



Patterns & Strategies



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## Dream Catch



Dream

*What did you Dream?*

Story

*How would you describe what transpired in short summary? What thoughts and feelings were prevalent? What pronounced people or things were in your dream?*

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### Association

*List the main characters, events or things in your dream. Then list what you associate with each of them ordinarily.*

Item

Association

### Theme

*Does the Message or Value fall into a Theme you are seeing emerge? Has there been a pattern or re-occurrences of similar messages and hints? If you had to sum up the Theme of your Dream what would*

### Value

*What is the Message behind the Dream? What Hint do you believe is being conveyed? What is your Value?*

### Association

*List the main characters, events or things in your dream. Then list what you associate with each of them ordinarily.*

Item

Association

### Theme

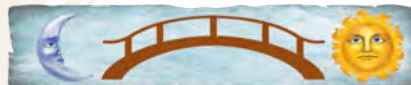
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### Value

*What is the Message behind the Dream? What Hint do you believe is being conveyed? What is your Value?*



Creative Solution



Ego Mind

Story

Origin

Insight

Desire

Trigger

Pattern

Know

Coping Strategy

Value

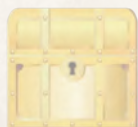
Benefit

Sacrifice

Pings

Challenge

Belief



Cut this  
portion  
off!!







Ideal-Intention

Mantra

Creative Solution

Action

Desire

Challenge

Insight

Influence

• Evolution & Celebration •





## The Purpose and Use of your "Grow" Section

You can use this space for Personal Growth Worksheets or Activities designed to create positive change or as a spare area to collect notes from things you are learning from. You can even use this section to add blank paper and turn it into a journaling area...all part of growth!!

### Using your "Transformation Path" Page

This Space is designed to give you the freedom and flexibility of capturing information any way you want to facilitate your growth and process of Transformation.

Start by adding what issue or thing you are looking to Transform in the top White Space of the Transformation Path Heading. You may have one you're already working with.

You build your Transformation Path starting with the Labels & Questions on inside page leading to your Creative Solution. Then go back to your cover page and fill in your **Intention, Mantra & Creative Solution** fields, based on your new Creative Solution. As your journey progresses add moments of **Evolution & Celebration!**

The Labels inside your Transformation Path, with accompanied Questions act as a guide to dig into the roots of an issue and pivot into a new way of being with it, creating Transformation. You can use the "Transformation Path Questions" to guide you towards a Breakthrough leading you to Transformation. Celebrate the Growth.

**Coping Strategy-** *How am I coping with the situation, what character am I relying upon?*

**Benefit-** *What (false) benefit am I getting by using this coping strategy?*

**Sacrifice-** *What price am I paying using this coping strategy?*

**Belief-** *What did I come to Believe around this? What Belief am I carrying in regards to this story?*

**Value-** *What is the opportunity for me to experience or learn?*

**Desire-** *What do I really Desire that I don't get when I use this Coping Strategy? What is it I really want?*

**Insight-** *What would be wise for me to focus on? What Insight or "A-Ha's" have I gained?*

**Know -** *What do you KNOW to be TRUE that supports your Desire and Value and is in Alignment?*

**Pings-** *What signs, signals, clues, synchronicities do you encounter as you are moving through this transformation?*

**Creative Solution-** *How do I choose to relate and respond? What creative healthy strategy best serves? What ways do I need to be following through on this solution? Are there changes in habits, conversations I need to have or actions I need to take to support this Creative Solution?*

**Treasure Chest-** *What is the true Value, growth and Treasure you gain by making this Transformation?*

## Compass Directional Star

Place at each point of the Star (4 Directions) the most important Values or Qualities to you to remember and keep focus on as you transform.

## Personalizing your Transformation Page

Decorate the page as fits for the Transformation you are Activating, including photos, Insights, Clues or Worksheets, Practices or any other notes or tidbits of Inspiration.

## Using your "Strategies & Patterns" Page

As you learn to develop the skill of observation, notice the patterns that play out in your life and the strategies you use to cope. Catch and describe them on this page to come back to as you discover how to transform these into Creative Solutions.

## How to Use "Dream Catch" Pages

Dreams are a time when Source and your Guides are giving you Clues to keep you on track. The trick is catching the Clues and their Valuable indicators (messages). Are you paying attention? Are you following their Clues in your Dreams? Use the prompts and questions on that page to interpret your dream!

## Starting Your Transformation Path

You may have an **Intention & Mantra** you have already formed and are working with—You can fill them in at the top of the Cover page or wait until more of your Transformation Path is filled in with Clarity!

It is highly suggested if you have not done a **Fresh Perspective Reading** you do so. If you are already working with one fill in the information for each label. If you do not have one use this link address and Choose a 4 Card Reading.

<https://lifeshaping.me/serendipity-oracle/>

## Transformation Path Questions (Inside Page)

Use these questions to guide yourself to the information you hold within. Use these questions in meditation and Reflection. The answers will lead you to the root of an issue and set you up to transform it into a new Creative Solution!

**Challenge-** *What am I afraid of most? What do I fear? What is the Challenge for me?*

**Trigger** - *What Triggered this Story/Event (made Ego Not Ok)?*

**Pattern** - *Is this a familiar scenario to me? What seems to continue to occur?*

**Origin-** *When was the first time I felt this way?*

**Story** - *What is the story I am running about why what's happening is happening?*