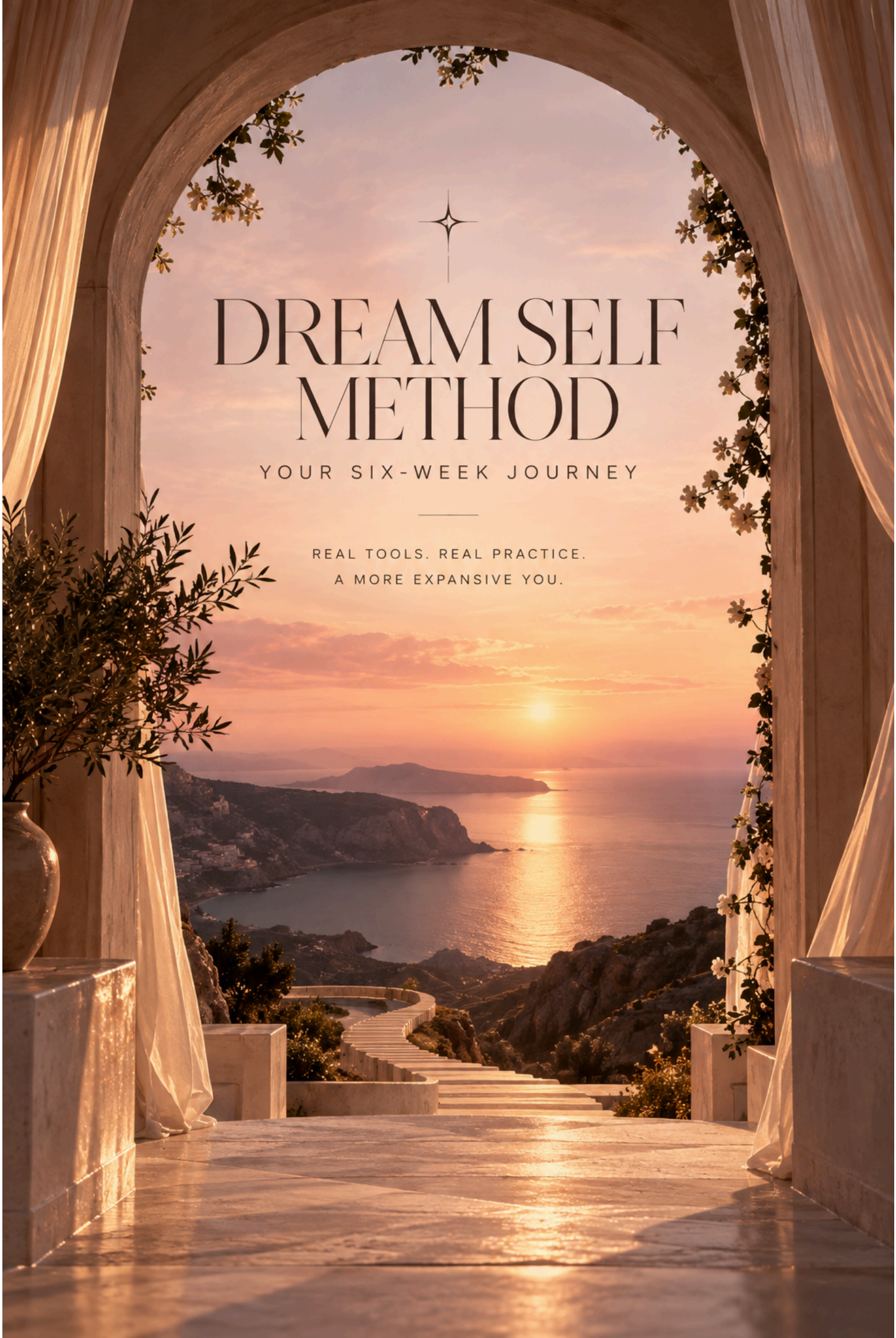

DREAM SELF METHOD
YOUR SIX-WEEK JOURNEY
REAL TOOLS. REAL PRACTICE.
A MORE EXPANSIVE YOU.



A NOTE FROM DRISHTI

HEAL. ALIGN. CREATE. BECOME.

Hey, and welcome.

This is the official brochure for the Dream Self Method.

Inside, I'm going to show you exactly what the Dream Self Method is, why I created it, what we'll explore together, what the six-week journey looks like, and what you can expect to gain from it if you choose to join.

And first, I want you to know something.

If you've come across this because something in you wants more, more from yourself, more from your life, more love, more confidence, more freedom, more money, more creativity, more alignment, then you're in the right place.

I created the Dream Self Method because, honestly, I started questioning so much of what we're taught about how we're supposed to live.

We're taught to work harder, chase more, prove ourselves, become successful first and then finally feel fulfilled. We're taught to look outside ourselves for love, validation, confidence, security and happiness. We're taught that once we get the right relationship, the right job, the right amount of money, the right body, the right lifestyle, then we'll finally feel like the person we want to be.

But what I found through my own journey was that it starts somewhere completely different.

It starts with you.

Before creating the life you want externally, you have to start changing what is happening internally.

You begin looking at the beliefs that are running your life. You begin understanding the patterns you keep repeating. You begin releasing what is no longer serving you. You begin choosing yourself. You begin loving yourself. You begin building conviction in yourself. You begin trusting yourself.

And from that place, something changes.

> You stop creating from survival and start creating from a deeper sense of who you are.

That is what the Dream Self Method is about.

Over these six weeks, we're going to move through that journey together, step by step. We'll work on your inner world, your patterns, your relationship with yourself, your self-concept, your ability to trust yourself, and eventually your ability to create from that place.

You'll have live sessions, a supportive community and detailed Blueprints designed to give you the structure and tools to actually do the work.

And the intention is not for you to become someone completely different.

It is to help you uncover more of who you actually are and begin living from that place.

You'll also get a taste of this in the Masterclass.

The Masterclass is your first experience of the Dream Self Method. It's designed to give you a glimpse of what I mean by living from a different state of being and to let you experience these ideas for yourself.

Then, if you feel called to continue, the six-week Dream Self Method journey gives you the space to practise, experience and integrate them into your life.

And if you decide not to join the programme, that is completely okay.

Come to the Masterclass. Take what you came for. Have the experience. Get what you came for.

There is absolutely no pressure to continue.

But if you do decide to come with me for these six weeks, this is the journey you're stepping into:

Survival → Awareness → Wholeness → Self-Trust → Creation → Integration.

And I genuinely hope this becomes one of those things you look back on and think:

"I'm so glad I came across this."

I've been on this journey myself, and it has changed the way I see myself, the way I move through life, my confidence, my self-love and the way I think about creating my future.

Now I want to give you the framework to walk through it too.

Welcome to the Dream Self Method.
Let's begin.
Drishti

THE METHOD

How the Dream Self Method works

The Dream Self Method is a six-week process designed to move you towards your dream destination, while giving you the life skills and tools to keep moving yourself forward long after the six weeks are over.

Think of these six weeks as an activation phase.

You are not joining for six weeks simply to consume information and hope your life changes. You are stepping into an experience where we activate parts of you that may have been dormant, self-love, self-awareness, emotional awareness, self-trust, confidence, conscious creation, and the ability to work with yourself in real time.

Over the six weeks, I will teach you the tools. You will practise them. You will use them on your own life. And by Week 6, we bring everything together so that you leave knowing how to keep doing this for yourself.

The goal is not to make you dependent on the programme. It is to give you the tools to become your own practitioner.

YOUR SIX-WEEK RHYTHM

Every week follows a simple structure so you always know what you are doing.

01

LIVE WITH ME

Every week begins with a live session focused on that week's theme. I will teach you the principles, walk you through the work, answer questions, and guide you through practical exercises and integration. This is where we learn and experience the work together.

02

YOUR CLASSROOM

After the Live, you move into your Classroom. Everything is already laid out for you. Day 1. Day 2. Day 3. You simply open the day and follow the practice. Your week may include a Morning Reset, Gratitude, Shadow Work, identity work, self-trust practices, creation exercises, or whatever is most relevant to that week's theme. You are not expected to figure out what to do next. I give you the path. You walk it.

03

THE WORK

This is where the actual transformation happens. You take what you learn and apply it to your own life, in real time. Think of it like learning a life skill and then actually using it. One day you might be working with a limiting belief. Another day you might be doing Shadow Work. Another day you might be practising self-trust. Another day you might be imagining and creating your future. The practices change because you are learning how to work with yourself in different situations.

04 **THE ROOM**

You don't do this alone. The Room is your community space to share what you're experiencing, your breakthroughs, your questions, your reflections, and the things you are working through. You can ask me questions, share what came up for you, and learn from everyone else going through the journey with you. I'm there to support you throughout the process.

05 **MIDWEEK INTEGRATION**

Throughout the week, we also come back together for a midweek community call where we can slow down, integrate what is coming up, and go deeper into a practice or exercise relevant to that week's theme.

Every week is different. Every week builds on the one before it.

AND THEN

Week 6 is where we bring everything together.

You will take the tools you've learned across the programme and begin creating your own way of using them in everyday life.

Because the goal was never: "I completed a six-week programme."

The goal is: "I know what to do with myself now."

You know how to catch yourself when you fall into old patterns. You know how to work through what comes up. You know how to choose yourself. You know how to trust yourself. You know how to create from yourself. And you know how to return to these tools whenever you need them.

THE SIX WEEKS ARE AN ACTIVATION. THE LIFE AFTER IS YOURS.

You will experience the six weeks with me as a focused container for deep work, practice, and change. And yes, I believe you can see meaningful shifts during these six weeks.

But the bigger transformation comes from what happens when you continue using what you've learned.

These are not meant to be six-week-only skills. They are tools you can carry into your relationships, your work, your money, your confidence, your decisions, your future, and every new chapter of your life.

And the community doesn't simply disappear when the six weeks end. You are becoming part of a space you can continue returning to, sharing in, and growing within.

Six weeks to activate. A lifetime to create.

YOUR JOURNEY FROM SURVIVAL TO CREATION

The six-week roadmap

Over the next six weeks, we are going to move through a very intentional progression. We start by creating space. Then we go deeper. Then we learn to choose ourselves. Then we build conviction in who we are. Then we create from that place. And finally, we bring it all together into a way of living that is yours. Each week builds on the one before it.

Week 1 · Drop the Survival. Reset your nervous system. Release what's weighing you down.

Week 2 · Meet & Heal the Shadow. Look deeper than what's on the surface.

Week 3 · Embodying Wholeness. Come home to yourself. Build the relationship everything else grows from.

Week 4 · I Am Someone. Stop asking for permission. Start trusting yourself.

Week 5 · Aligned Creation. Dream beyond logic. Create from what lights you up.

Week 6 · Integration. This is where the six weeks become a way of living.



WEEK 1

Drop the Survival

Reset your nervous system. Release what's weighing you down.

Okay, so we start here.

Before we start working on your beliefs, your identity, your relationships, your confidence, your money or your dream life, I want you to slow everything down first.

Because you can want to change your life all you want, but if you are constantly running on autopilot, constantly reacting, constantly consuming, constantly thinking about what needs to happen next, you don't really have the space to hear yourself.

So Week 1 is all about creating that space.

This is where we start getting you out of survival mode and back into your own life. You'll start paying attention to your body, your thoughts, your emotions, your environment and the way you move through your day. You'll start creating a calmer baseline and, most importantly, you'll learn how to notice what is happening within you instead of immediately reacting to it.

This is where we introduce one of the foundations of the entire Dream Self Method:

CATCH → FEEL → ALLOW → CARRY ON.

WHAT WE'LL WORK ON

The Reset. We're going to look at what is actually keeping you in that constant state of doing, reacting and thinking, and start creating space around it.

Morning Reset. You'll start your days by coming back to yourself before the outside world gets your attention.

Gratitude. You'll begin the six-week gratitude practice with simple, tangible exercises that help you notice what is already around you instead of constantly focusing on what is missing.

CATCH → FEEL → ALLOW → CARRY ON. You'll learn how to catch yourself in the moment, actually feel what is there, allow it without immediately acting from it, and then carry on.

Daily Unload + Check-In. You'll have a simple space to get everything out of your head, notice what is actually going on and check in with yourself.

WHAT HAPPENS THIS WEEK

We start together in the Week 1 Live.

This is where I introduce you to the foundation of the Dream Self Method and, instead of just telling you what to do, we actually do it together. You'll experience the reset, slow down, check in with yourself and start understanding what it means to become more conscious of the way you move through your day.

Then you move into your Classroom.

Every day is already laid out for you, so you know exactly what you're doing. You'll continue your Morning Reset and gratitude practice, complete your daily exercises and start using CATCH → FEEL → ALLOW → CARRY ON in your actual life.

And this is not something you're doing completely on your own.

You'll have The Room, where you can share what you're noticing, talk about what is coming up, ask me questions and see what everyone else in the cohort is experiencing too. We'll also come together for a midweek integration session to slow down, check in and go deeper into whatever the week is bringing up.

BY THE END OF WEEK 1

I want you to feel like something has shifted.

You may notice that you're not reacting as quickly. That your mind feels a little quieter. That you are more aware of what you are actually feeling. That you have a little more space between something happening and you immediately responding to it.

Most importantly, I want you to feel like you are back in your own life.

Because this is the foundation for everything that comes next.

You slow down. You create space. You come back to yourself.



WEEK 2

Meet & Heal the Shadow

Look deeper than what's on the surface.

This is one of the most important weeks of the entire Dream Self Method, because this is where we move from simply noticing your patterns to actually understanding them.

In Week 1, you learned how to slow down, create space and catch yourself instead of automatically reacting to everything happening around you. Now that you have created that space, we're going deeper.

This week, I'm giving you a 15-step Shadow Work Method, laid out in detail inside your Blueprint, that you can return to whenever something comes up. You'll learn how to move from GO IN → UNDERSTAND → CHOOSE & EMBODY, taking you beneath the surface reaction and into the emotion, belief, wound, lesson and ultimately the choice you want to make from there.

Throughout the week, you'll practise the method on your own life. You'll work through what comes up around self, relationships, money, fear, rejection, insecurity, comparison, procrastination and old patterns. You'll also learn how to use Shadow Work in real time, because life isn't going to wait until you're sitting down with your journal.

The goal is not to analyse yourself constantly or turn every difficult emotion into a deep dive. It's to develop the ability to recognise when something has a charge around it, understand what is happening underneath it and choose how you want to respond.

WHAT WE'LL WORK ON

The 15-Step Shadow Work Method. Learn the complete process from identifying what is present to creating a new belief, identity, action and integration.

Go In. Understand the emotion, deeper meaning, belief, wound and root underneath the reaction.

Understand. Separate what actually happened from the story around it, find the lesson and identify what is within your control.

Choose & Embody. Create a new belief, choose a new identity and begin behaving from it.

Real-Time Shadow Work. Learn how to work with patterns while they are actually happening, rather than only reflecting on them afterwards.

WHAT HAPPENS THIS WEEK

Live session. Learn the Shadow Work process and work through it together in real time.

Classroom. Complete your daily practices and use the Shadow Blueprint to explore one area, pattern or emotion at a time.

The work. Apply the method to your own life and practise noticing, feeling, understanding and choosing differently.

The Room. Share what you're discovering, ask questions and get support as you work through what comes up.

BY THE END OF THIS WEEK

You'll have a practical process you can return to whenever something has a charge around it.

You'll begin recognising your patterns earlier, understanding what sits underneath them and creating a different response instead of automatically repeating the old one.

And most importantly, you'll understand that the goal of Shadow Work isn't to become someone who never feels difficult emotions.

It's to become someone who knows what to do when they do.



WEEK 3

Embodying Wholeness

Come home to yourself. Build the relationship everything else grows from.

This week is about really learning to come home to yourself.

Throughout our lives, we're taught to chase love, friendship, respect, admiration, validation and acceptance outside of ourselves. We're taught to become more, achieve more, look a certain way or be chosen by the right people so that we can finally feel worthy of those things.

But I believe it starts somewhere much deeper.

It starts with you.

This week, I want to give you the tools to begin creating that relationship with yourself, because this is the foundation for the way you experience love, friendship, respect and connection with other people.

We're going to look at who you believe you are, where you may have learned that you are not enough, and the ways a lack of self-love can show up as blocks in your life. We'll begin working through those beliefs and creating a different relationship with yourself, one built on love, acceptance, forgiveness and choosing yourself.

A big part of this work will be healing your relationship with yourself, as well as exploring your relationships with your mother and father. We'll use Ho'oponopono as a practice of forgiveness, appreciation, love and release, and create space to work through what you may still be carrying.

We'll also take this work into practical, live sessions where we explore these ideas together and actually apply them. Throughout the week, you'll keep returning to the practices so that this isn't just something you understand intellectually, but something you begin to experience for yourself.

WHAT WE'LL WORK ON

Coming Home to Yourself. Learn what it means to stop looking outside yourself for your worth, love and validation, and begin building that foundation within.

Self-Love & Self-Choice. Explore what changes when you genuinely choose yourself in the way you think, live, relate and allow yourself to be treated.

Healing Your Relationship With Yourself. Work with the beliefs you hold about who you are, where those beliefs came from and what you are ready to change.

Healing & Ho'oponopono. Practise forgiveness, appreciation, love and release through Ho'oponopono, with focused work around yourself, your mother and your father.

BE → DO → HAVE. Begin shifting from creating from lack into creating from the state of already feeling whole.

WHAT HAPPENS THIS WEEK

Live session. Take part in practical live work around self-love, validation, identity and the beliefs underneath the way you see yourself.

Classroom. Practise your Wholeness Meditation, personal affirmations and Ho'oponopono throughout the week.

The work. Work through the relationship you have with yourself, your mother and your father, and explore what you want to release, heal and choose differently.

The Room. Share what you're discovering, ask questions and receive support as you move through the week.

BY THE END OF THIS WEEK

You'll have started creating a deeper relationship with yourself that doesn't depend on being chosen, validated or approved of by someone else.

You'll have tools to work with self-love, forgiveness, healing and returning to yourself when you feel disconnected from your own worth.

And you'll begin to understand one of the most important shifts in the Dream Self Method:

You don't have to chase love. You begin by becoming a source of it for yourself.

From "choose me" → "I choose me." From lack → wholeness. From searching outside yourself → coming home to yourself.



WEEK 4

I Am Someone

Stop asking for permission. Start trusting yourself.

This week is about becoming someone who trusts themselves.

In Week 3, we worked on coming home to yourself, choosing yourself and building a deeper sense of worth from within. Now we take that foundation and start bringing it into the way you actually move through your life.

Because it is one thing to say, “I love myself. I know my worth. I am enough.” It is another thing to actually live from that place.

So this week, self-trust becomes the main theme.

I’m going to give you the tools to start moving through your life from self-trust, no matter what is happening around you, no matter what someone else thinks, says or chooses. You’ll begin practising making your own decisions, trusting your own instincts, saying what you actually want to say, moving in the way that feels natural to you and doing what you know you want to do instead of constantly looking outside yourself for permission.

We’ll also go deeper into your self-concept, confidence, conviction and deserving. You’ll start noticing where you still question yourself, shrink your desires or convince yourself that you need to be more before you are allowed to have what you want.

And throughout the week, you’ll keep coming back to one question:

“What would I do if I trusted myself?”

Then you practise doing it.

WHAT WE’LL WORK ON

Self-Trust. The main theme of the week. Learn to make decisions, take action and move through life from trust in yourself rather than outside validation or permission.

Self-Concept. Look at the identity you hold around who you are, what you are capable of and what you believe about yourself.

Confidence & Conviction. Build the belief that you can stand behind yourself, your choices, your voice and what you bring.

I DESERVE. Explore what you believe you deserve in your relationships, work, money, opportunities and life.

Embodying Who You Are. Turn your new beliefs into actual behaviour and start creating evidence for the person you are becoming.

WHAT HAPPENS THIS WEEK

Live session. Work through self-concept, confidence, deserving and self-trust with practical exercises that bring the work into real life.

Classroom. Complete your daily practices and begin intentionally moving, choosing and speaking from self-trust.

The work. Practise backing yourself. Make the decision. Say what you want. Do what you want to do. Let yourself choose without constantly needing someone else to confirm that your choice is right.

The Room. Share what you’re noticing, ask questions and get support as you practise trusting yourself in real life.

BY THE END OF THIS WEEK

You’ll have started building a much stronger relationship with your own judgement, choices and voice.

You’ll begin to understand that self-trust isn’t something you wait to feel before you act. You build it by choosing yourself, again and again.

You’ll start moving from: “What should I do?” → “What do I want to do?” “What will they think?” → “What do I think?” “Can I trust myself?” → “I do.”

And most importantly: you’ll start becoming someone who backs themselves.



WEEK 5

Aligned Creation

Dream beyond logic. Create from what lights you up.

This is where everything we've been working on starts moving outward into creation.

In the first four weeks, we've worked on your inner world, your patterns, your relationship with yourself and the way you see yourself. Now we take that foundation and use it to create your life intentionally.

This week is about manifestation, but in a way that actually feels aligned. Not obsessing over outcomes, forcing things to happen or sitting around waiting for your life to change. Instead, we're going to explore what it looks like to create from a place of wholeness, self-trust and possibility.

I'm going to get you thinking beyond what seems logical, getting clear on what you actually want, visualising your Dream Reality, paying attention to the ideas and synchronicities that start appearing, and learning how to recognise the difference between consuming more information and actually receiving inspiration.

We'll also bring it back to action. Because aligned creation does not mean doing nothing. It means learning to move when something feels right, following the ideas that light you up and taking the next step without needing to know the entire path first.

This is your invitation to stop making your dreams smaller because you can't yet see how they could happen.

Dream it. See it. Trust it. Follow the idea. Take the action. Let the path unfold.

WHAT WE'LL WORK ON

Dream Reality. Get clear on the life you actually want and begin imagining it beyond your current circumstances.

Visualisation. Practise seeing and experiencing your desired reality so you can connect with the feeling and identity behind it.

DEFY LOGIC. Challenge the instinct to only believe in what you can already explain, predict or prove.

Ideas & Synchronicities. Learn to notice the ideas, opportunities, conversations and unexpected openings that can guide your next move.

Aligned Action. Turn inspiration into movement by taking the actions that feel genuinely connected to what you want to create.

Trust the How. Learn to hold the vision without needing to know exactly how everything is going to come together.

WHAT HAPPENS THIS WEEK

Live session. Create your Dream Reality, work with your biggest desires and explore what it means to create from possibility rather than limitation.

Classroom. Complete your visualisation, creation and gratitude practices and begin working with your ideas throughout the week.

The work. Take what comes through and actually move on it. Follow the idea. Explore the opportunity. Take the next step.

The Room. Share your ideas, synchronicities, breakthroughs and questions as you start creating in real time.

BY THE END OF THIS WEEK

You'll have a clearer vision of what you want to create and a different relationship with the process of getting there.

You'll begin to trust your ideas, notice opportunities you may have previously overlooked and take action without needing the entire path mapped out.

And you'll start experiencing creation as something you participate in, rather than something you have to force.

Imagine it. Feel it. Thank for it. Create it. This is your Week of Miracles.



WEEK 6

Integration

This is where the six weeks become a way of living.

This is not really where the Dream Self Method ends. It's where you learn how to take everything you've built over the last five weeks and use it in real life.

Think of these six weeks as a taster and activation phase. I'm giving you the tools, teaching you how to use them and giving you the space to practise them until they start becoming familiar. By this point, you've learned how to reset yourself, work through your patterns, come home to yourself, build self-trust and create from alignment. Now I want to show you how to bring all of it together.

Because life is going to keep happening. A block comes up? You know how to go back to the Shadow Work. You experience rejection or feel disconnected from yourself? You know how to come back to the work from Weeks 2 and 3. You have an idea? You know how to work with it, follow it and turn it into action through what you learned in Aligned Creation. You feel lost, overwhelmed or off track? You now have tools to work with yourself instead of waiting for someone else to tell you what to do.

That is what I want you to leave with. Not another programme you finished. A way of living you know how to practise.

This week, I'll teach you how to integrate everything into your actual life, create your own personal system, decide which tools you want to keep returning to and become your own practitioner. And when the six weeks are over, you're not losing the community either. You'll continue into the Alumni Community, where you can keep sharing, connecting and coming back into the space. I'll still be there too.

So think of this less like a course you complete and more like coming to school to learn skills you can use for life.

The six weeks teach you the tools. What you create with them from here is yours.

WHAT WE'LL WORK ON

Integration. Bring everything from the previous five weeks together and learn how to use it in real life.

Your Personal Dream Self Operating System. Create your own way of working with yourself, including the practices, tools and habits you want to keep.

Know Your Tools. Learn when to use Shadow Work, self-trust, gratitude, reset practices, aligned creation and the other tools you now have.

Becoming Your Own Practitioner. Move from needing someone else to guide you through every challenge to knowing how to work with yourself.

Your Non-Negotiables. Decide what you want to carry forward as part of your everyday way of living.

The Next Chapter. Create a plan for continuing the work, creating your life and making the Dream Self Method your own.

WHAT HAPPENS THIS WEEK

Live session. We bring the entire journey together and work through how to use your tools in real-life situations.

Classroom. Complete your Integration and Miracle Blueprint and create your personal system for continuing the work.

The work. Practise choosing the right tool for what is happening in your life and begin using the method without needing the programme to tell you what to do.

The Room. Reflect on your journey, share your transformation and connect with the people you've gone through these six weeks with.

After the six weeks. You'll move into the Alumni Community, so the connection doesn't simply disappear when the programme ends.

BY THE END OF THIS WEEK

You won't just have completed six weeks. You'll have a toolkit you can return to for years to come.

You'll know what to do when you feel stuck, triggered, disconnected, uncertain or inspired. You'll know how to work with yourself, trust yourself, create from alignment and keep moving forward.

And ultimately, you'll understand what I've wanted you to understand from the beginning:

The Dream Self Method isn't a six-week fix. It's a way of living that you learn in six weeks. The programme ends. The practice continues.

THE ARC

The journey

Drop the Survival

RESET

↓

Meet and Heal the Shadow

UNDERSTAND

↓

Embodying Wholeness

CHOOSE YOURSELF

↓

I Am Someone

TRUST YOURSELF

↓

Aligned Creation

CREATE

↓

Integration

LIVE IT

SURVIVAL · AWARENESS · WHOLENESS · SELF-TRUST · CREATION · INTEGRATION

You don't just complete six weeks. You leave with tools you can keep using for life.

Six weeks to activate. A lifetime to create.

WHAT TO EXPECT FROM YOURSELF

This is not a programme you passively consume.

Show up.

Do the work.

Stay curious.

Have fun with it.

You are here to do the work. That means showing up for the live calls. Completing the exercises. Doing your daily practices. Taking the time to actually sit with what comes up instead of reading something, thinking that sounds good, and moving on.

You do not need to do it perfectly. You do not need to have everything figured out. But you do need to participate fully. Because the tools only become useful when you actually use them.

If I teach you Shadow Work, do the Shadow Work. If I give you a self-trust practice, practise it. If you have a daily exercise, complete it. If something uncomfortable comes up, don't immediately run away from it. Show up for yourself.

AND HAVE FUN WITH IT

At the same time, I don't want you approaching these six weeks like another productivity challenge. This is not a hustle space. You are not here to work yourself into the ground, force yourself to change, or turn your transformation into another thing to achieve.

I want you to play with the process. Play with your imagination. Play with your Dream Reality. Play with your identity. Play with the possibility of what your life can become.

When something difficult comes up, get curious. When a heavy emotion comes up, think: "Okay. Let's see what this is showing me." When something amazing happens, celebrate it. When an idea comes through, follow it. When something feels magical, let yourself enjoy it.

I genuinely believe these six weeks can become one of those periods you remember for a long time, not because everything was perfect, but because you were fully in it. You did the work. You experienced the shifts. You laughed. You questioned things. You had breakthroughs. You tried things differently. You made the journey yours.

WHEN LIFE HAPPENS

Something will come up. You might get triggered. You might feel rejected. You might doubt yourself. You might have a difficult day. You might feel like nothing is working.

Good. That is the work.

Use what you are learning in real time. Come back to the tools. Come back to yourself. And come back to The Room. Share what is happening. Tell us what you're feeling. Share the breakthrough. Share the difficult day. Ask the question. You are doing this collectively, and you have a space to be supported, encouraged and challenged throughout the journey.

YOUR SIX-WEEK COMMITMENT

This journey works when you show up for yourself.

So before you begin, make a commitment to be present, to do the work, and to give these six weeks your full attention.

Come curious. Come honest. Come willing. Come ready to do the work. Come ready to have fun with it.

You do not need to have everything figured out before you begin. You just need to be willing to meet yourself, be honest about where you are, and allow yourself to experience the process fully.

For these six weeks, give yourself your full attention. Show up. Do the work. Complete the practices. Be honest. Stay open. Have fun. You do not need perfection. You need participation.

Because the more you practise these tools, the more naturally they become part of the way you live. And that is what these six weeks are really for: not just learning something new, but learning how to use it in your life.

MY COMMITMENT

- [ ] I commit to showing up for myself for the next six weeks.
- [ ] I commit to attending the Live sessions and participating fully.
- [ ] I commit to completing the daily practices and exercises.
- [ ] I commit to being honest with myself throughout the process.
- [ ] I commit to staying curious when challenges come up.
- [ ] I commit to having fun, being playful, and making this journey my own.

YOU'RE ABOUT TO BEGIN

Your first step is simple.

01 ATTEND THE MASTERCLASS → **02** JOIN THE COHORT → **03** BEGIN YOUR SIX WEEKS

Introduce yourself in The Room. Tell us who you are, why you're here, and what you're hoping to create, change, understand, or experience through these six weeks.

Then, attend the Masterclass. Please don't miss it.

The Masterclass is where you will get your first experience of the ideas behind the Dream Self Method and a taste of the state of being we will work towards throughout the programme.

Then, if you feel called to continue, join the six-week cohort. For the first cohort, the programme investment will be no more than $497.

Come prepared to make that decision after the Masterclass so that, if you know this is something you want to experience, you can join the cohort and begin your journey with us.

The Masterclass is where it begins. The six-week journey is where you do the work. What you create with it is yours.