



KILL THE UNICORNS

JANINE DURSO COACHING 3-DAY WORKSHOP

DAY 3: DREAMSTORM YOUR LIFE INTO REALITY DREAMS & DISCOMFORT





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STIR THE POSSIBILITY POT

● DREAMSTORM

When we were kids we had no shortage of dreams. We knew we could be anything! All things were possible.

At what point did your dreams end up on the cutting room floor, replaced by more “realistic” scenarios or other people’s plans for you?

I can hear all the reasons (and heck I even believed them myself for a few decades...). “Life got in the way.” “I can’t afford it.” “I have kids now.” “That’s not realistic.” “Life is hard.” “I have responsibilities.”

It’s super easy to fill a page with the reasons why you can’t do something. But how about answering this question:

“What if I could?”

The answer may not seem obvious at first. That’s ok. You probably haven’t asked yourself that question lately. But our brains are scavengers. What we set it out to look for, it will find. When we think we can’t do something, it will serve up all the reasons why we can’t. The list above is just a few of the thoughts that come up as evidence.

But when you ask it a better question or serve it a better thought, it will go to work to show you how you CAN do it.

Keep asking and it will keep searching. It will find all the evidence to support the opposite story you’ve been telling yourself. I know this to be true because I did it for myself.

What if you believed that anything is possible?

When you Think “anything is possible”, it Feels different. You choose new Actions and you definitely have different Results. It’s a beautiful thought to think.



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● WHO ARE YOU & WHAT DO YOU WANT?

Tap back into the belief work from Day 2 of this 3-Day Workshop. Look your answers over and see if there is anything you would answer differently based on what you now know.

EXERCISE

Take a moment to think about your ideal day. Start by answering the question How do I want to FEEL? We know now that our thoughts create our feelings, and we can work forward and backwards here if we are thinking of the Pot of Gold construct:

Thoughts

Feelings

Actions

Results

When you start with how you want to Feel, you can fill in all the actions that you will take from that feeling on your ideal day. Then you can go back up to the thoughts and intentionally choose the Thought that will generate that Feeling.

Doing this exercise helps you tap into the feelings you want which in turn sends your brain on a scavenger hunt to find the thoughts that generate that feeling.

Write out what your perfect day looks like in detail. What are you doing, wearing, eating, etc. Where are you living? What view do you see? How are you spending your time?

The power here is that it is subconsciously searching your past for the dreams forgotten and also your future as it conjures up the life you want to create.

The magic happens as you set your mind on this journey to scavenger all the ways this will come about.



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● DISCOMFORT

Leaving our comfort zone isn't easy. Heck, STAYING in the comfort zone isn't easy. I would like to rename it the FAMILIAR Zone because there is little comfort there. You're just there because that's what you know. If it was so comfortable you probably wouldn't want to change. But there's little comfort in the familiar zone. There's internal struggle. There's judgment, shame, knowing you were made for more than this but not knowing how to get there. There's a yearning for more that is not comfortable. It makes you second guess your worth, your enoughness. But you stay there because it's what you know. It feels easier than changing.

Staying is hard. Changing is hard. Choose your hard.

Leaving what's familiar is scary. The minute you start to step out of that world, your brain freaks out. This is all new territory. Even though it's on the way to what you want, your nervous system tells you otherwise. It wants you to go right back to the familiar. Even if it's chaos.

That's why bringing the conscious to the unconscious is so important...being aware of what your brain is doing. What are the thoughts and feelings that come up when you start to make change? Come out of your head and drop into your body to feel the sensations. Where do you feel it?

The key is to allow these feelings to be there. This is a process that I teach in my program. It's so key to regulating yourself and understanding what is happening.

This often shows up as fear, procrastination, hesitation, frustration, resentment, etc.

Learning how to process these feelings of fear is a key component to starting and continuing on when the path to what you want feels challenging.



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WHERE TO NEXT?

It's one thing to KNOW what to do and it's another to DO it. If you learned something in these 3 days, let's go deeper! You can have what you want. I can help you get it.

You are invited to join the

HOW TO CREATE A LIFE YOU LOVE

8-WEEK GROUP COACHING COURSE

Next cohort starts week of September 12.
Meeting times to be chosen by the members of the group.



FAST ACTION BONUS:

Joining before 11:45 PM Friday night, Sept 9 and get \$200 OFF.

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