



Dreambusters

Leadership Course

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Exercise 10

⌚ 1 hour 45 mins

Title:

Dream Busters

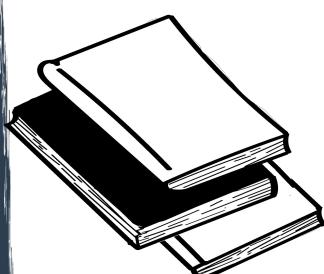
Objective:

To identify personal fears and lies that have hindered you in moving forward and the truths that can set you free.

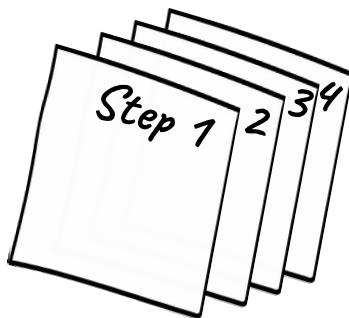
How to:

1. Read through pages 1 - 8 to reinforce what you watched in the video.
2. Complete Step 1, Reflecting on the Life Focus Process on page 2.
3. Complete Step 2, Imagine a future dream “Digging Deeper” on page 3.
4. Complete Step 3, Interrogate Your Dream Buster on page 5.
5. Name Your Dream Buster on page 9.
6. Renounce the Lie on page 10.
7. Speak Out the Truth on page 11.
8. Make sure you have your truth written down and decide where you will place it in your own space so you see it each day and say it aloud to yourself.

1



⌚ 10 min



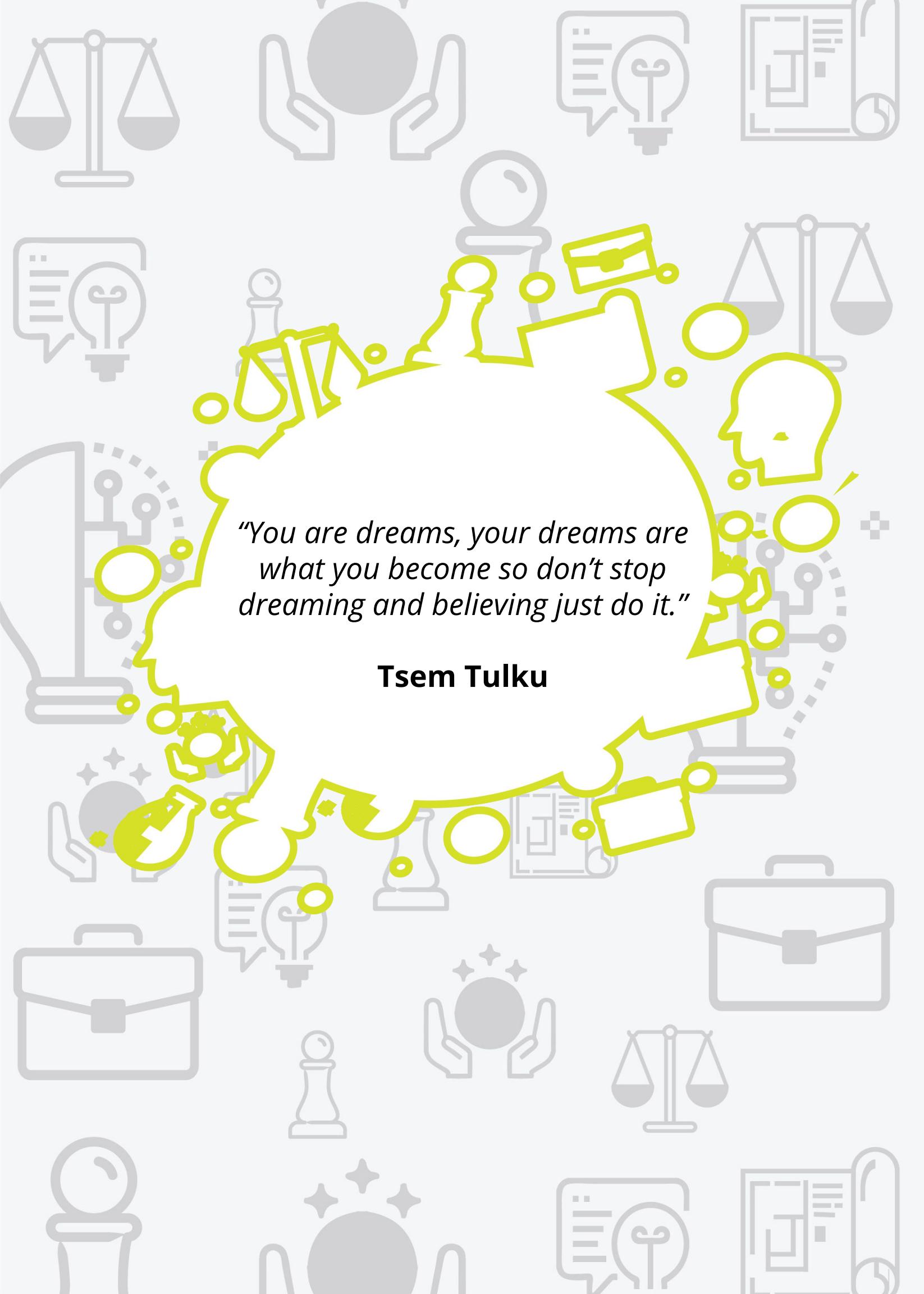
⌚ 5 - 10 min each



⌚ 10 min



⌚ 60 min



*"You are dreams, your dreams are
what you become so don't stop
dreaming and believing just do it."*

Tsem Tulku

Introduction to Dreambusters

For everyone our past contains good memories and experiences that we want to remember because it empowers us for living now and tomorrow. We identified some of these in the Gleanings Exercise previously. However, there are also events where we have taken on lies and fears that still rob us of life today and from seizing the opportunities of tomorrow. These can be described as Dreambuster.

How to Identify Dreambusters:

Going through the Life Focus process stirs up what has kept us from dreaming in the past—things like fears, failures, lies we've picked up, and more. Thoughts like, "I cannot do that because there's no money" or "I failed maths..." — whatever the sadness of your story may have told you.

Sometimes the very act of trying to dream, brings our dreambusters (or obstacles) to the forefront and we see what obstacles hold us back. Often these obstacles are not major and can be overcome with time and commitment.

*I don't have
the
confidence.*

*I don't have
any money.*



*No love and
support at
home.*

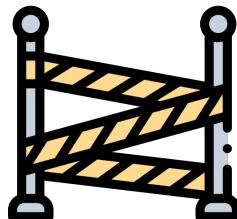
*I didn't
finish
school.*



Reflecting on the Life Focus Process

Step 1

In the Life Focus Process what barriers in your thinking are you already aware of? This is the first questions on the assignment page and can be answered there.





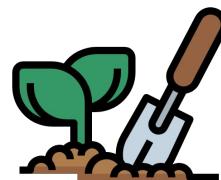
Step 2

Imagine a future dream.

1. Who do I want to be?

2. What do I want to do?

3. What do I want to do?



Pick a relevant dream (or maybe , something you thought of but didn't have the courage to write down) and imagine yourself living that way.

Take a few minutes to virtually put yourself into the situation or dream (a new job, your in the space living out your passion you can see the space and feel the full satisfaction of working in your passion. It does not feel like work but the best activity you can possibly do. Who is there with you and what are you planning? Let your imagine run like a video playing rather than just a framed photo.

As you dream, keep one eye on what's going on inside you. Are there any things that rise up inside and say, "This could never happen to me," or "I couldn't do this."? Pay attention to strong fears or feelings that arise when you try to imagine living out your dream.

Make a note of what you feel.

NOTES

The Dream I imagined was...

When I closed my eyes and dreamt, the negative voices were saying...





Interrogate Your Dreambuster

Step 3

Take Another look at the insights you have noted. Interrogate your Fears.

Now take a closer look at the insights you noted.



Why are you hitting that barrier? Where is the resistance coming from—maybe an experience, something you told yourself, your parents told you, a past failure?

Is there a pattern in your life of getting blocked in that area? Rather like a scene from a police drama where the police officers have called a suspect in for questioning, sit your dreambuster down and ask it where did all this begin?

(If you couldn't identify any dream busters, spend some time writing on one that stopped you in the past. What did it feel like? How did it come to your attention? How did you finally overcome it?)

Next we are going to look at some categories of Dreambusters which will help us understand how they still affect us but also then what we can do about them to live free from them. Remember each one of us has our own set of Dreambusters that hinder us to a greater or lesser extent. Many of us believe we are the only ones who feel this way and so feel shame. We keep these things hidden inside us and never speak about them so they grow in the darkness of secrecy and gain a power to limit us.

Today is about breaking the silence of not speaking about our fears, taking some courage and letting the light shine on our past so that we can walk into a brighter future.

NOTES

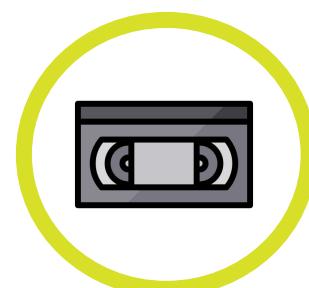
NOTES



Examples of Dreambusters

Childhood Tapes:

Lies that other people have said about you in the past that has stayed with you and from time to time replay in your head as if you believed that the words are still true today: "You'll never amount to anything." or "That's not practical do you think money grows on trees?" or "You're a good starter but a terrible finisher."



Self-Defeating Beliefs:

These are beliefs you have created and have embraced about yourself that stopped you before you even got started. For example, "I'm no good at math;" or If something is fun it can't be from God;" or "Other people succeed in life but I never will."



Past Failures and Hurts:

These are real experiences where you experienced failure or hurt and you have never been able to get over it, like a sports injury that never healed, every time you use that muscle it hurts. For example , "I tried that once and I got burned; so never again".







Name the Dreambuster

Step 1

Name the Dreambuster.
Eg. If it is a childhood tape or self-defeating belief, identify clearly what the lie is.



The lie itself: Write out the specific thought that has hindered you.

Now listen to the Voice Note of your group Coach sharing their Dreambuster as an example of renouncing their lie and embracing their truth.



Step 2

To renounce something is to say before other people that you reject something as untrue and will no longer live by it. So today we are renouncing these lies, ripping up the paper they are written on and throwing them in the bin!





Step 3

Write out the new truth you will live by, the opposite of the lie and then speak this out and place your new truth somewhere where you will see it every day.



Step 4

Join the live class to speak out steps 1 to 3 with your peers

Preparation for your live class:

- Be ready to share briefly the dream in which you identified the dream buster.
- Have the lie/fear written out on a piece of paper that you can rip up
- Have your new truth that you are embracing written out on a piece of paper/note..



Feed daily on your new truth.

Fear can hold you prisoner but the truth can set you free.

Place this truth somewhere safe but not hidden and either use a mirror or your phone to speak this new truth to yourself everyday for the next week. Then, after a week, take a few minutes and write about the difference this has made. You may want to add to your truth or rewrite it. Keep doing this for at least 12 weeks - 3 months as the scientists say it takes this long to make a new thought permanent.

*"Don't be sad and don't give up on your dreams. Dreams will come true one day.
There's no person as beautiful as a person that dreams."*

Kim Him-Chan



Thank You !!