



# Live Your Dreams

## Light up Your Shadows

*Start to live your dreams. Map your route – on your terms!*



### Step 1a – Name a person you dislike.

- What qualities do you dislike in them?
- Where did you meet them?
- How do you interact with them?

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### Step 1b – Name another person you dislike.

- What qualities do you admire in them?
- Where did you meet them?
- How do you interact with them?

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### Step 1c – Name a third person you admire.

- What qualities do you admire in them?
- Where did you meet them?
- How do you interact with them?

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**Step 2a– Think of an experience where you were not satisfied with the outcome. This must be something where you had direct influence on the outcome. Write down the steps from beginning, middle, and end.**

- How did it start?
- How did it evolve? Who else was involved?
- How did it end? What did you do next as a result of that success?

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**Step 2b– Review that process, this time, looking for the decisions you made along the way that affected the outcome. Write down those how you made those decisions.**

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**Step 3a– Think of a second unrelated experience where you were not satisfied with the outcome. Write down the steps from beginning, middle, and end.**

- How did it start?
- How did it evolve? Who else was involved?
- How did it end? What did you do next as a result of that success?

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**Step 3b– Review this process, looking for the decisions you made along the way that affected the outcome. Write down how you made those decisions.**

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**Step 5 – Identify how your shadows can become strengths**

List the shadows identified in the previous exercises. Reframe them by writing down how they can be assets

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