



THE 2 CORE INGREDIENTS

to your Dreams & Goals



FREE DREAMS & GOALS TRAINING *workbook 1*

THANK YOU

for signing up for this free video training...

You're probably reading this because you want to create a life filled with meaning, fulfillment and of course having and doing the things that you love, the things that bring you joy in a way that feels balanced.

The 4 Videos in this series will help you understand the Basics of Conscious Creation and Manifesting.

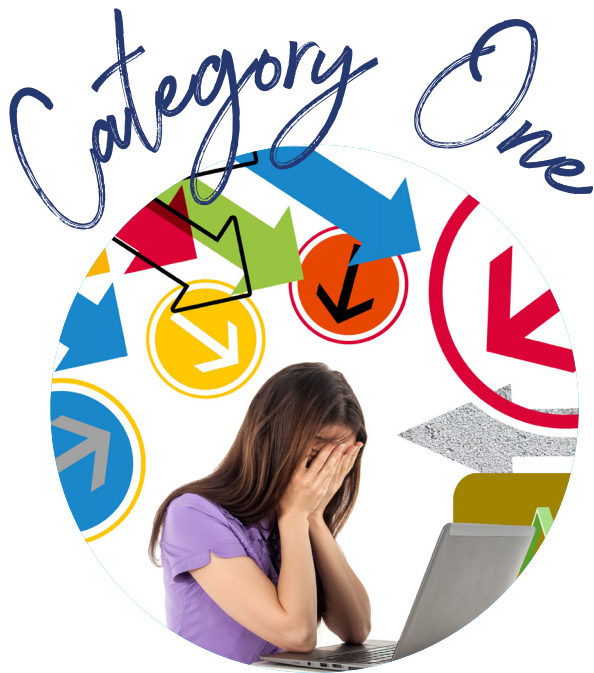
This PDF goes along with the video you have just watched.

My name is Donna McCallum
AND I'M ALSO KNOWN AS THE FAIRY GODMOTHER.



“ Since 2005
I've worked with thousands of people around the world on their dreams and goals and I find that the people that I work with fall into **one of 3 categories** and I'm wondering which one you are?...”

”



YOU HAVE NO IDEA WHAT YOUR AUTHENTIC DREAMS & GOALS ARE

– you may be stuck in a rut, doing a job you don't like just to pay the bills.

OR you're so busy with your family and helping everyone else, you don't carve out that precious time for yourself to figure out what YOU want.

EXAMPLE

Like Joanne Long one of my clients who was a high school teacher.

She'd been doing the same job for over 15 years and was no longer enjoying it... every morning driving to work she'd be dreading it. But she had no idea what her dreams and goals were.

She worked with me and discovered her deep longing to work with horses and now a couple of years later she is working with horses full-time. **Doing what she loves and feeling the joy of living her dreams.**





YOU ARE VERY CREATIVE. YOU'RE FULL OF IDEAS.

And you may have a different idea every month of what you want in your life and you find it difficult to focus and actually get momentum in any one particular direction... You may procrastinate, or feel a fear like “what if it doesn’t work out?”

EXAMPLE

Like Neelou Malekpour, one of my students in New York, who is highly creative and was doing project after project and although she enjoyed them **she wasn't finding traction.**

Then she moved to California and took the step of embarking on her dream as a side-hustle.

She started her Smudge Stick business... which is now her full-time work that she is loving and the business is thriving.

She's being creative, passionate, found momentum and making money.



Category Three



YOU KNOW EXACTLY WHAT YOUR DREAMS AND GOALS ARE you've just got stuck somewhere along the way in making them happen. You may have lost inspiration, or have some self-doubt or you're finding it really hard work to turn your dreams into reality.

EXAMPLE

Like Babalwa who when she started working with me knew she wanted her own coaching business, but was scared about leaving the safety of her corporate job. **She was really concerned about how she was going to pay the bills by living her dreams.**



I'm delighted to say that she is now running a flourishing coaching practice, enjoying the adventure of being an entrepreneur and **earning more than ever before.**



Or Marnita, who knew she needed to lose weight, but it was really hard and felt like a struggle, until she applied some of the principles I taught her and then **lost over 37 kg's in a way that felt good and balanced.**

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THE 2 CORE INGREDIENTS

to your Dreams & Goals

When you are want to create and Live your Best, Most Empowered Life there is a balance between:

Clarity on your
Dreams & Goals

Being at EASE
in the Now



CLARITY ON YOUR DREAMS & GOALS is future focused – it is your Vision for your future – who you want to be, what you want to do and what you want to have.

AND

BEING AT EASE IN THE NOW is about being present in the now, being okay with your current reality and being okay with your past.

These 2 CORE Ingredients create 4 States of Mind....

Please think about where YOU are currently.

I like to think of it as a grid...

THE GRID *explained*

Clarity on your Dreams & Goals

No

Yes

Being at
EASE
in the
Now

No



Yes



1. THE NEGATIVE SPIRAL



CLARITY ON
DREAMS & GOALS?
NO

AT EASE
IN THE NOW?
NO

FIRST PART OF THE GRID is where you're not clear on your dreams and goals and you're not at ease in the now...

This is the Negative Spiral.

This state of mind is where **you feel unfulfilled**, you feel negative, it is easy to get caught up in the other negativity in the world going on around you, **you may even blame others for your circumstances or situation...** and this state of mind can ultimately lead to depression.

2. THE COMFORT ZONE



CLARITY ON
DREAMS & GOALS?
NO

AT EASE
IN THE NOW?
YES

THE SECOND STATE OF MIND where you **don't have clear Dreams & Goals** but you **are at Ease in the Now** and this can often feel like a very pleasant place to be.

This is called the Comfort Zone. It may feel like a comfortable place but **human beings need to have Dreams & Goals to evolve to expand.**

The universe is always expanding and having Dreams and Goals is the way you expand into the next level of your potential and if you spend too much time in the Comfort Zone without getting clarity on your Dreams & Goals, you can quickly move back to the Negative Spiral.

3. THE STRESSED VISIONARY



CLARITY ON
DREAMS & GOALS?

YES

AT EASE
IN THE NOW?

NO

THE 3RD STATE OF MIND is where you **do have Clarity on your Dreams and Goals** but you are not at Ease in the Now.

This is called the Stressed Visionary and until I learned about EASE and the practical tools to keep moving back into ease this was a place I often found myself. And it's stressful and it makes achieving your goals feel hard.

This State of Mind doesn't only create Stress, it can also quickly lead to dissatisfaction - which you'll learn in the next training video is an absolute Dream Killer.

And often when clients come to me and they're in Category 3 – **they know what their dreams and goals but they're stuck** – it's because they are in this Stressed Visionary State of mind.

I know the Stressed Visionary well - This is how I lived my life in my 20's, I was an ambitious Entrepreneur. I started businesses in South Africa and in the USA in Silicon Valley.

I had big goals but I would be so caught up in the Goals and get stressed out. I wasn't relaxed or at ease. I was constantly busy and overwhelmed with very little time for friends, family and fun.

I often experienced exhaustion and twice it led to burn-out.

And while I was taking some time out on a Sabbatical in South America in 2005 I knew that there had to be a better way... and that's when I discovered this Manifesting and Conscious Creation method which you'll learn more about in video 3.

During that trip I had an epiphany experience on a night-bus in Argentina – it was a Vision that my purpose is to be a Fairy Godmother and help you with your dreams and goals in a way that is relaxed, inspired, magical and delightful.

4. FLOW



CLARITY ON
DREAMS & GOALS?
YES

AT EASE
IN THE NOW?
YES

THE FINAL STATE OF MIND is where you do have **Clarity** on your Dreams & Goals and you are **at Ease in the Now** and this state is called Flow.

It is the **optimum state of mind and being** to create and manifest your dreams and goals in a way that feels really good and authentic and deeply appreciative of the journey.

This State of Mind is MAGICAL – you feel like life is working out for you, the Universe or the Divine has your back and even if things don't go according to what you planned you have a deep sense that you are being supported by life.

And this is what I teach through my Dreams & Goals work how to keep connecting into Ease and Clarity and hence creating more Flow - or MAGIC - you'll learn more about this in video 2.

WHICH OF THESE STATES OF MIND TO YOU FIND YOURSELF IN?

And notice if that there may be some areas of your life where you are in one state of mind and other areas where you are in another.

A person wearing a teal sweater is writing in a small notebook. To the right of the notebook is a large sheet of white paper with horizontal lines, intended for additional notes.

NOTE **THERE WILL BE TIMES** when you move into the stressed visionary, or the comfort zone or the negative spiral, that's part of being human but there are practices that you can do that will train you to be in this flow space and to get you back into it when you slip out of it.

Once you lay the foundation it becomes easier and easier.

That's what I want to support you in creating and **you'll learn a powerful, practical tool of how to move into Ease in my next Video in this training series.**

In a few days time I'm going to send you - via email - the second part of this Free Training Series where we will dive into Ease in more detail and I'll share with you how EASE impacts:

1. **Setting your Dreams and Goals**
2. **And the Attainment of them**

And in video 2 I'm going to give you one of my most powerful tools, that you can use daily to move into ease and experience more flow.

So keep your eye on your inbox.

THANK YOU FOR YOUR TIME AND ATTENTION.

I APPRECIATE YOU.