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## DREAM ACTIVATION EXERCISE

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### *step one* | IDENTIFYING CORE BELIEFS

As you read through this section, what thoughts, feelings or revelations did you notice or become aware of about yourself? What do those feelings tell you about what you believe?

It is impossible to truly believe something and not have it evidenced in your life. For example, if you believe that God is good all the time, but expect or accept negative events in your life, then it is likely that your belief is in your mind but not established in your heart. Likewise, if you truly believe nothing is impossible, there will be evidence in your conversation and actions that demonstrate this belief. So, when did you last make conscious steps toward doing the impossible? Do any of your dreams rely on an impossible component?

Now consider the following in regard to identifying your core beliefs:

- How does your life display what you say you believe?
- What would your friends, family or colleagues say your beliefs are judging from the way that they experience you?
- What does your conversation say about what you believe about God and yourself? Remember your audible dialogue reflects your internal thoughts.
- You may consider doing this activity with a friend getting some honest feedback about how the way you speak reflects your beliefs.

## *step two* | CHANGING CORE BELIEFS

With God, nothing is impossible! The first step to changing core beliefs is to become aware of truth. God is the Spirit of Truth so the obvious place to access truth is to encounter Him.

Transformation starts with a renewal of the mind (repentance means to return to the right thinking).

Take some time to turn your thoughts and attention toward Heaven. Invite the Holy Spirit to give you a Spirit of Wisdom and Revelation in the knowledge of Him. Ask Him to reveal to you and lead you in all Truth. Now take some time and meditate on each of these core beliefs:

- God is good all the time
- I have a purpose
- Nothing is impossible
- I am responsible for me
- Greatness comes through serving

Ask yourself the following questions in regard to each of these core beliefs:

- What would the evidence of these core beliefs look like in your life at this time?
- How would it feel to truly believe each of the above truths? For example, if you believe you have a purpose, you will feel significant regardless of what is happening in your circumstances.
- Continue to meditate on each truth. Remember that a lie is a counterfeit truth and is best exposed by concentrated exposure to the truth.

*step three* | LIVING OUT YOUR CORE BELIEFS

Information that leads to transformation requires action. Turning a belief into a lived out core value requires that intentional actions be carried out consistently over time. The result will be change that can be experienced by the people around you. Use the following questions as tools to turn your beliefs into intentional actions that you consistently do over time:

- What will you do differently today to demonstrate your beliefs?
- Are there declarations you could make daily that strengthen your belief? Which ones will you use?
- What Scriptures could you meditate on?
- Who can you ask about how your beliefs are being experienced by those around you? Is there someone in your life who will give you feedback and hold you accountable?
- What other resources can you get to listen to, read, watch or use, that will strengthen your core beliefs?
- How can you keep your beliefs at the front of your mind throughout the day until they are lived out.

We encourage you to take at least one of the above questions and turn it into a daily intentional action. Do this purposefully for 21 days to build a new habit. This will in turn reinforce your belief until it becomes a lived out core value – a foundation for building a lifestyle that results in dreams consistently being realized.