after my dream. Today's the day I say no to the doubts and reasons **why it won't work**, and I say yes to the **possibilities and opportunities**." Make today the day you're going to suspend your belief in conditions and instead believe in the power breathing you.

If you want to cash a check, you need to fill out the amount and you need to sign your name on that check. In terms of your dream, that means you have to be specific and clear about what you want. Then, putting your name on that check means making a decision for your dream by saying, "YES, this is the life I would love to live! Yes, today is my day!"

Right now, go back and sign and date your dreams as a symbol of deciding for your dreams.

STEP 3:

Befriending Your Fear

When we decide for a dream, there's a part of us that says, "Yes, I've got this!" Then there's another part of us that rises up and says, "Yeah right. That's not going to happen!" Or that voice may say "Oh yeah, how are YOU going to do that? You've never done that before! Who do you think you are? You don't have what it takes!"

What is that voice? **That's the voice of FEAR.**

It's the voice that wants things to remain status quo. And often, fear will disguise itself as practicality. Fear won't say, "I'm here to kill your dreams!" It's too smart for that.

It will say, "I'm here to keep you safe." "I'm here to keep you from getting hurt." or "Now's not a good time, I'll wait until later." "I don't have the money, that would be irresponsible." "I don't have the credentials, education or experience. Who am I to have this dream?"

And it's the voice that asks, **"What if I fail?"**

Great achievers do this...they fail and then they try again.

Oprah was fired by television executives, told she wasn't fit for TV. But she rose up and kept going.

Steven Spielberg was rejected from USC Film School 3 times! But he rose up and kept going.

Henry Ford failed at three businesses before starting Ford Motor Company at the age of 53. He was a success because he rose up and kept going.

And I love Thomas Edison who said, "I have not failed, I've just found 10,000 ways that won't work."

**Fear and Failure are Prerequisites for
achieving great dreams!**

So how do we give power to the part of us that wants to move forward, when we are hearing the voice that wants us to play small.

There's a whole process to this that I take my clients through, but for our purposes here I'm going to give you one thing you can do.

Take an Action Step.

Remember, where your attention goes, energy flows. When you notice your thoughts going towards limitation, interrupt that thought, refocus your mind on your dream, and take an action step. This action is key because it tells your subconscious mind that you are serious about your new result, and over time the old paradigms will actually begin to dissolve away.

Ask the question, "What's one action I can take that would move me in the direction of my dream?" And then take that action!

Take a look at what you have written down as your dream. What is one action step you could take that would move you in the direction of your dream? Below, write down at least one action step, and then put a date by when you're doing to take that action.

"By thought, the thing you want is brought to you. By action you receive it."

Wallace D. Wattles

My action step is...

I will do this by...

Progress is more important than perfection, so taking even the smallest step toward your dream will make a difference. The key is to do what you can, with what you have, from where you are.

As my mentor Mary Morrissey says,
"Inspiration without action is merely entertainment."

So, be sure to take an action step, because the choices and action we take today are ultimately who we become tomorrow.

Congratulations!

You have just laid a strong foundation for the manifestation of your dreams. You've created your dream. You've decided for it.

Here are some suggestions for keeping you on track to achieve your dreams:

- ◆ Read your vision board every day.
- ◆ Spend at least 15 minutes per day putting yourself in your dream. Feel all the senses of living that life! What does it feel like, smell like, taste like, sound like, and look like?
- ◆ Be grateful. Even in the worst of times there is always something to be grateful for.
- ◆ When you feel like things just aren't working, take a break, but don't pitch a tent and camp out there. Turn on some inspirational music, go for a walk, get some sunshine, exercise, read a good book. Do SOMETHING to raise your vibrational level and reconnect to your dream.
- ◆ To calm yourself, take a deep breath through your nose, then slowly breath out through your mouth. Do this 3 times. This moves you from the "freeze, fight or flight" energy to calm.
- ◆ Go back to your WHY. This is your motivating factor.
- ◆ Do what you can, from where you are, with what you have. Every step does not have to be monumental.
- ◆ Be proud of what you accomplish, no matter how small you think the accomplishment is.

Don't be surprised if you notice strange coincidences beginning to happen. Resources, opportunities, and people will move into your life that will help your dream become a reality. Our job is not only to make our dreams happen, but more importantly to make them welcome.

As you reduce your resistance to your dream, you accelerate the speed at which it takes root, takes form, and blossoms into the magnificent experience we call—your life.

I'm here to help!

If you haven't already scheduled your 45-minute **Live Your Dreams! Coaching Call**, click the link below to schedule your call. This call is valued at \$250 but for a limited time I am offering it for FREE!

~~\$250~~ **TODAY** only **FREE**

Why would I do this? Because MY purpose is helping you find your purpose. During this one-on-one call, you will:

- ⇒ Gain clarity on some of the changes you'd like to see in your life right now.
- ⇒ Uncover a crystal-clear vision of what it is you would love to create in your life.
- ⇒ You will discover what it is that's been holding you back.
- ⇒ And you will get easy, actionable steps; a blueprint to help you get from where you are now, to where you'd really love to be.

Ultimately, you're going to walk away from this conversation feeling inspired, feeling motivated, feeling energized, having more confidence, and having more clarity to move in the direction of your dream.

[Schedule your coaching call here.](#)

I look forward to helping you *Live Your Dreams!* Many blessings!

Lori Carbonneau

Action Aspirations ★★☆☆
Live Your Dreams

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