

Mary Morrissey  
*Life* **SOUL**utions  
presents



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The \_\_\_\_\_  
*Dream*Builder

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**COACHING MANUAL**

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**Life SOULutions That Work, LLC**  
**PO Box 630269 • Simi Valley, CA 93063**  
**503-922-3460**  
**[www.MaryMorrissey.com](http://www.MaryMorrissey.com)**

*Prior to this session, have your client(s) listen to CD 1.*

### **Discussions/Suggested Actions:**

- 1.** Explain to your clients that you will be taking them through sixteen audio CD's recorded by Mary Morrissey. During this process the clients are going to build their dream. It is important that you and the clients stay current with the coaching sessions and that the clients are held accountable to listen to the corresponding audio clip before meeting with you.
- 2.** Have your clients fill in their name and date on the first page of the workbook. This will become significant when looking back in three, five or ten years, to see how the dream has manifested into reality.
- 3.** Ask your clients if they have ever worked on building a dream in the past. Find out what their current views on dream building are. (This will help you, the coach, determine what current beliefs are with regards to dream building).
- 4.** Now your clients will establish their dream. Explain that the dream must be specific. This is the blueprint to use to build their life. Ask your clients to share the dream with you and give them enough time to formulate exactly what is wanted. Not only must they be specific in describing the dream, they must put their own name to it.
- 5.** Ask your clients what they would like to achieve as a result of this program.
- 6.** Open up the workbook to the first exercise. Have your clients verbally describe to you what their ideal life would be like. Take note on key details, for this will be useful to you as you walk through the process with them.

7. Now explain that part of the dream-building process is putting your full self in alignment with the dream. You will go more into that as the coaching continues but ask your clients if they will agree to sign their names to this dream, to make it their own and to completely give themselves to it?
8. End the session by asking your clients one thing they would do if age, gender, time, money, education and experience were not factors. Once they describe this to you (and you make note of it) have them write it down, along with four other things they would do in exercise five.

### **Key Points:**

- We must shift our thinking and begin to accept new thoughts and ideas as viable possibilities.
- Our current conditions are not an indication of our future.

### **Assignment:**

*Complete the exercises in the workbook that correspond with CD 1.*

### **Notes**

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*Prior to this session, have your client(s) listen to CD 2.*

### **Discussions/Suggested Actions:**

- 1.** Discuss the concept of catching only fish that fit in a certain size frying pan. Ask your clients if they can relate to this analogy? Ask your client for one specific thing they desire in life and then challenge them to tell you what that one thing would look like as an even “bigger fish.”
- 2.** Over the next twelve months, we all have five hundred twenty-five thousand six hundred minutes to live. Have your clients consider one thing that they will immediately let go of in order to capitalize on that time. Discuss the importance of letting go of the thoughts and feelings that bring negative energy into our lives, and only fueling those that give life to our dream.
- 3.** The four basic domains in life are physical health, relationships, creative expression, and financial supply. Have your clients take one of these and practice describing to you in detail what that domain would ideally look like for each of them.

### **Key Points:**

- Our current circumstances do not define our future.
- We are all either going to create a life out of design or out of default.
- Don’t wait to decide on your dream until you are “ready.”
- The four basic domains in life to use when creating a dream are physical health, relationships, creative expression, and financial supply.
- Our quality of life is determined by the quality of the questions we learn to ask.
- Dreams are expressed to us through our longing and through our discontent.



*Prior to this session, have your client(s) listen to CD 3.*

### **Discussions/Suggested Actions:**

For this lesson, your clients will need to have established a dream. Ensure that they have done this before moving forward.

- 1.** Give your clients the five-point dream test.
  - Does this dream give them life?
  - Does this dream align with their core values?
  - Does this dream require them to grow?
  - Does s/he need help from a higher power to achieve this dream?
  - Is there some good in this dream for others?
  
- 2.** If your client(s) says no to any of these questions, ask them how they think they can shift the dream to make the answer a “yes.”
  
- 3.** One must advance confidently in the direction of their dream. Help your clients decide on one action step that can be taken to advance confidently in the direction of their dream. Your clients may not know all of the steps to reach their ultimate destination, but might know the first one.
  
- 4.** Ask your clients what two or three indications would be for them to see the dream as manifesting into a reality? Write these down so that as you continue through this program, you are able to listen for your clients to tell you that those indications have materialized in their lives.

### **Key Points:**



- Your dream must be worthy of you.
- We all have access to the infinite because we are all children of the universe.
- We can either define the moments in our lives or let them define us.
- “No wind is favorable to the sailor who has no destination in mind.”

### **Assignment:**

*Complete the exercises in the workbook that correspond with CD 3*

If the dream did not pass the test, have your clients re-work it so that it becomes worthy of them. Make the changes in writing.

**Notes** \_\_\_\_\_

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*Prior to this session, have your client(s) listen to CD 4.*

### **Discussions/Suggested Actions:**

- 1.** Have your clients give you their ideal description of themselves, disregarding any limiting beliefs they have been taught about their personality or characteristics.
- 2.** Ask your clients if they have said yes to their dream and are truly giving their name to it? Why is it so important for their particular dream that they fully give themselves to it, and not just be partially dedicated?
- 3.** Do your clients feel they are deserving of this dream? If they have any doubts about being deserving of this, ask them who would be deserving of an idea they created? Ask them what would make them deserving of that dream and then have them “step into” the shoes of that person.
- 4.** Moving forward, it is important that your clients not limit their future to what has occurred in their history or to their current circumstances. As they go through this process, they are going to discover their greater Self. Ask them what that Self looks like one year from now.
- 5.** Ask your clients how their life could improve significantly if they let go of any dead weight or “Harry” ’s they were holding on to.
- 6.** In what kinds of situations are your clients most often reacting instead of responding? Ask them how they can shift their energy in these situations so that they respond and add value to their life.
- 7.** What are some “Harry” ’s that your clients are currently holding onto, which they know that if they released, they would be making room for the good to flow into their lives?



*Prior to this session, have your client(s) listen to CD 5.*

### **Discussions/Suggested Actions:**

- 1.** Ask your clients if they were to sit under a wish-fulfilling tree, what are three things they would wish for?
- 2.** Ask your clients if they have ever sabotaged something good in their life because they thought it was just too good to be true. Perhaps a great relationship, or maybe a dream job? Knowing what they know now, how will they act internally when that perfect opportunity comes along again?
- 3.** What does gratitude mean to your client and what is something they see in their future to be grateful for? What is something within their present circumstances to be grateful for?

### **Key Points:**

- We must learn to be grateful in a situation, not for a situation.
- We all have one authentic freedom: to choose how we will respond.
- The “ocean of life” is infinitely abundant. We can either ask for a teaspoon of its wealth or a bucket. We will always receive exactly what we ask for.
- It is important to see ourselves as deserving human beings. “Our sense of deserving makes us deserving of every good dream.”

### **Assignment:**

*Complete the exercises in the workbook that correspond with CD 5*



*Prior to this session, have your client(s) listen to CD 6.*

### **Discussions/Suggested Actions:**

- 1.** When having your clients envision a dream for their future, ask them what they see as a midway point.
- 2.** During the dream-building process, what fears are your clients aware of, and how are they going to continue building their dream in the presence of these fears?
- 3.** What steps have your clients taken toward building their dream, feeling worthy and deserving of it, and being grateful in their current circumstances? What steps will they take as they continue this process?
- 4.** Have your clients describe an instance where they felt connected to their inner strength. Just as Mary describes in the story of Samson and Delilah, we all have “hair” which resembles strength, explain to your client how they are always connected to that strength they just described to you. The more time they spend seeking out that strength, the less time they will be spending with their fears.
- 5.** If your clients were to create exactly what they believe right now about themselves, about their circumstances, and about their deserving. What would that look like? Are these the beliefs they want to use to create their life, or are there some beliefs that need to be altered?

### **Key Points:**

- Our doubts are our traitors.
- People who are successful in their dreams aren't successful in the absence of their fear. They are successful in the presence of their fear.



*Prior to this session, have your client(s) listen to CD 7.*

### **Discussions/Suggested Actions:**

- 1.** Have your clients describe a time when their failure actually gave them a unique opportunity. What good came from that failure?
- 2.** Ask your clients how they could see their life improving if they focused on what gave them life, instead of fighting the things that brought them hardship.
- 3.** Where are your clients directing their energy? If they are unsure of how to answer this question, ask them what they are feeling or thinking about during their day? What they are giving their attention to, is what the universe will in turn create.
- 4.** Looking ahead, how can your clients still proceed with their dream in the presence of their fears? Ask them how they will know they have accomplished this.

### **Key Points:**

- You don't have to deny the facts, but you do have to deny the power of the facts to control you.
- If we have a clear destination in mind, we do not need to be able to see the path that leads us to that destination. We will be guided as we take each step.
- You can feed your faith and starve your fear using the power of your attention.

### **Assignment:**

*Complete the exercises in the workbook that correspond with CD 7*





*Prior to this session, have your client(s) listen to CD 8.*

### **Discussions/Suggested Actions:**

- 1.** Ask your clients to think of a time when they blamed someone else for their circumstances. Knowing now that life happens through us and not to us, how would they respond differently to that situation if it were to happen today?
- 2.** Do your clients know every step to take in order to create their dream? If they tell you they do, ask them to make the dream bigger so that they do not necessarily know how they are going to achieve it.
- 3.** Mary vows never again to attempt to manage her financial abundance alone, after she realized she needed help from a higher power. Is there an area in your clients' lives that they are trying to manage alone? What benefit could they see in "plugging in" to the help of the universe?
- 4.** Ask your clients in what areas they are a good giver? Do they see abundance in those areas? How can they express the same amount of giving in areas where they might feel less abundant?
- 5.** Is there something in your clients' lives that they feel is simply impossible? Ask them to open their minds to the possibility and ask them to imagine what they could do, or what they would do if this thing were possible.

### **Key Points:**

- We deserve great things in life, not because of what we have done, but because of who we are.



*Prior to this session, have your client(s) listen to CD 9.*

### **Discussions/Suggested Actions:**

1. What are your clients' descriptions of a person who is prosperous in all areas of life?
2. What is the importance of doing unto others as you would like them to do unto you? What is the value in the lesson that Mary teaches in spending someone else's money the same way she would spend her own?
3. Ask your clients to name one or two things in their lives that they would not normally bless (an old car, a worn-out pair of shoes, etc.) Ask them to begin blessing these things and looking for the difference it makes in their life.
4. Mary gives many examples of giving throughout this lesson. What is one way your clients could give more of themselves?

### **Key Points:**

- A person does not grow in the absence of problems; a person grows in the understanding and application of problems to the universal laws.
- Abundance comes to us from many different sources.
- The law of circulation works continuously. We are always giving, either consciously or unconsciously, and just like the law of gravity, we cannot ever stop the law of circulation.
- Every one of us is made to be generous. Once we have discovered the power of giving, we will never be able to go back to a life without giving.



*Prior to this session, have your client(s) listen to CD 10.*

### **Discussions/Suggested Actions:**

- 1.** Ask your clients what the importance of forgiveness is to them and how their use of it from this point forward will affect the building of their dream.
- 2.** Are there things in your clients' lives that have not been forgiven? Ask them to think about these things, and consider who they really are hurting by holding on to that resentment.
- 3.** What shifts would your clients like to see in their lives when they free themselves by no longer holding on to any resentment they have?

### **Key Points:**

- Forgiveness is a mental, emotional, and spiritual practice that opens the doors of perception and frees us to live a life that is worth living.
- Forgiveness is giving one perception for another.
- Although a certain piece of our life may seem dark or scary, it is essential to the big picture.
- In order to forgive, you must separate the being from the behavior.

### **Assignment:**

*Complete the exercises in the workbook that correspond with CD 10*



*Prior to this session, have your client(s) listen to CD 11.*

### **Discussions/Suggested Actions:**

- 1.** Ask your clients if it is possible for them to change their perception of a person and see the light in them? What could the benefit be for your clients of them practicing this each time they had a resentful feeling towards someone?
- 2.** Challenge your clients to feel compassion instead of anger or judgment towards someone who wrongs them (a rude clerk at the grocery store, someone who cuts them off in traffic, etc.) and ask them to remind themselves that they may not know the whole story, and if they did, they would probably feel immediate compassion. Ask your client how they would want someone to treat them in one of those situations if the roles were reversed.
- 3.** Do your clients have someone in their lives on whom they would like to wish the Dalai Lama's kindness meditation instead of holding resentment against? Ask them to practice that with you, and then to continually wish that person well on a regular basis, or every time negative thoughts about that person come to their mind.

### **Key Points:**

- “Believe in my belief in you.”
- One way to stop feeling resentment for a person is to notice what you are thinking, and each time that person pops into your head, wish them well.
- Any existing resentment, no matter how justified it is, is only going to pull from the energy needed for your dream and make your dream that much more difficult.
- Forgiveness is something that must be done on a regular basis; it's a way of being, not a one time thing.





*Prior to this session, have your client(s) listen to CD 12.*

### **Discussions/Suggested Actions:**

- 1.** We all have an intuitive capacity; we just don't always pay attention to it. What have been your clients' experiences with their intuition? Is there an instance in their life when they had an intuition about something but decided to use their reasoning mind instead? What effect did that bring?
- 2.** What are your clients' intuitions telling them about their dream? Do they intuitively know they are on the right path?
- 3.** Edison's experiences show us that finding the right answer is all about framing the right questions. Your clients have come to a point in their dream-building process through this coaching, and this program. Ask them to frame the question that will lead them to the answer for their next step. Remember, they do not need to know how they will reach their ultimate destination, they need only take the next step.
- 4.** "Signs" or wisdom can come to us in many different forms. What are some signs your clients have already noticed that tells them they are on the right path? What signs in the future would give them indication that their dream is manifesting into reality?
- 5.** Mary Morrissey starts her day with "to be" lists instead of "to do" lists. Ask your clients what is on their "to be" list today.
- 6.** What benefit can your intuition give that your five senses or your reasoning would miss?



*Prior to this session, have your client(s) listen to CD 13.*

### **Discussions/Suggested Actions:**

- 1.** In our daily lives, there are many voices and influences being taken in by our five senses. Which voice are your clients choosing to listen to, and how do they know that voice is the right one to listen to?
- 2.** Do your clients have a mastermind or believing partner? Ask them who this person is and how they utilize that relationship to build their dream? (Maybe this person is you, their coach.)
- 3.** Have your clients ever participated in a mastermind meeting? If so, what was the content and what did they gain from the experience? How do they see masterminding being part of their lives moving forward?
- 4.** What qualities or characteristics do your clients seek out in a believing partner?
- 5.** When considering your clients' biggest problems or fears, how do they know they are tapping into a higher frequency of problem solving?

### **Key Points:**

- There cannot be a problem without a solution. If your mind has the capacity to ask the question, then it has access to the answer.
- When engaging in a mastermind or believing session with someone, they must be held in unconditional positive regard.



*Prior to this session, have your client(s) listen to CD 14.*

### **Discussions/Suggested Actions:**

- 1.** Ask your clients if they have a problem or question which you can help them through by acting as their believing partner. It is important that your clients see how this process works and see the significance of it.
- 2.** It is important that your clients also practice believing in others. Ask your clients if there is someone in their life they would like to engage in the believing process with. Have your clients tell you three reasons why they believe in this person.
- 3.** In order to build a dream, your clients must focus only on what they want, and “cut away” all of the other stuff. Ask your clients to describe to you exactly what they want. Is this what they have been focusing on, or are there some negative thoughts that have been clouding their focus?
- 4.** Part of making room for the dream is letting go of any frustration, anger or resentment. What are some things that your clients are going to let go of in order to make room for their dream?

### **Key Points:**

- It is usually easier for someone else to see your magnificence than it is for you to see your own.
- The one who gives the rose keeps the scent on their own hand.
- A cup can only be filled when it is empty.
- You must bring your full consciousness and your full awareness to a dream in order for it to manifest into reality. Put your name to your dream.
- The conditions never change first. The conditions change because our thinking changes.



*Prior to this session, have your client(s) listen to CD 15.*

### **Discussions/Suggested Actions:**

- 1.** At any point during this dream-building process, have your clients ever considered giving up? What has kept them going during a time when the temptation of giving up on their dream set in?
- 2.** What is one thing that has happened for your clients up until this point that is a step in the direction of building their dream or that indicates they have raised their awareness and are becoming closer to the actualization of their dream?
- 3.** Was there ever an instance in your clients' lives in which they gave up on something? Knowing what they know now, ask them how they would have handled that situation differently when operating from a higher frequency of awareness.
- 4.** When your clients consider "this or something better" in reference to their dream, what possibilities are opened up for them? Does "this or something better" give your clients the image of their dream in an even fuller and more expanded version?
- 5.** How have your clients' dreams evolved or changed since they started the dream-building process?
- 6.** Mary Morrissey shows us how mistakes and failures can be beneficial to our learning. Are there mistakes your clients have made in the past that created a really powerful learning experience for them?



### Key Points:

- If you make the decision to give up on the dream out of fear, out of frustration, out of upset, out of disappointment, out of anger, that decision is always the wrong decision because those energies will never lead you to higher-order living.
- Some questions to consider when reaching a point with your dream where you feel stuck are: How can I see this differently? What idea could I use here? What information might make a difference here? Who could I talk to? What other possible solutions are there other than giving up on my dream?
- When asking for guidance with your dream, recite the following: “If this dream is for my higher good, increase my passion for it. And, if this dream will not benefit myself and others, redirect me. This or something better.”
- We must put all of our energy into our dream, but at the same time hold it with an open hand so that we allow for “this or something better.”
- Winning comes in many different forms, it is our job to recognize those many forms and celebrate them.

### Assignment:

*Complete the exercises in the workbook that correspond with CD 15.*

### Notes

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*Prior to this session, have your client(s) listen to CD 16.*

### **Discussions/Suggested Actions:**

- 1.** The journey is often the best part of the dream-building process. What have your clients learned and/or enjoyed during their journey of building their dream?
- 2.** What kind of growth have your clients experienced up to this point? What will be their next steps and when will they know their dream has manifested?
- 3.** What kind of growth do your clients expect to experience from this point forward?
- 4.** Are your clients currently dealing with any “why me” experiences? If so, have them explain these to you, and then ask them to consider how they themselves are a direct factor in those circumstances.
- 5.** What is one way your clients can take control of their lives and create out of design instead of creating out of default?
- 6.** Throughout this program, we have talked about many different factors that will aid in the creation of your clients’ dreams. Some of these include: awareness of an infinite presence or power, forgiveness, gratitude, emptying our cup, being awake, and life happening through us instead of to us. Which concept or idea that was presented has had the most impact on your clients’ lives and what has been the significance of learning this concept?
- 7.** What is one lesson that your clients have learned about themselves during this process? How have they come to know their true Self and what is different about their Self now?
- 8.** What possibility or possibilities have your clients opened their mind to, which they would not have considered before the start of this program?





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